

VOL 5 | ISSUE 2 | JULY 2024

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Reach out Initiative Spotlight Featuring Scientist

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LATEST NEWS AND UPDATES FROM SCIENCE SHORE

Reach out Initiative - Educational Collaboration:

Happy to announce that Science Shore is now available in three libraries in Chennai and two libraries in Kerala, India. It was a joy to gift precious Science Shore to the libraries.

This reach is not just for boosting the visibility of Science Shore but mainly to make Science Shore accessible to many more people. The idea is to spread the mission of celebrating the spirit of joy of reading and learning and making a positive impact. It is great to see Science Shore moving in the right direction for good. Many thanks to libraries for their excellent welcome and support.







Our sincere gratitude to Sri. Dr. Padma Sasikumar, retired Woman scientist, BARC (Bhabha Atomic Research Centre), Kalpakkam. She was working in the Chemistry division. Her 34 years of service, research work, positive spirit, her dedication to the great cause of education for the children and her humility are truly inspiring.

She sweetly shared these photographs. She had conducted Reading Day program in her home library in Kerala, on National Reading Day. She had started her home lib, 10 years ago in memorial of her mother, Sri. T V Chandramathi, who was an excellent school teacher. There are more than 2500 books in the library. So happy to see Science Shore in the hands of the children.







Many thanks to Unnikrishnan Kallelil, Principal, OEM Public School, Kerala for valuing and supporting our work, including Science Shore in the school library collection and sharing the picture.



Our sincere thanks to Dr. Aishwarya PC (Homeopathy Doctor in Kerala), our regular contributor of scientific writings to Science Shore for enthusiastically sharing this poster, which she had created.

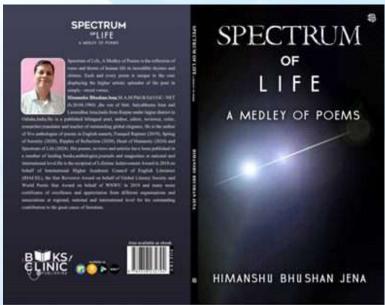


Catch up on these interesting Book releases:

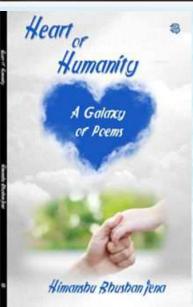
SCIENCE SHORE team congratulates our regular contributors **Himanshu Bhushan Jena, K. Monika** and **Saroja Krishnamurthy** for their latest books!

Please find information about purchase and links below:

Himanshu Bhushan Jena presents "**Heart of Humanity**" and "**Spectrum of Life**" (His 4 th and 5 th anthology of poems published this year simultaneously)







The links to order the books:

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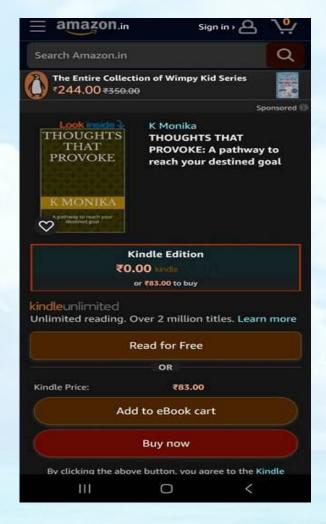
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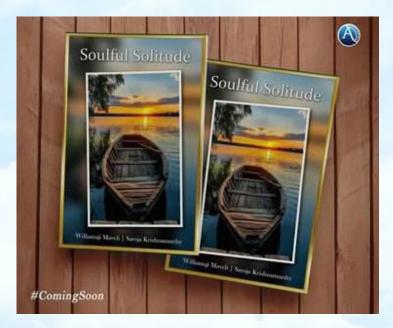
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K. Monika presents "Thoughts that provoke: A pathway to reach your destined goal"





Saroja Krishnamurthy presents "Soulful Solitude"



The link to order the book: https://amzn.in/d/8YZHy8a

Orbindu Ganga (Consultant, Author, Editor, Poet and Publisher), our regular contributor invites poets and writers.



If you are interested for more details you can email him directly at **orbindo.ganga@gmail.com**

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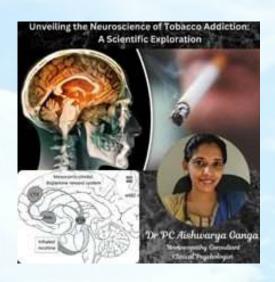
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SCIENTIFIC ARTICLES





UNVEILING THE NEUROSCIENCE OF TOBACCO ADDICTION: A SCIENTIFIC EXPLORATION

P C AISHWARYA GANGA

Tobacco use is a major cause of death from cancer, cardiovascular disease and pulmonary disease. The term "Tobacco Addiction" refers to the definition of substance use disorders, which includes harmful substance use as well as physiological and psychological dependence.[1] Tobacco is a plant product obtained from the Nicotiana genus of the Solanaceae family of the plant kingdom.[1] Unlike other members of this family, such as tomato and potato, which have an uncontroversial nutritional role, the tobacco plant carries into its leaves quantities of an alkaloid named nicotine, which gives it instead, power over man's mind. Nicotine itself does not cause cancer, but of the thousands of chemicals in tobacco, about 70 are known to be carcinogenic. The mode of administration to nicotine may be through sniffing, chewing or cigarette smoking.

Nicotine, the primary component of tobacco produces craving and withdrawal effects both in humans and animals. [2] Nicotine shows a close resemblance to other addictive drugs in molecular, neuroanatomical and pharmacological, particularly the drugs which enhance cognitive functions. Nicotine mainly shows its action through specific nicotinic acetylcholine receptors located in the brain. [3] It stimulates presynaptic acetylcholine receptors thereby enhancing acetylcholine release and metabolism. Nicotine has a structural similarity to

acetylcholine which is mainly concerned with mental and physical arousal, learning and memory and emotional aspects. [3] This structural similarity makes nicotine molecules to interact with acetylcholine receptors. Chronic administration of nicotine results in desensitization and inactivation of nicotine acetylcholine receptors with subsequent upregulation of receptor sites.

Many research studies have tried to understand the basic mechanism of substance use like tobacco and others, can alter the brain structure and function and drive the transition from occasional use to abuse, addiction and relapse to guit have long remained elusive. However, recent advancements in neuroscience have shed new light on the intricate workings of the brain and how they contribute to tobacco addiction. This article delves into the latest scientific research, unveiling the neuroscience behind tobacco addiction and exploring potential implications for treatment and prevention.

Nicotine Reinforcement: Dopamine and Reward Pathways

Nicotine is one of the most potent stimulants of the midbrain dopamine reward pathway. The reward pathway in the brain is a complex system involving several regions and neurotransmitters that are involved in the experience of pleasure and reinforcement of certain behaviours. [4] The key components of the reward pathway include the ventral tegmental area (VTA), nucleus accumbens, and prefrontal cortex. These regions are interconnected and work together to regulate the experience of pleasure, motivation, and reinforcement of behaviours.

Nicotine, the primary addictive component of tobacco, acts on the reward pathway in the brain by binding to nicotinic acetylcholine receptors in the VTA. [4] When nicotine binds to these receptors, it stimulates the release of dopamine in the nucleus accumbens, which is a key neurotransmitter involved in the experience of pleasure and reward. [4] This release of dopamine leads to feelings of euphoria and reinforces the behaviour of smoking.

Chronic nicotine use can lead to changes in the reward pathway, including alterations in the sensitivity of nicotinic receptors and changes in dopamine release. [4] These changes can lead to the development of nicotine dependence and addiction, as the brain becomes increasingly reliant on nicotine to maintain normal functioning of the reward pathway. Furthermore, nicotine also affects other neurotransmitter systems, such as glutamate and Gamma - Aminobutyric acid (GABA), which play a role in modulating the

activity of the reward pathway. [4] This complex interplay of neurotransmitters and brain regions contributes to the addictive properties of nicotine and the difficulty of quitting smoking for many individuals.

Nicotine and Neuroplasticity

Neuroplasticity refers to the brain's ability to adapt and change in response to experiences, environmental influences, and learning. [5] It involves the formation of new neural connections, the reorganization of existing ones, and changes in the strength of synaptic connections. Nicotine can have a significant impact on neuroplasticity due to its effects on various neurotransmitter systems and brain regions.

Chronic exposure to nicotine can lead to neuroplastic changes in the brain, particularly in the regions associated with the reward pathway, such as the VTA, nucleus accumbens, and prefrontal cortex. [5] Nicotine's influence on the release of dopamine, a key neurotransmitter involved in reward and reinforcement, can lead to alterations in synaptic strength and connectivity within these regions. This can result in the strengthening of neural circuits associated with nicotine addiction and the reward response. Additionally, nicotine can affect the activity of other neurotransmitter systems, such as glutamate and GABA, which play a crucial role in synaptic plasticity. [5] Nicotine's impact on these systems can lead to changes in synaptic transmission and neuronal excitability, further contributing to neuroplastic changes in the brain.

The long-term effects of nicotine on neuroplasticity can contribute to the development of nicotine dependence and addiction. Understanding the neuroplastic changes induced by nicotine is crucial for developing effective treatments for nicotine addiction.

