

SCIENCE SHORE

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AAFRIN SULTANA MD is a Final year BSc degree student of Sri Durga Malleswara Siddhartha Mahila Kalasala, Vijayawada. She is currently studying Food Science and Technology , Microbiology and Biochemistry. She has a wide range of interests and she participates in several competitions. She tends to observe keenly and learn things carefully and does her best in any given responsibility.



Dr. P C AISHWARYA GANGA is a registered Homeopathic practitioner with counselling expertise from Kannur, Kerala. She completed her graduation from Dr MGR Medical University, Chennai, Tamil Nadu. She received her master's in psychology from the University of Madras. she is an ardent learner and Practitioner of homoeopathy who aims to heal patients through an integrated approach along with counselling. Her article entitled "Hope for the downtrodden" was published in an international Anthology named Doctor's no more than God. She was honoured by the Kerala Ayush Department for her active participation in Kerala Govt School Project named "Karathalodde Munnotte" providing free COVID Immune boosters to all school students. She has served the poor by working in many free medical camps organised by prestigious institutions. She has done paper presentations as well. She aims to serve people through homoeopathy with good physical and psychological well-being.



Miss. ALEENA R. BRIGHT is a Standard Eighth student of Chinnamma Memorial Girls High School in Trivandrum. She lives with her parents and grandmother in a farm where she helps her parents to tend to the animals and fowls. Her main hobbies are photography, painting and doodling.



GITA BHARATH has enjoyed five years of teaching middle school before starting on a banking career lasting thirty four years. Now, happily retired, she focuses on reading, writing, crossword puzzles and kolam art. She has lived in Jamshedpur and Bombay before settling in Chennai. She has published four volumes of poetry. Her first book Svara comprises three hundred poems, including narrative, humorous and philosophical verses. Her work has featured in International anthologies and won prizes from Literoma, Asian Literary Society, Story Mirror, etc. She is currently working on a series of children's stories and poems about historical figures.



HEMA RAVI is a poet, reviewer, critic and editor of Efflorescence (published by the Chennai Poets' Circle). She writes metrical verses, haiku, haibun, tanka, and 'verslibre.' Her verses have been featured in several online and international print journals, noteworthy among them being the International Writers Journal and the Amaravati Poetic Prism. A few haiku and form poems have been prize winners. As Secretary of the Chennai Poets' Circle, she encourages novices and young writers to unleash their creativity. Her write-ups have been published in the Hindu, New Indian Express, Femina, Woman's Era, Champak, Gokulam, International Indian and Khaleej Times, among others. Anecdotes featured in the Femina, International Indian and Khaleej Times fetched her gift-hampers as prizes. She is the author of 'Everyday English, 'Write Right Handwriting Series', 2, 3' co-author of 'Sing Along Indian Rhymes' and 'Everyday Hindi.' She scripted, lent voice support for 'Everyday English with Hema', series of English lessons broadcast by the Kalpakkam Community Radio. After a stint in the Central Government, she has been in the field of education for over two decades. Currently, she is a freelance trainer for IELTS and Communicative English. She is known to motivate learners to their fullest potential, facilitates their all-round development, and urges them to be excellent all-rounders. Contact: hemaravi24@gmail.com



JAYALAKSHMI born into an ancient aristocratic agricultural family, Karindalam in Northern Kerala, graduated from St. Teresa's college, Cochin. An ardent seeker of indescribable lustre of spiritual ecology, her writings have been an adventurous foray into the unknown, yet seductive glimmer of its mystery. An online critic and poet, a soul tormented by the miseries of humans, animals and every ailing element in our Eco system, she has always been with her loved ones, house between the family plantations in the lap of Western Ghats greatly influenced by the traditional moorings, the kavus, theyyams, the rendition of scriptures, she was reading herself for a spiritual quest, a foray into the unknown terrain and writing came naturally, and these spiritual ecological passion and longings radiates in her poems. Married to Dr. C.K Narayanan, a pediatrician, they are blessed with 2 children.