Genetic factors and Nicotine

Genetic factors play a significant role in nicotine addiction. Research has shown that genetic variations can influence an individual's susceptibility to becoming addicted to nicotine. Specific genes, such as those involved in the metabolism of nicotine or the functioning of neurotransmitter systems in the brain, have been identified as playing a role in nicotine addiction. For example, variations in genes encoding certain nicotine receptors can impact how individuals respond to nicotine and how easily they become addicted. [6]

Understanding the genetic factors that contribute to nicotine addiction can help in developing more personalized and effective treatment strategies for individuals struggling with nicotine dependence. Additionally, genetic testing may be used to identify individuals who are at higher risk for developing nicotine addiction, allowing for early intervention and prevention efforts. [6]

Craving and withdrawal Symptoms

Craving and withdrawal symptoms occur when a person attempts to quit or cut back on tobacco use. These symptoms are driven by neurobiological changes that have taken place in response to chronic nicotine exposure. The brain's reward pathways become hypersensitive to cues associated with smoking, leading to intense cravings when exposed to triggers such as stress, social situations, or environmental cues. [7]

Withdrawal symptoms, including irritability, anxiety, depressed mood, and difficulty concentrating, are also experienced due to the dysregulation of neurotransmitter systems that occurs when nicotine use is discontinued. [7] These symptoms can contribute to relapse and make it challenging for individuals to quit using tobacco.

Neuroscientific research has provided insights into the mechanisms underlying craving and withdrawal in tobacco addiction, helping to inform the development of pharmacological and behavioral interventions aimed at managing these symptoms and supporting smoking cessation efforts. [7] Understanding the neural basis of addiction can lead to more targeted approaches for treating tobacco dependence and improving outcomes for individuals seeking to quit smoking.

Treatment and Prevention Strategies/ Research Studies

Research studies have identified several effective strategies for the treatment and prevention of tobacco addiction, some key findings from research studies on tobacco addiction include:

Pharmacological Interventions

Nicotine replacement therapy (NRT), such as nicotine patches, gum, lozenges, and inhalers and allopathic medications has been shown to be effective in reducing withdrawal symptoms and cravings associated with quitting smoking. [8]

Behavioural Therapies

Cognitive-behavioural therapy (CBT) and motivational interviewing are effective behavioural interventions that help individuals develop coping strategies, set goals, and address underlying psychological factors contributing to tobacco addiction. [9] Quit line services and support groups provide counselling, education, and social support to individuals trying to quit smoking, increasing their chances of long-term success.

Public Health Initiatives

Tobacco control policies, such as smoke-free laws, tobacco taxes, and advertising restrictions and mass media campaigns and school intervention programs that raise awareness about the risks of smoking have been shown to reduce tobacco use as well as been effective in changing attitudes and behaviours related to tobacco use in adolescents and prevent initiation among youth. [10]

By continuing to study and implement evidence-based strategies, researchers and policymakers can make further progress in reducing the burden of tobacco addiction on public health.

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CURRENT NEWS IN SCIENCE SERIES 15

EXPLORING SCIENCE – MICRO AND MACRO, SPACE AND BEYOND

GITA BHARATH

A giant cluster of sunspots and a series of solar eruptions caused an extreme geomagnetic storm on Friday, May 17th, 2024 — the first one since 2003.

When the sun's calm is disturbed, its magnetic fields distort to send out long prominences and solar flares. These interact with atoms and molecules in our atmosphere. Fireworks pale in comparison with the aurora borealis and aurora australis, entire skies being lit up in the northern and southern hemispheres, due to the dance of these excited particles.

The color of an aurora indicates its altitude, as well as the type of molecules in the atmosphere that are creating it.

The common green is given off by oxygen at altitudes around 100-150km up.

Oxygen has another excited state which releases red light, but only at higher, less dense altitudes.

The blue, violet and pink colours are released by nitrogen molecules, and they also emit a turquoise hue. Hydrogen gives out a pink-hued crimson.

Another unexpected effect was not in the atmosphere, at all! Surprisingly, deep down, under the ocean, what Canadian scientists thought was an undersea quake registering on their instruments, turned out to be a distortion of the earth's own magnetic field. Thankfully it was a temporary phenomenon. Another two years to go, before our star settles down. Till then, let's keep our fingers crossed for the safety of our communication systems which could be affected and disrupted by the sun's tantrums!

Talking of communication and data, our world has been flooded with so much information, we need AI to help with the collection, processing, cleaning and analysis of this enormous volume of data.

Microsoft and OpenAI are working on a \$100 billion supercomputer, according to The Information. The project could launch as soon as 2028. The US-based supercomputer, known as Stargate, would far exceed current computing power.

Reading up on storms, I came across the largest, most continuously raging one in our solar system. Jupiter's Great Red Spot is a massive anticyclone, 1.3 times as wide as our Earth, with wind speeds of a thousand kilometres per hour. It is probably more than four hundred years old, and has been continuously observed since 1878.... I wouldn't want to live amidst that!!

I wouldn't want to live among dinosaurs, either, though these fascinating giants still inspire awe. In 2009, fossils were found in Colombia, of the largest snake that'd ever lived. Scientists named it the Titanoboa. But, surprise, surprise, in Kutch in Gujarat they found the fossils of an even bigger prehistoric snake. This is currently the record holder at 50 feet long, named appropriately Vasuki Indicus after the mythical one on which Vishnu reclines.

Of course, we know how dinos and snakes can defend themselves. But at the micro level, what about the wars between bacteria and, say, viruses? The clever bacterium, in very simple terms, recognises the invader's DNA as alien.

It was discovered that bacteria transcribe these DNA elements to RNA upon viral infection. The RNA guides a nuclease (a protein that cleaves DNA) to the viral DNA to cut it, providing protection against the virus. The nucleases are named "Cas," for "CRISPR-associated."

CRISPR is short for "clustered regularly interspaced short palindromic repeats, found in the DNA of bacteria which have fought off the invaders. This has many applications in gene editing and future therapy.

DNA is double-stranded, forming a double helix, while RNA is usually single-stranded. The sugar in DNA is deoxyribose, whereas RNA contains ribose.

DNA is made of two linked strands that wind around each other to resemble a twisted ladder — a shape known as a double helix.

It is interesting to note how nature replicates patterns from the micro to the macro level. Astronomers have recently discovered that the Milky Way, our galaxy was formed by two intertwined streams of stars. After this, the Milky Way's disk and spiral arms began taking shape, over 13.6 billion years ago! Those ancient streams of stars are between 12 billion and 13 billion years old — so ancient that its discoverers are amazed they could detect them at all, let alone in such clearly distinguishable groups. The astronomers suspect these starry threads, each as massive as 10 million suns, were left behind when their respective massive galaxies merged with an infant Milky Way about 12 billion years ago. If this hypothesis is confirmed with future observations, astronomers would have discovered the Milky Way's very genesis, a representative of a time when a nascent Milky Way was throwing itself together through multiple mergers with smaller, ill-fated galaxies.

The new threads of stars have been named Shiva and Shakti, after the divine Hindu couple whose union is said to have created the universe. Shiva appears to host roughly 5,600 stars and Shakti some 1,700, with many more probably yet to be discovered.

This universal Thandavam or Cosmic Dance is something both philosophers and astronomers find fascinating and hope to investigate across the fields of beliefs and science.

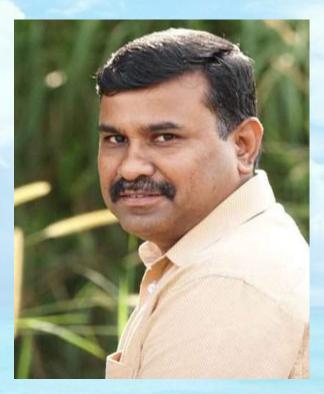
To the eternal question of "Are Humans the only Intelligent species in the galaxy?", researchers have identified seven stars exhibiting anomalous infrared emissions, hinting at the existence of advanced alien civilizations with Dyson sphere megastructures. This breakthrough, achieved through 'Project Hephaistos', opens new frontiers in the search for extra-terrestrial intelligence.

Dyson Sphere-- In 1960, physicist Freeman Dyson theorized that as the energy requirements of an advanced technological civilization increased, there would come a time when it would need to systematically harvest the energy from its local star on a large scale. He speculated that this could be done via a system of structures orbiting the star, designed to intercept and collect its energy.

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SPOTLIGHT FEATURING SCIENTIST SPECIAL APPEARANCE:

DR. MURALI MALLIGA RAMAN, PhD



Dr. Murali Malliga Raman is currently employed as a regulatory scientist at GLR Laboratories Pvt Ltd, Chennai. He has received his doctoral degree in Biochemistry from University of Madras. After his doctoral degree he entered to pharmaceutical industry where he was involved in research for developing various drugs from natural sources for the treatment of inflammatory diseases, osteoarthritis, psoriasis and mucositic disorders. Later, he moved to University of Malaya, Malaysia and focussed on regenerative medicine and the use of mesenchymal stem cells for the treatment of orthopedic diseases. He has published more than fifty research articles and serves as a reviewer and editorial board member to a number of academic journals.

Interview by Dr. K. Srikala ganapathy.

Can you please share about your experiences in Research? Please add your challenging moments and proud moments.

My research journey has been a dynamic blend of challenges and proud moments that significantly shaped my career. With nearly 17 years of experience in both industry and academia, I've explored diverse areas such as host-pathogen interactions, stem cell research, tissue engineering, regenerative medicine and biomaterials for medical devices. These areas have been both rewarding and demanding. One of the most pivotal challenges during my doctoral study under the mentorship of Dr. S. Niranjali Devaraj was researching the interaction of a marine Vibrio species with coral mucopolysaccharides, leading to coral bleaching. This was pioneering research in the country, starting with very few published articles available on PubMed and no results on popular search engines for this specific bacterium. The pressure was immense, but my mentor's confidence in my abilities was motivating. Navigating these challenges required meticulous attention to detail, robust problem-solving skills, and constant updating of knowledge.

A particularly proud moment was during my PhD viva voce, where I presented our elucidation of nine partial nucleotide sequences of the pathogenic regions of the bacterium without knowing its genome sequence. For those familiar with polymerase chain reaction (PCR), they know that designing primers to amplify a specific gene without knowing the gene sequence is almost an impossible task. However, we successfully achieved this using bioinformatics tools such as phylogenetic trees. This research encompassed biochemistry, microbiology, molecular biology, marine biology and bioinformatics—a rare combination of multidisciplinary aspects in a single study.

What would you say about critical thinking in Science?

Critical thinking is not just a skill; it's a mindset crucial for scientific advancement. It involves objectively analysing information, questioning assumptions and evaluating evidence before drawing conclusions.

In science, critical thinking empowers researchers to:

1. Ask the Right Questions: Curiosity drives science. Critical thinking helps identify key questions that fill knowledge gaps, laying the foundation for resourceful research.

- 2. Analyse Data Effectively: Rigorous data evaluation ensures conclusions are evidence-based, not biased. This integrity is vital for reliable research outcomes.
- **3. Solve Complex Problems:** Scientific challenges demand critical thinking to break down issues, explore innovative solutions and advance knowledge.
- **4. Think Independently:** Originality stems from independent thinking, challenging existing theories and offering fresh perspectives crucial for scientific breakthroughs.
- **5. Communicate Clearly:** Clear communication of ideas, crucial in research papers and presentations, enhances collaboration and knowledge dissemination.
- **6. Adapt and Innovate:** Embracing new information and technologies through critical thinking fosters adaptability and innovative research approaches, vital in a dynamic scientific landscape.

Cultivating critical thinking involves continuous learning and practice. One should not be afraid to question established norms and explore new paths. Remember, some of the most significant scientific breakthroughs have come from those who dared to think differently.

A person who inspires you. Two reasons why?

Dr. APJ Abdul Kalam has always been a profound inspiration to me for several reasons and just to highlight two:

1. His multidisciplinary research integrating aerospace engineering, physics and material science exemplifies collaboration's power in pioneering advancements. His work motivates me to integrate diverse fields into my research, fostering innovation and holistic understanding.

 Dr. Kalam's commitment to educating and mentoring young scientists resonates deeply. His belief in education's transformative power and mentorship inspires me to excel in research and support the next generation of scientists.

Your favourite quote

My favourite quote by Swami Vivekananda is, "Stand up, Be Bold, Be strong. Take whole responsibility on your own shoulders and know that you're creator of your own destiny." This quote resonates with me, emphasizing self-reliance, courage and accountability. It inspires facing challenges with confidence, knowing our actions shape our futures.

Books that have inspired you

Two impactful books are "Ponniyin Selvan" by Kalki and "Ennangal" by M.S. Udhayamurthi. "Ponniyin Selvan" is an epic historical novel set in the Chola dynasty, blending history and fiction to educate and entertain profoundly. "Ennangal" offers insightful essays on philosophy and social issues, challenging perspectives and fostering personal growth through critical thinking.

Books that you are currently reading

Currently, I'm focused on articles enhancing my professional growth, though I plan to resume broader reading habits. This interview reminds me of the importance of balancing professional development with personal interests, thanks to Science Shore for this valuable reminder.

One value of Science Shore you connect with and appreciate.

Science Shore doesn't just educate; it empowers individuals of all ages to pursue their passions and share their unique insights with the world. This value of fostering a love for science and exploration among a broad audience is something I deeply admire and resonate with.

SCIENCE SHORE | PAGE 12

Your message to the younger generation:

As I grow older, I continue to learn alongside the younger generation, including my son D.M. Mukundhan, exploring new technologies and ideas. This journey of lifelong learning and adaptation is key to staying relevant and innovative in our rapidly changing world. To the younger generation, I encourage you to embrace every opportunity to learn, innovate and make a positive impact. Your potential is limitless and your curiosity will lead you to new horizons.

ART AND HOBBY





DOODLE ART by ALEENA R. BRIGHT TITLE: MEDLEY

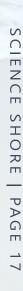




PENCIL ART by -JUAN LENJU
TITLE: SUNNY DAY



DRAWING AND COLORING USING SKETCH PENS by JULIAN LENJU TITLE: BASKET OF FRUITS





PAINTING by Rtd Prof LATHAPREM SAKHYA
WATER COLOUR
TITLE: FAMILY



ART 1 by Mrs. LATHA SHANKARI. K





ART 2 by Mrs. LATHA SHANKARI. K



ABSTRACT FACE PAINTING by PREETHI KANNAN



PAINTING 1 by D. RUPPESHWARI



PAINTING 2 by D. RUPPESHWARI

IQ Booster Puzzle

Created by: Dr. Thirupurasundari CJ

Hint: Health

A	-	-	a	l	-	-	_	0	u	-	-	-	d	-	-	-	a	r	-	_	f	r	0	-	_	-	-
	1	2			3	1	4			3	5	6		2	5	3			3	5				7	3	1	2

_	_	_	_	d	-
6	8	5	6		2

A.

-	-	a	l
1	2		

Clue: Curative

В.

-	-	a	-	•	-	a
5	3		7	6	8	

Clue: Exercising helps

C.

-	-	-	u	r	-
6	8	9			4

Clue: Inflicting pain

D.

-	-	a
5	10	

Clue: Health & beauty

E.

0	_	-	-	-	u	-
	10	3	6	7		7

Clue: Dynamic balance

Answer in Page number - 68

GENERAL ARTICLES, RESEARCH ARTICLES AND SHORT STORIES

THE SHADOW OF THE CONTROLLER

GLADSON MATHEW

The following classic tales reflect a timeless truth: a mother's influence can either be a source of strength or a wellspring of doubt and self-reproach. This narrative thread is not confined to fiction but is vividly mirrored in the real-life stories that unfold within the realm of psychological therapy.

In this piece of classic English literature, the theme of overbearing or bossy mothers casting long shadows over their sons' lives is a recurring concern. Consider Shakespeare's Hamlet. The relationship between Hamlet and his mother, Queen Gertrude, is fraught with tension and complexity. Her hasty remarriage to Hamlet's uncle, soon after his father's death, coils Hamlet into a psychological gap, crippling his confidence and clouding his decision-making abilities into a vulnerable state of life.

Similarly, in Charles Dickens' Great Expectations, Mrs. Joe Gargery's domineering and oppressive behaviour towards her brother's son, Pip, is stark. Her relentless criticism and harsh treatment engrave deep scars in Pip's psyche, stunting his personal development and fuelling his sense of inadequacy.

Allow me to share a recent case from my practice, a touching example of the controller's archetype. Imagine a mother whose husband's prolonged absence abroad provided fertile ground for her controlling tendencies. She orchestrated every aspect of her son's life, reducing him to a string-puppet. At twenty-seven, her son, whom we shall call Jithin, not real name, remained entangled in her web, unable to assert his independence.

A serious accident changed the course of their lives. Jithin was bedridden for three months, a period marked by helplessness and introspection. His nurse, recognising the deep psychological impact of his mother's control, recommended counselling. Hesitant and unfamiliar with therapy, the mother nonetheless agreed to bring him for a session.

The dawn of their therapy journey was promising. Initially sceptical, the mother soon found solace in Jithin's progress. For the first time, he began to show signs of strength, making decisions on his own. The guidance provided in our sessions started to bear fruit; Jithin's body language and gestures radiated a newfound optimism and confidence.

However, during the third session, I sensed the need for a more focused interaction with Jithin. I gently requested that his mother wait outside, granting Jithin the privacy to explore his thoughts freely. She complied, although reluctantly, sitting outside with visible unease. "For where jealousy and selfish ambition exist, there

will be disorder and every vile practice. But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere." - James 3:16-17

After the session, when the time came to discuss the fee, her demeanour shifted. She paid part of the amount and assured me the remaining balance would be settled later. My mention of the next session was met with thinly veiled reluctance, a stark contrast to her earlier enthusiasm. "Wealth and children are [but] adornment of the worldly life. But the enduring good deeds are better to your Lord for reward and better for [one's] hope." - Quran 18:46

A few days later, my staff reached out to remind her about the outstanding payment. Her response was rapid and sharp; frustration bubbled beneath her words as she accused us of sidelining her. She shouted, claiming she had been excluded from the sessions and deprived of feedback, her anger echoing the very control she sought to maintain over her son.

This case serves as a testament to the profound impact an overbearing mother can have on her son's development and the intricate shift required in therapy to untangle such deep-rooted dynamics. Just as in literature, real-life scenarios highlight the critical importance of addressing these relationships to foster healthy personal growth and autonomy. "In the delicate symphony of human relationships, the bond between a mother and son, even when unhealthy, reflects the enduring connection of souls." - Bhagavad Gita 6:5

Effective therapy must navigate these turbulent waters, providing both the son and the mother with the tools to forge a more balanced and nurturing relationship. "The intricate dance of mother-son relationships is a delicate symphony of understanding and change, often echoing an unhealthy bond of enmeshment and dependence." - Karen Horney, Neurosis and Human Growth.

The shadow of the controller is long and complex. It requires a blend of empathy, patience, and strategic intervention to help both the mother and the son emerge from its grip, fostering a relationship where independence and mutual respect can flourish. This journey, though challenging, is essential for true personal growth and self-discovery.

ICONIC RICKSHAW PULLERS

HEMA RAVI



Hand Rickshaw Luxury @ Kolkata, West Bengal Photo Courtesy: N. Ravi

Hand Rickshaw? What on earth is that? It's no surprise if this is the reaction of a Gen Z or a Gen Alpha child. Baby boomers, GenX and Millennials are most likely to shrug it off with - Yes, I've seen them long ago!

In the 1970s, several rickshaw-pullers across Tamil Nadu were gifted cycle-rickshaws, which are still common in the narrow lanes of Parry's Corner, Sowcarpet, Mint, Mylapore.... And such cycle rickshaws have come a long way from the 'pedaled' ones to the 'motorized' vehicles plying today.

Interested readers may watch "Sawaari," a documentary that 'chronicles the fading identity of the city's cycle rickshaw riders.'

(https://www.youtube.com/watch?v=IUDXN29ILAk)

Not fading but thriving, even today—Rickshaw-pulling is a means of livelihood for a considerably large number of people in the city of Joy-Kolkata! Fleets of rickshaw pullers still throng the busy narrow streets.

They have been an integral part of the 'socio-economic revolution' for over a century. With social activists constantly calling for a ban on these 'rickshaws,' the Government has drawn a rehabilitation plan for several thousand men who pull these 'wooden' rickshaws through slushy lanes and crowded markets from dawn to dusk.

Tailpiece: When I visited Kolkata in 2019 to participate in an international poetry conference, I was amused and fascinated to see these iconic vehicles in the neighbourhood. Nostalgic memories of my childhood and the rickshaw rides came back. Needless to say, I took a ride on a hand pulled rickshaw along with my friend, and also posed for a photograph atop the common man's 'Rolls Royce'.

(References: Internet)

MOM

NALINI JANARDHANAN

"Mom, How could I face such a big audience? I feel so scared to be on the stage. May I drop this role? I am not a good actor. I don't think I would be able to do justice to this role." I told my mother. "No dear Deepa, don't do that. You have talents in acting. Don't you remember? You have acted in drama before this also. But it was only the role of a supporting actor. But this time God has given you a golden chance to portray the main character...the woman of substance! The main focus of the audience will be on your performance, dear. Please don't miss this opportunity."

"OK Mom, I will try my best. But you should be with me to give moral support." I smiled and hugged my mother.

"Of course darling, you are my princess! I am always there for you."

Then came the day of my performance in a grand function in our school. "Why are we celebrating Women's Day only once in a year? In fact, the role of women in our life should be celebrated every day. We should recognize her love, sacrifice, duty, affection and hard work. She is your mother, sister, friend, daughter, wife and colleague. She is not worthless, weak or incapable. She is powerful, intelligent, strong and affectionate! So let us pay respect to women!"

When I concluded my dialogue, I got a standing ovation from the audience. My role in the drama and my acting influenced them so much that most of them approached me to congratulate or take my autograph. I was on cloud nine! "Thank you so much Mom, for motivating me. You are my sweet Mom. Keep blessing me." I wiped my tears of joy and touched my mother's feet. I am in the limelight now. Yesss...I am not a worthless girl. I have recognized my talent and developed confidence.

PARALLEL UNIVERSES: THE MINUSCULE WORLD WITH UNPRECEDENTED POSSIBILITIES (PART 7)

ORBINDU GANGA

Each action is a consequence of a choice among numerous thoughts. The genesis of thought is not initiated by us; thoughts flow on their own. With each thought engendering to several more, the flow is infinite. Each thought is a fragment, sans an intelligible structure for our understanding to perceive. The conscious mind is constrained in its acceptance of the existence of enormous possibilities.

The physical world we breathe in is delineated by the forms we see through our consciousness and we perceive it. Such forms are observable to all through their eyes. The realm of understanding is restricted to the world we see; thoughts appear and disintegrate. Each human form has an understanding based on their perception through sight. The world is predisposed what we see, analyzed, and comprehend.

The world in the universe is beyond the physical realm that is perceived. The known is perceived through the naked eye, while the unknown is apprehended through the subconscious. The conscious mind is circumscribed to what is seen and perceived. The highest form of the subconscious is not seen; it is the culmination of the journey of observation.

Each thought has been restricted to two possibilities in the known world—yes or no—but in the realm of understanding the unknown, each thought leads to many possibilities. The world we live in is considered vast, but when we see it in relation to the universe, Earth is an infinitesimal spot in the universe. But such a minuscule entity still carries many possibilities. The potential of thought is never constrained; it extends beyond the thought.

The zenith of observation, where the conscious mind is superseded by the subconscious, scripts the beginning of realizing the existence of numerous possibilities within us that are invisible to the naked eye and beyond the understanding of the conscious mind. Such a realm of being, observing the numerous possibilities, allows you to delve into a different dimension of existence that was never seen before through our consciousness.

The physical world is restricted to the conscious mind, where logical reasoning and understanding hold prime importance. Considering the existence of a non-physical realm is the beginning of understanding the true nature of the universe we live in. The possibilities of our existence in different dimensions become observable when our subconscious realm is opened to the world of possibilities beyond the understanding of the world we live in.

PINKU'S PROFOUND APPRECIATION

RAJANI MULA

Pinku profusely poured out his profound pleasure to Pandu, who peered perplexedly at Pinku's profile picture, positively pleased by the picturesque portrayal. Pandu promptly penned a polite pleasantry in response, but his reply was tardy, and in the interim, Pinku pinged again, this time peeved.

Pandu, preoccupied with preparing a professional presentation, had placed his phone on silent mode. Unaware of Pinku's persistent pings and calls, he only discovered the ten missed calls when he picked up his phone three hours later. Feeling sheepish, Pandu immediately rang Pinku, but Pinku didn't answer the call. After a while, Pandu called back, but there was no response from Pinku.

Determined to make amends, Pandu planned to meet Pinku the next day on his way to college. However, when he arrived at Pinku's house, he was told that Pinku was on a trip and would return after four days. Pandu rang Pinku, but Pinku disconnected the call. In the evening, when Pinku called, Pandu's phone was switched off, leaving him to wait for Pinku to call back.

Three days passed without communication. On the fourth day evening, Pandu went to Pinku's house, only to find that Pinku wasn't back yet. He went to their teacher's house, where he found Pinku preparing food for their ailing teacher. The teacher, who was sick and had no one to care for him, had been taken by Pinku to the hospital and was in the ICU for three days. Pinku's love for his teacher was ever unique, a testament to the dedication with which his teacher used to work in the school.

Pinku, who had been an irresponsible child at home for years, was embarrassed to share what he was doing. He had tried to take help from Pandu but, as Pandu couldn't respond in time, he was all alone in that tough time. Fortunately, the teacher recovered after a fortnight, and throughout the recovery, Pandu and Pinku were together, taking care of their beloved teacher.

The teacher was overwhelmed by their gratitude, praising what these two students had done for him. His contentment knew no bounds as he expressed his pride in being an honest teacher of dedication. The story highlights the power of patience, dedication, and the importance of being there for one another in times of need.

NEBULAE: THE STAR NURSERIES

SAMPRITI SAHA

Every day the sun rays wake us up peeping through the window. Has anyone ever thought how the Sun was created or how long the sun will give us its warm rays? If we waste a little time in our busy life thinking over this question, we can explore a great wonder in this mysterious universe. Stars like our Sun are huge balls of fire emitting tremendous amount of heat and light. These stars do not form within a night. It takes millions of years to form a star. A star originates inside a vast molecular cloud of dust and gas. These molecular clouds are known as Nebulae. These nebulae contain mostly hydrogen and Helium molecules along with some other particles.

In Latin, Nebula means 'mist' or 'cloud'. Normally, these molecular clouds are cold and stable. A nearby supernova explosion or galactic collision may create a gravitational disturbance within the molecular cloud by getting tremendous amount of energy, due to which it begins to collapse on itself under its own gravity causing hydrogen and helium to clump together. This increases the mass in the center of the cloud and this increase in mass, increases the gravitational pull. This attracts more molecules and particles from the surroundings. As more and more molecules and particles collapse or fall into the center of the cloud, the center begins to heat up. This heated center is called the Protostar. This protostar now pulls more molecules and gets hotter and hotter until temperature and pressure reach to such an extent that Hydrogen nuclei begin to fuse with one another, producing Helium and releases heat, light and radiation. When this nuclear fusion happens, the inward force of gravity is exactly balanced with the outer force created by heat and radiation. This balance between the inward and outward force gives the birth of a star. This is why Nebulae are called "Star Nurseries". Now come to the point, what is the fate of our lovely Sun. The Hydrogen which powers the nuclear fusions inside a star like our sun begins to run out. Then the star enters into its final phases of lifetime. All stars expand, cool and change the colour and become a red giant. A smaller star like our sun will gradually cool down and stop glowing. During these changes, it will go through the planetary nebula phase and white dwarf phase. After many thousand of millions of years it will stop glowing and become a black dwarf. A massive star experiences a more violent end. It explodes as a supernova. The materials from inside the star are scattered across space and collect in nebulae, forming the next generation of stars. The closest nebula to earth is The Helix Nebula. (A planetary nebula located in the constellation Aquarius). It is 700 light years away from earth.

MANNER OF SPEECH

SETALURI PADMAVATHI

"Take the time to make some sense of what you want to say and cast your words away upon the waves."

Do you think the manner of a speech matters? Yes, it does. Speech is innate, genetic, and an ability that everyone acquires from their parents, schools, society, and the environment that influences people. Besides, social media like radio, television, movies, and magazines also influence the speech of a person. If someone doesn't speak to the point clearly, it will lead to confusion and the words will be misunderstood. So, people need to communicate properly with listeners.

The way we enunciate leaves an impression on the listeners' minds that influences them either negatively or positively. Words that we utter should be precise, sensible, and touching to the heart. What we speak and how we speak are the important aspects of communication that connect people. "Speech" is an attitude, action, concern, and consideration. As we know, perceptions from one person to another differ and they may label the speakers as 'decent' or 'indecent'. All this leads to a kind of understanding and conclusion that ultimately leaves an impression.

The way we communicate involves the expression of tone, feelings, sensibility, and concepts. When we voice pleasantly or peacefully, a good atmosphere and positive vibe are created. Talking in a friendly manner certainly is loved by people which makes them reciprocate in the same way. People often make conversation annoyingly, rudely, or in an unfriendly manner and this way of speaking creates hurtful feelings or an unpleasant atmosphere. Every word is powerful, and every word is useful. The way we chat always depends on the situation, need, purpose, and emotions.

"A threat should never be spoken, and your enemy should not be told of your intentions. Either take decisive action or refrain from it, but never threaten".

We often feel that some people are short-tempered, intolerant, irritating, and rude while they are speaking while others are clever enough to state wisely, thinking what is right and what is wrong. Generally, this happens due to the temperament of persons which cannot be controlled by them. Their words flow automatically without their knowledge and concern. They may not know that they converse annoyingly without thinking. So, our speech is based on temperament, consequences, state of mind, and reception of thoughts. It's not that they speak intentionally, but they speak naturally in that manner.

In the present scenario, the style of articulation has changed to an extent. Everyone wishes to hear smooth and convincing words as they hurt their ego or cause them to be angry or responsive. But it is impossible to utter a word in the same way ever. In the case of toddlers or children, they often may not be receptive and reacting as the speaker wishes. So, the way we pronounce matters! All that matters is how far listeners are influenced, feel, react, and are affected by someone's communication. How tough a task is to speak! I opine that people should be aware of these consequences and think for a while before speaking to others.

"Watch your manner of speech, if you wish to develop a peaceful state of mind!"

In workspaces, homes, and public spaces, one is judged according to his manner of vocalizing. Speech is Silver and Silence is Gold! Silence is louder than words and keeping quiet in some occurrences works! Everyone needs to understand when to speak, what to speak, and how to speak, by alerting themselves! Furthermore, the speech should be clear so that the listeners can understand and react. Talk and its manner can have an emotional impact on the listener. The use of tone, inflection, and body language can convey emotions such as empathy, compassion, enthusiasm, or anger which influence the listener's emotional response. How a person verbalizes can also impact their credibility and trustworthiness.

"Speak with caution. Even if someone forgives harsh words you've spoken, they may get hurt to ever forget them. Don't leave a legacy of pain and regret of things you never should have said."

WHAT IS LIFE: A MUSING

VARSHA SARAN

This life starts with a single cell

But after mitosis and meiosis

After several divisions

It's number get increased

And a tissue, organ, organ system

Finally, a body takes place

A body requires emotional, economical

nutritional support to survive

Where ever my eyes go

I see life with its vivid form

In the form of different animals

In the form of different plants

But

Humans are scattered here and there

In each and every corner of this life planet

Just because of their brain

Their surviving capacity

In different weathers and situations

Their so called lust for sex

Their self-centeredness

Make them so selfish

That a chocking atmosphere created by them.....

Less oxygen

Less water

But more and more production of human being is still going on and on

Like a factory that supply more and more products

Exceptionally great performance!

By super technique

By super methods of creativity

Now we have become bored by ourselves

We search for greenery,

Different species of animals

For satisfying the thirst of our eyes and soul

We get bored by ourselves and

By our superiority we want some more natural elements

Instead of artificialness

Isn't my dear friends!!!

CREATIVE WRITINGS BY CHILDREN FROM TELANGANA STATE RESIDENTIAL SCHOOL AND COLLEGE (G), YEDAPALLY, BODHAN, TELANGANA STATE

(MENTOR: MS RAJANI MULA, PGT IN ENGLISH)

EMPOWERING BRILLIANCE ADANI SRINITHYA

Promoting the nation's brilliance,
Radiating love within the family,
A compassionate presence in society,
Yet, in their family, parents struggle to provide education.
Education, a potent and unyielding tool,
Never fades; in childhood, marrying early can be overwhelming.
Girls possess a regal essence,
Capable of numerous feats with inherent greatness,
Empowered to shape and rejuvenate society.

CLEANLINESS S. BHAVYA SRI

Girl 1: "Why are you throwing napkins on the floor?"

Girl 2: "Come on, it's not a big deal, no one is watching us."

Girl 1: "Please, it's tough for the cleaner. Can you pick up? It's important for

cleanliness; the cleaner might get sick from this."

Girl 2: "Stop nagging, it's fine."

(Next day, the restrooms are dirty, and the girls discuss it.)

Girls: "Oh no, the bathrooms are dirty! Where's the cleaner?"

Girl 3: "Maybe the cleaner is sick because of the mess. If we hadn't done this, we wouldn't be in this situation."

Girl 4: "True, let's head to class."

Monologue: In the quiet halls of our school, I feel a heavy truth in my heart: a cleaner, often unnoticed, has been harmed by the chemicals meant to keep our spaces clean. Their silent suffering shows how we overlook those who work behind the scenes. As we grieve this loss, we must remember the bigger problem it reveals: We have lost touch with empathy and responsibility. In our quest for cleanliness and comfort, we forget the humanity of those who work unseen. The spotless look of our restrooms now reminds us of how we've failed to value human dignity over surface level cleanliness. We need to face our indifference and work towards a world where every life matters, where kindness shapes our actions, and where no one is left in the shadows. Only then can we truly learn from this tragedy.

RAJANI'S RAINY DAY RHYTHM S. BHAVYA SRI

Rajani, an inspiring teacher at a residential school, returned home one rainy day to find the rare rain pouring down dramatically. Undeterred, she strutted home, ringing the doorbell eagerly upon arrival. With a spark of creativity, she began baking hot, perfectly round biscuits, moving to the rhythm of her thoughts. She then instructed her devoted servant to fetch the freshly roasted cookies. After adorning them with precision, Rajani relaxed, indulging in a captivating tale of Rani Rudramadevi before settling in for a deserved rest.

Moral: Embrace creativity and find comfort in simple pleasures amidst life's storms.

SAVE WETLANDS B. PAVITHRA

Wetlands are the wealth of the environment.

They play a vital role in biodiversity, flood control, water purification, and climate regulation.

They are the web of vegetation and a source of protection for water quality, storing carbon which mitigates the effects of climate change.

Taking action to protect these ecological pals is our prime responsibility. The health of our planet depends on crucial steps to protect the wealth of wetlands.

PLASTIC PLANET CH. RAMANI

Plastic is a plight to the peace of the planet.

A planet full of plastic pierces the peace of people.

Put an end to plastic that is not our pal.

Please, please the peace with plastic-free lives.

Let's not pamper pollution that's poisoning our lives.

Plastic is a plight to the peace of the planet.

Please say no to plastic before plastic puts an end to our lives.

Please say no to plastic that's polluting the wealth of nature.

Please save the lives of the generations yet to witness the beauty of the planet.

Please say no to plastic.

Please say no to plastic.

THE ENCHANTED FOREST T. RISHIKA

In forests deep, where flowers softly sway, Deciduous dreams in green array, Thorny thickets bloom with care, Evergreen realms, a sight so rare.

Nature's tapestry, woven with grace, Each leaf a story, in every place, In whispers of wind, secrets untold, In the forest's embrace, true beauty unfolds.

SAVE WATER SONG T. RISHIKA

Save water for a safer future

Can we imagine a day without water?

We may survive without food but not water!

Washing, cleaning, cooking, drinking—uses multiple areas of water

If we use them more preciously than money

We can live longer, my dear honey!

Crops we grow need water

Food we cook needs water

Moods, whatever we opt for, soon need water to hold over thought

Water we waste

Later decides our fate

Let's write our fate

With noble habits, my mate.

MONOLOGUE OF SHUSHRUTHA

D.RITHIKA

I am Shushrutha, recognised as a father of plastic surgery and the father of anaesthesia. Lamentably, I observe our country grappling with a concerning trend the increasing frequency of sickness among its people. Centuries ago, the resilience of individuals was notable they recovered swiftly from illness. Contrastingly, today's recovery periods seem prolonged. Could pollution be a culprit in this transformation? In the days of yore, people were relieved of the natural healing process of mother earth. Yet we are heedlessly polluting her, limiting her capacity to heal. Furthermore, the advent of new diseases presents a challenge beyond the scope of conventional medicine. In response, I am resolved to advocate for environmental stewardship. Let's refrain from further polluting our mother earth and instead nurture it by planting trees for our posterity, let us remember

"Nature is the best teacher" I implore you all to grasp the gravity for environmental predicament.

Let us unite in preserving our mother earth.

PETER'S PIRATE PERSISTENCE

D.RITHIKA

Peter's perilous pirate pursuit: Peter's a passionate pirate, plundered perilous paths across the vast ocean. With his loyal crew, he sought sunken treasures and scared secrets, sailing under shimmering stars and stormy skies. Despite daunting dangers and dastardly adversaries, peter preserved, proving that persistence prevails over peril.

Moral: persistence and teamwork are key to overcoming obstacles and achieving success, even in the face of danger and adversity.

CLEVER CAT'S CURIOUS QUEST CH. SRIJA

Clever cat, curious and cunning, craved chirping crickets, cheerful chipmunks, and chatty crows. Crafting a cunning plan, clever cat commenced his journey, climbing cliffs, crossing creeks, and creeping through caverns. He courageously conquered challenges.

Confronted by a colossal castle guarded by a cantankerous crocodile, clever cat conducted a clever scheme. Carrying a crate of crunchy carrots, he coaxed the crocodile into a contented slumber. Celebrating his success, clever cat collected the cherished treasure: a crown encrusted with colorful crystals. Content and victorious, clever cat returned home, his curious quest complete.

THE DROPLET JOURNEY CH. SRIJA

In a bustling city where water was scarce, a single droplet named Drip embarked on a journey to raise awareness about the importance of conserving water. Along the way, Drip encountered various characters, from a thirsty flower to a leaking faucet, each teaching valuable lessons about the preciousness of water and the impact of wasteful habits.

Moral: "Every drop saved today secures a sustainable tomorrow. Let's cherish and conserve water for a thriving world."

THE SUN AND BIRDS A. SRINITHYA

The sun was singing a song in the sky, shining so brightly. All the birds had to attend that program. They were all suffering in the scorching heat of the sun. The sun said, "What happened to all of you? Don't worry. I have a story; shall I tell it?" The sun was sad. "No! no!" The sun was sad. The sun, in his sadness, sulked on the birds by hiding himself behind the clouds. The happy birds flew joyously, singing melodiously.

THE ADVOCATE'S RESOLVE

M. VAISHNAVI

Once there was a boy with an insatiable curiosity to become an advocate. He possessed an obedient nature and a knack for dissecting and comprehending complex matters. However, his struggles with dialect hindered his progress. Despite his determination, he found himself wavering, attending classes sporadically, plagued by self-doubt.

A pivotal moment came when his father, afflicted by malaria, faced immense suffering. With limited means to afford medical treatment, the boy recognized the urgent need to fulfill his aspiration of becoming an advocate. It was a moment of epiphany, realizing that advocacy could be a panacea for his family's struggles.

Driven by this newfound purpose, he immersed himself in relentless study, mastering the dialect that once eluded him. His perseverance bore fruit as he eventually became a proficient advocate. With each case he handled, he infused vivacity and authenticity, earning both acclaim and wealth.

His efforts not only transformed his own life but also brought solace to his father, who was cured of malaria with proper medical care. In the end, the boy's journey exemplified the power of determination, resilience, and the unwavering pursuit of one's dreams.

MORAL: In the face of adversity, determination and perseverance can pave the way to success and bring about transformative change.

FIT INDIA MOVEMENT

M. VARDHINI

A movement for fitness

Concern behind it is the nation's healthiness

Small changes in lifestyle matter

To live life to the fullest without a bother

Physical activities with healthy food habits are life jackets and good habits

The future of the nation is in Fit Indians

Creatures, let's not become thoughtless alliances.

FIT INDIA MOVEMENT DRAMA V SAMADARSHINI, GOUD SRIJA, ASHA

Student: Excuse me, ma'am.

Teacher: Yes, please.

Student: Good morning, ma'am.

Teacher: Good morning, honey! What happened?

Student: Ma'am, Asha came today.

Teacher: Oh, bring her here.

Student: Okay, ma'am.

Asha: Good morning, ma'am.

Teacher: Good morning, Asha. What's wrong with you? Why are you frequently

missing classes?

Asha: My health is not good, ma'am. I have multiple health issues, which is why I

am unable to attend classes regularly.

Teacher: Take proper medication and get well soon, dear!

Asha: Okay, ma'am!

Student: I miss my friend in school quite often due to her illness. The same is the case with my parents too! I miss their pleasant smiles. They fall sick every now and then. Why is it so? Isn't there a solution to it? Can't we keep ourselves fit? Is it a laborious task? The other day, the teacher shared information about the Fit India Movement launched by the Government of India. It aims to promote physical fitness and a healthier lifestyle among citizens. But we are still leading lives in comfortable misery. When will we understand that life is too short to indulge in such health disturbances? Can't we opt for physical activity as the only option to live joyfully? Healthy food habits, daily warm-up exercises, and walking habits can help us easily overcome our illnesses, can't they? Health is wealth, isn't it?

CYBERSECURITY

M. VAISHNAVI, S. BHAVYA SRI, CH. SRIJA, K. VASANTHA, D. PRANATHI, CH. SAMYUKTHA, G. GEETHA, K. PAVITHRA

Introduction

The term "cybersecurity" refers to the protection of online information through various security measures. Cybercrime encompasses illegal access, system interference, data manipulation, misuse of devices, fraud, and more. Security involves system, application, network, and information security.

CREDIT CARD FRAUD

(Hacker and Vaishnavi become friends)

Hacker: Hi, Vaishnavi.

Vaishnavi: Hello! What's up?

Hacker: Have you updated your credit card?

Vaishnavi: No, why do you ask?

Hacker: I'm updating mine; if you want to update yours, provide me with your card

details.

Vaishnavi: Okay, here are my card details.

(Call ended; Hacker drains Vaishnavi's account.)

Cashier: Madam, there is no money in your account.

Vaishnavi: I haven't used this card in a month; how is the money gone?

Cashier: What do you want, madam?

Vaishnavi: I want to check my balance.

Cashier: There's no money in your account.

Vaishnavi: I need to speak to the manager.

Manager: What happened, madam?

(Vaishnavi explains the situation.)

Manager: Did you give your card details to anyone?

Vaishnavi: Yes, online to someone I met.

Manager: He's likely a hacker; let's go to the cyber police.

(At the cyber police station)

Police: Give us the number.

(Police call, but the hacker has removed the SIM.)

Police: The hacker removed the SIM; you lost your money.

Monologue

In retrospect, I find myself questioning the rationale behind surrendering my card details to those nefarious hackers. Why did I allow friendship to blind me, fostering a misplaced trust that ultimately led to this regrettable breach? The echoes of warnings lingered, reminding me to update my card, yet I hesitated, oblivious to the impending danger.

Oddly enough, I had previously encountered similar situations and even extended advice to acquaintances like Mrs. Sujatha and Mr. Rehman. I advocated for the very precautions that could have shielded me from this cybersecurity trap. It's a perplexing contradiction—possessing the knowledge and yet succumbing to the very pitfalls I cautioned against.

As I reflect on this lapse, I am struck by the missed opportunities to fortify my digital fortress. Simple measures such as keeping credit cards secure, sharing

sensitive information judiciously, and fortifying online accounts with robust passwords were within my grasp. Yet, inexplicably, I veered off this path of caution.

It is disheartening to realize that despite being well-versed in cybersecurity fundamentals, I failed to implement them. The importance of cybersecurity, often referred to as information technology security, cannot be overstated. Cybersecurity standards exist precisely to equip organizations with techniques to minimize successful cyber-attacks. Regular backups are a linchpin in recovering from hacking attempts or data loss.

In the broader context of India's initiatives, the government has been proactive in developing strategies to combat cyber threats. Organizations like the Cyber Swachhata Kendra and the implementation of cybersecurity policies and frameworks stand as a testament to these efforts. However, a persistent issue remains the lack of awareness among individuals and organizations, myself included.

Once, I absorbed such valuable information on my mobile device, promising myself prudence in the digital realm. Yet, here I am, facing the consequences of my own oversight. The journey from awareness to action, it seems, is a precarious one, and I find myself grappling with the repercussions of my choices in this cyber labyrinth.

THREE MAGICAL WORDS

Y.P. AKSHAR REDDY, G.GUNA SRI, M.NIHARIKA, B.SHRUTHI, D.SHIVANI, P.BHAVYA SRI, PRANITHA, D LAHARIKA, K.ANVITHA

Narrator: One day, Father, Rucha, and Richa went to their uncle's home.

Uncle: "Welcome, my dear nieces and brother-in-law."

Narrator: A few hours later at the supermarket.

Uncle: "Rucha, Richa, we are going to the supermarket to grab some things."

Narrator: At the supermarket.

Uncle: "I'll grab some things, and you give chocolates to them."

Shopkeeper: "Hey, worker, come here."

Worker: "What happened, sir?"

Richa: "Uncle, these chocolates look amazing. Can we get them, please?"

Rucha: "Uncle, these two chocolates."

Uncle: "Take these."

Richa: "Uncle, please give me 20 rupees."

Rucha: "Uncle, give me 20 rupees."

Uncle: "Take it."

Narrator: Richa took the money kindly, but Rucha took it sadly.

Narrator: A few days later, Richa and Rucha's friends came to their home. Richa and

Rucha brought water for their friends, and it spilled on them.

Richa: "Oops, sorry for the water spill. Let me get you some more."

Richa's friend: "No worry! It happens. I understand the situation."

Rucha: (silent)

Rucha's friend: "Rucha, a simple sorry would have been nice."

Narrator: Richa and Rucha came first in school. Their father gave them gifts.

Richa: "Dad, we both came first in school. Where is my gift, Dad?"

Dad: "Take this."

Rucha: "Dad, where is my gift?"

Dad: "Take it and go to your room."

Narrator: Rucha felt very sad and went to Richa's room.

Richa: "What happened, Rucha?"

Rucha: "I feel very sad about what happened today. How do you always manage to

do the right thing?"

Richa: "It's simple, Rucha. Just use these magical words: please, sorry, thanks."

Rucha: "Thank you, Richa."

MORAL: If you use "please," "sorry," and "thanks," you can win anyone over.

Narrator: Now we are singing a song and dancing.

SONG

If you use the word "sorry,"
There will be nothing left to worry.
If you use the word "thanks,"
You'll be a loving kid, to be frank.
If you want peace,
use the word "please,"
It turns each one like sweet honey bees.
If you use these magical words,

Everyone will like your dear words.

POETRY

TRANSIENT HOME

BHAGYASHREE MISHRA

This borrowed body, mere flesh and bone, Will one day turn to ash and dust.
We cling to this transient home,
As if it could last forever,
As if the spark inside wouldn't fade,
Leaving behind empty rooms.
Yet we fight over fleeting shelters,
Battling for bits of land
To protect our ephemeral forms.

We grind each other down with envy's grit, Trading joy and peace for the myth of more, Not seeing we share this fickle fate, Where waves are destined to rise and fall Upon the same rocky shores.

One day, stripped of titles and things,
We'll be just elements, returning to the whole.
Maybe this truth can quiet the sabers inside,
Open our hands to give and receive,
And help our hearts beat together,
Before the final curtain falls.

We need so little space to rest at the end. Is there enough earth for lasting peace? Enough sky to share?

SEASONS AND NATURE

BOBITA SAIKIA

Season and nature both created the green atmosphere
The foundation of hope and amity!!

Plays the green song of clay in the heart of clean nature From the touches of luminous spring The melodious melody is shining in the sweetest voice The moonlit lute spreads a graceful wave in the fortress of youth!!

In the summer and rainy seasons
Nature starts her endless motion
her pregnant dream has sprouted
In the crops and paddy fields
raw beauty of a diamond
and the farmers get their dream of hope
From her neonate
But excessive heat and downpour Children of summer and rainy seasons
Silent nature defeated by their children!!

With the arrival of autumn, dreams open doors
Nature hums a love song to break her silence
Feeling a vibration on her melodic lips
and a sweet thrill in her heart
she forgets every pathos
She plays hide and seek
Under blue skies beneath the veil of white clouds
The Zephyr brings the melody of the flute of clay!!

Nature makes a way by pushing apart hindrances
The golden dreams and love of nature wither away in the lap of stiff Winter
The golden monument of dreams collapses in the pale, empty bosom of the garden!!

STRANDS AND STREAMS OF STARS

GITA BHARATH

The European Space Agency's Gaia telescope,
Carrying the largest-ever digital camera into space
Has made significant discoveries which trace
The origin of galaxies.

Twelve billion years ago two mighty streams of stars twining and twisting together, were interwoven, merged, to become the foundation of a galaxy that emerged with a central core and spiral arms.... our own Milky Way. The streams were named Shiva and Shakti, containing everything we see-All matter, all unseen energy. Together eternally joined in the magnificent dance of Creation!

I, myself, am made of matter,
earth and water
my breath is air, it stokes my inner fire,
then why am I focussed on something higher,
the sky, the cosmos, a star?
Born in that furnace is all that we are
made up of hydrogen fused to helium and every single atom-bead
that nature's strung together in a million ways
daisy chains of twisted nucleotides, the strands of DNAs
I come from a star, I'm made of star stuff
Is that why I feel I must upsize
my mind, to be truly wise?

EMBRACING THE NATURAL FLOW OF LIFE

HIMANSHU BHUSHAN JENA

Life lives more in tranquil flow of rivers, rippling waves of seas, majestic aroma of oceans.....

Every natural flow bears the divine glow rendering rays of humanity for the cause of society

No ego builds up the edifice of harmony No material gain relieves the pain within No rain of revenge harmonizes our spirit No wing of anger sustains our wellbeing

Life dwells to the fullest in sublimity of unity and harmony Life glitters to the best in virtue of nature's symphony.

FAMILY

JAYALAKSHMI KARINDALAM

Beguiling butterflies

Love's synonyms

Fill in the eyes.

Your feathery fingertips loom

moments of pristine vibes

waking this house into an abounding heaven.

Mornings come, twinning with your rays of bursting laughter.

Magnifying each lonesome corridor.

Rectifying slight shades of pangs.

They illume my whole being and melt with singing anklets.

Reciprocating in each other's milky babblings

Days embroider visions weaving myriad crafts of love bonds.

Along those petal steps flow

Cavalier of my dreams in full fledged.

As our guiding stars radiating

Future skies, infinite...

Moments are precious

They genuinely graze and grasp nature's rhythms.

Amid grace of blessings, enchant the world.

For, we know, life is a prolific garden gifted

And inside this family,

We, the bees, in pursuit for love perpetual.

WORDS GALORE JELLIE N. WYCKELSMA

Playing with letters is a writer's prerogative

Creating words is the aim

When the moon has gone down

And the perfect sun rings in at dawn ...

The eyes are on the keyboard

Writing fast like a bird moved along by the wind

Penning about the river of life

About "War and Peace" like in Leo Tolstoy's books.

Wishing to write like him too ...

PEN AND PAPER

JELLIE N.WYCKELSMA

Blessed are my pen and paper Keeping my emotions in balance With written words they will reveal How I truly feel

Dots and short words show I was sad

Long words and exclamation marks

Expressed my excitement and joy

When many question marks appear

My mind was occupied with doubt and fear

Angry words are lines I always need to erase It's wasting time and precious paper too
Away with those lines I must do

Blessed are my pen and paper
With letters and words that thrive
Being the lifeline for my mind to stay alive

PREY

KAMAR SULTANA SHEIK

The Fish Vendor held up

Her wares in typical Fisher-woman style;

Screeching the rates of the best catch of the evening....

I selected my purchase;

Something about one fish in her display basket
Struck me as strange:
I asked her to show it to me closely... I saw
A tiny fish clamped tightly within the jaws of a big fish
In the act of being swallowed by the bigger fish
Both predator and prey had succumbed to the snare
Of the Fisherman's net;

Now as I looked I saw

Three predators who had hunted for their living;
The big fish who wanted to swallow the smaller one
The fisherman whose hands had rendered this catch
Into the fisherwoman's hands who now wanted
To pass this on to me... (to become the fourth and for a dear price!)

My apologies seemed strange to her
As I refused to buy anything that evening;
And walked away unsure of what
To cook that did not involve any predators...

I wondered...?

Neither the big fish nor the small fish nor the fisher people

Nor those who rush to buy the freshest catch with the speed of hunters....

Hunger is the prime predator of all things living on Earth:

Everyone and everything else is prey!

In this drama of Life, who is the predator and who is the prey

BEAUTIFY WITHIN

LAXMAN RAO

Beauty lies in the inner being and is serene, the truth is the outer body is merely boisterous. just that reality merely reflects as its raw face, but our fears are deeply rooted & digested within.

The key to navigate our circumstances are circumcised, let's bring in the power that ought to be empowered, remember that we are once the embers of fire; that was once lit will never be doused, dried, or decayed!

Address the subconscious beliefs that do hinder
Or disturb your soul space or the soundscape,
Just reconnect and rejuvenate you with your vibe
Channelize your feelings into any of your art forms.

Create the beautiful canvas of your mindscape

No matter what colour it comes and what it carves!

ENCOUNTER WITH MY SOUL

LEENA THAMPI

Everything stops for a while
When she's gone
The sun hides, the birds stop singing
the flowers refuse to bloom,
Trees become still, the clouds don't care anymore, forget the rains
Nothing breathes and all of life
Turns a dull grey...

Then she returns

And everything falls in place
In whispers soft and sweet, a dance with words and thoughts,
In solitude I meet the lyrics of old songs
A symphony of emotions, in silence, I express,
For in my quietude, I find my soul's caress.
The shadows of my mind, Unravel in this space,
A canvas of my heart, where colors fill my grace.

I converse in my solitude, With the echoes of my soul,

A journey through the labyrinth, of thoughts, I fearlessly control.

In every word, a story, in every breath, a verse,

I converse in my solitude,

As a poet, I confess.

In quiet chambers of my mind,

A dialogue with self, I cherish

Questions arise, answers sought, flow peacefully in this journey of thought.

Reflecting on the path I've trod, the choices made, the lessons taught.

Emotions stir, a symphony within,

A fountain of joy and sorrow, a subtle kin.

In the mirror of introspection, I see my reflection.

The light and the dark, the highs and lows,

A spectrum of colors, in life's ebbs and flows.

Valleys, mountains, beauty unexplored

You take me through euphoria manifold

This conversation with the self, so deep,
Unveils the mysteries, the secrets to keep.
A journey of growth, of self-discovery, a path that leads to wisdom, and a heart so free.

It's where I meet myself
Who could I love more than thee?

RECIPE FOR A HAPPY LIFE

K. MONIKA

Take spoons of laughter and positivity
Peel off the bad thoughts and negativity.
Add a cup full of patience
And a bowl filled with perseverance
Mix right amount of attitude
And stir it all well with gratitude.
Add cups of laughter and simplicity
And do add generosity in all difficulties.
Add plenty of faith and trust
And mixing goodwill is a must.
Wrap up the roll with kindness and cheer
And never add rumours gossip and fear.
Serve the dish and relish
And create every moment to cherish..

I DREAM UNSETTLING DREAMS

NEHA S CHAKRAVARTHI

I may have wanted to leave, never to undo my choices
Or show up at my own door without welcome.
Tell-tale severs of what was once an untainted heart,
Are testaments to the failed epiphanies it abided.
Shut my eyes, hence the world that lives off my ache.
The heart that bled - shall it forget the touch of zephyr,
Scent of my mowed lawn it brings, the view across alleys.
It's weak and wilt to take a whack at life again.
Skies won't herald a change in world's terms of service.
Can't be calm in the knowledge that world ain't
A polished coaster my heart would be safe 'n warm on.
The setting night eavesdrops on my unsettling dreams,
As I leave amidst steady drumrolls, never to return.

THE WHIRLS ARE NO LONGER SWISS

ORBINDU GANGA

Swiss being the cynosure From my halcyon days for The picturesque exquisiteness, The Schweizer Schokolade, and The Basler Bankverein, enthralled us. None thought the Swiss could Be the atom smasher, Unearthing a riposte to the Conundrum - the mysteries Of the universe in the mildest Of the things that scientists Have yet to find: the basic Elements of the universe. CERN furnished the world to Guise at her with Higgs Boson, The God particle developed as The most fascinating dialogue. In pursuit of the highest form, Giving numerous names bequeathing To one's belief, but the energy is The same; the names can vary. We've been waiting for decades for the Mystery to be resolved. Maybe the discovery is being made None to be aware of it. The invisible opening to Another dimension is visible. Get prepared to unclutter your Eines to whirl into another dimension Through the god's particle.

1 haiku sequence HALLEY'S COMET

RANDY BROOKS

streetlights glowing each with a dunce cap of new snow

hopping in place to keep our feet warm . . . clouds pass over

old woman with a cane in line a second time missing her father

Halley's comet already over the horizon moon craters

little brother claims he saw Halley's Comet rear seat window

LIFE IS LOVE

ROOPA SUBRAMANI



Life is precious but unlike the material things that we feel impelled to possess yet another opportunity to carefully re-assess a chance to not fritter away one's allotted time in such pursuits so careless

Life is impermanent but unlike the need to cling to it, like a symbiotic dependent yet another opportunity to stop brooding over a past however well or ill spent a chance to consciously behold the beauty of each unfolding moment

Life is a teacher but unlike the lessons memorized to be regurgitated later yet another opportunity to courageously face each lesson with no way to pre-prepare a chance to pass every test successfully with nothing left to re-appear

Life is desire but unlike the wish to always be happy and never suffer yet another opportunity to experience the duality of karmic flavor a chance to understand that one's own thoughts, words and deeds is indeed destiny's deterministic factor

Life is love but unlike the mind's deception, it is every Heart's sacred alcove yet another opportunity to seek it in earnest amidst life's ever changing groove a chance to realize that love is indeed the essence of life, it's most invaluable treasure trove!

SPACE TOURISM

SAI PRAKASH KUNTAMUKKALA

When I was a child

I saw a movie

Based on the epic 'Mahabharata'

Where Pandavas promised their mother to bring down Airavat from heaven

Later I grew up watching the space series STAR TREK on television

My chest expanded with honor and pride when Rakesh Sharma the first

Indian cosmonaut

Answering a question from then Prime minister Smt.Indira Gandhi

The question was

Mr. Rakesh Sharma

How does India look from space

There came the answer still I recall

"Sare jahan se acha madam"

Meaning, India looks the best of the world

Here comes a day

Where people from all walks of life can travel into space

Paying a few hundred thousand dollars

Witnessing the cosmos

Unhindered by the cloudy carpet

Experiencing weightless ness

Defying gravity

Wearing a badge on their shirts

Calling themselves astronauts

Science is the reason

Science is the thrust

That made every dream coming true

From the depths of Pacific

To the mount of Everest

Now even the space being conquered

The sheer enthusiasm of human spirit aided by ever exploring science

Made this near impossible task turning into a reality

My sincere salute to the science shore magazine

For inculcating scientific temper among the readers

May be one day I too will greet you from space as a traveller

UNIVERSE

B.S. SAROJA

Shimmering veils of wonder and delight Glimpses of universe to the insight

The forms spin in this world of deep contrasts Humans are the heirs of this world so vast

An in depth serene calm, nothing can sway Support the mystery of passion play!

In the rapture of its beauty my soul is caught Into the ocean of joy my lyrics afloat!

CHAINED BIRDS

SETALURI PADMAVATHI

Once, this land seemed to be a huge jungle
Where thick trees unreservedly grew very high
A responsibility I continually seem to bungle
These stout-bodied birds lose their nests from the sky!

The city dwellers reside in apartments, big Balconies are deliberately shut like a fence Birds that symbolize love began to twig They quietly fly away from houses, hence!

While with no concern, they are betrayed Male and female birds find a resting place Every outside hole becomes their shade Alas! People genuinely forgot to embrace!

Peace-loving doves find no windowpane
To dance, move, sing, fly, and gladly chirp
Difficult to see the helpless ones in pain
The rights of the peaceful birds, men usurp!

O dear, with a warm heart, do a good turn Let the flying birds move around and stand Let's love them and have great concern Forests ruined; flats built on their land!

MY BELOVED

SHALINI NANDKEOLYAR

Listen
lean on me
have no fear
for I hold you
in love's
eternal embrace
I am your
Unshakable
Immovable,
unchanging
anchor

I nurtured you
From time immemorial
before
you were born
and took you into me
When the end came In every birth
Waiting for you

Bloom Radiantly In my gentle caress for I have watered you In my sacred fountains of infinite Grace

When the day is done
And the Sun is gone
My moon will
Pour its elixir
of healing balm.

Beloved one
Know
that You and I
are not separate
Together we will
weather every storm.

SEEKING KNOWLEDGE

SHALINI SAMUEL

When there was no teacher to lead the way, Still, wisdom found me night and day. Through inner drive and resolute will, I taught myself life's most needed lessons.

Observing close as mom sliced and diced, Flavors erupted as meals walked to the table. Years by her side sensing and tasting, Cooking embedded without formal training.

Wobbles and falls weren't there as I tried bicycling, I learned the balancing in a few hours with no help Practicing in the narrow lane between two walls, Perseverance and wise planning help a lot.

From cooking to riding, skills gained my own way, Confidence grew to keep seeking each day. Reached for books on faraway facts, Found mentors online sharing almanacs.

Knowledge lies before me ready to process, If I dare to dig and learn as I please. No boundaries except those self-imposed, Curiosity can take you to great heights.

The will to learn sprouts early on,
Teach yourself how to learn anything.
Errors are part of the growth none can escape,
Trying, failing, and repeating - Keep going!

This self-taught route built tenacity in me, To ink my map guided by goals I see. Keep learning, walk on the unending road, Experience teaches - dive in today!

NEVER STOP, CREATING YOUR MOMENTS

SHINY VIKAS

While we are working to create what is real

Create enough time to recollect, recreate, or travel to the places

The Heart's true intentions

The moment mind feels the heart beat

The priceless zone

I take baby steps toward the unread books

When we look for genuine, sensitive answers.

They have consistently welcomed our presence.

The creators of dreams and realities—authors, writers, artists!

I submit to the voyage

Where we can safely land in the wisdom land

Despite the passage of time and place.

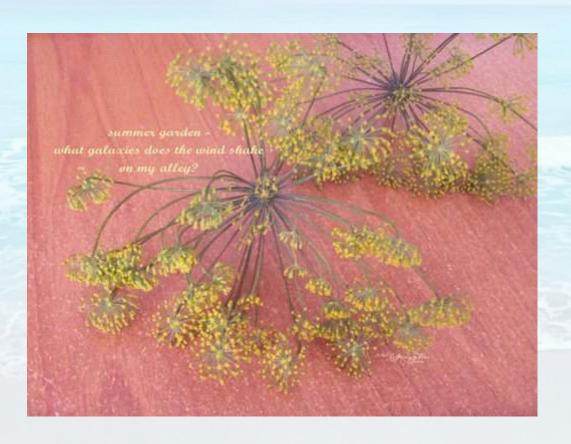
In those exquisite places, Life is beautiful.

haiku - short form poetry originated in Japan STELIANA CRISTINA VOICU

beyond the gateway
of the Observatory...
gazing at the yesterday stars

haiga - a work consists of one haiku and one paint, brush, ink or photo

STELIANA CRISTINA VOICU



LIFE

SUDIPTA MISHRA

It's the time to say goodbye
The perishing moments of life
signalling for the change
They invite me
towards the unknown heights

Unfulfilled desires
clinging my footsteps
They want to take me
Towards the unexplored land

Dear, soul, it's a struggle now between me and my love The burdens of my loved ones push me Towards the valley of wonders

Exhausted feelings
abandon me in the middle of somewhere
The dreams of open eyes beguile me
To wait for the magic of tomorrow

But I know the sufferings
So slowly I ride the road to eternity
For leaving these fake surroundings

Solution to IQ Booster Puzzle

A healthy outside starts from the inside

1	A	h	e	a	l	t	h	y	1955.00	0	u	t	S	i	d	e	6	S	t	a	r	t	S	f	r	0	m	t	h	e
	2002	-	_			_	_	—				_	-	_		_		-	_				-				_	-	_	_
		1	2			3	1	4				3	5	6		2	- 10	5	3			3	5				7	3	1	2

i	n	s	i	d	e
_	_	_	_		_
6	8	5	6		2

Α.

H -	e -	a	1
1	2		

Clue: Curative

В.

S	t -	a	m -	i -	n -	a
5	3		7	6	8	

Clue: Exercising helps

C.

I -	n -	j -	u	r	y
6	8	9			4

Clue: Inflicting pain

D.

S	p	a
_	-	
5	10	

Clue: Health & beauty

Ε.

O	p	t -	i -	m -	u	m -	
	10	3	6	7		7	

Clue: Dynamic balance

Team Science Shore



Dr K SRIKALA GANAPATHY
Founding Editor



SREEPRADHA VENKATRAMANAN Managing Editor & Web Designer



Rtd. Prof. LATHA PREM SAKHYA
Editor



Dr. SUJATHA VARADARAJAN Editor



Dr. THIRUPURASUNDARI C. J



Dr. K. VEENA GAYATHRI
Editor



Ms. A ANNAPURNA SHARMA Advisor



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