JELLIE N. WYCKELSMA, a retired teacher librarian, was born in The Netherlands in 1935 and came to Australia in 1958. She spent her professional life in Public, Commercial/Special, and School Libraries until her retirement in 1996. Her Published works: Co-author of three anthologies of poetry: *She's Apples* (1996) and *She ate a Bowl of Poetry* (1997), *Adrift ...* (2018). Poetry: *Life's a Bra Strap* (2014), and *Flowers of the Soul* (2016), *And the Poetess speaks...* (2019) Novels: *Crossing the Bridge at San Remo* (2011), *The Photograph and the Diary of the Daughter* (2012). Novellas: *Once upon ... a Night* (2013), *Veering off course* (2014), *Life's better with a Book* (2014), *Wild Waves* (2015), *The Dog Walker* (2017). Short Stories: *Diving in at the Deep End* (2016). Non-Fiction: *Probus Club of Anderson's Inlet Inc.: 1995-2015; twenty years in a nutshell* (2015). A novella *Wild Fire* (2020) is ready to go into print. Other works, poems and short stories, have been published in various periodicals and anthologies in Australia, India and in The Netherlands.



KASTHURI VALLALA is a Final year B.Sc degree student of Sri Durga Malleswara Siddhartha Mahila Kalasala, Vijayawada. She is currently studying Food Science and Technology, Microbiology and Biochemistry. She has competitive skills and she participates in several competitions. She learns things carefully and quickly. She also grasps the knowledge on new things and performs well in all activities, simultaneously she can perform any task and gives her best in any given responsibility.



Rtd. Prof. LATHA PREM SAKHYA was born in 1959 to Tamil parents. After 30 years of teaching, she retired as Head of the Dept of English from Marthoma College for Women, Perumbavoor. While in service, she entered the world of writing by publishing her poems – “Memory Rain” in 2008, “Nature at the Doorstep” (2011) a blend of her musings, paintings and poems and a collection of poems titled “Vernal Strokes” (2015). Her poems are published now in reputed journals and anthologies. Her stories for children and her reflections are published in e- magazines and anthologies. She contributes stories and poems regularly for “Little Hands” a children's monthly print magazine and to “Literary Vibes”, a prominent weekly e journal.



She has co-edited several poetry print Magazines, poetry anthologies and e- magazines. She is a member of three prominent writers' groups - Poetry Chain based in Thiruvananthapuram, Kerala; Aksharasthree - the Literary Woman, based in Kottayam, Kerala; and India Poetic Circle, based in Chennai, Tamilnadu , besides many other online poetry and painting groups. She has a passion for painting. Though untutored, she works with oil, acrylic and watercolor and has done more than 50 paintings and has participated in three exhibitions.

Mrs. LATHA SHANKARI. K pursued her graduation in Chemistry from Quadi-E-Milleth College, Chennai and completed her B.Ed. Degree from Madras University. She is presently working as a teacher in Prince Matriculation Higher Secondary School- Chennai. She believes in William.G.Spady's saying, "All Students can learn and succeed, but not in the same way and not in the same day". Besides teaching the art of drawing bring joy and immense peace of mind to her. According to her Mandala art requires lot of concentration and patience and thus diverts the mind from all types of stress and is certainly as stress buster apart from being a hobby.



LEENA THAMPI shares her experience of getting published her two books and winning the recent award on Independence Day for her literary skills from Gujarat Sahitya academy and Motivational strips (World's most active writers forum). She is a prominent poet, writer and a relationship coach, who was born in Jammu and brought up in Delhi. Her first book "Rhythms of a Heart" published by Notion press beautifully expresses her emotions in the most lyrical form blending the rhythms of human life and nature. "Holding her first book close to her, She added, it was like a hornbill yearning for rain and finally it rained on her.

Her second book "Autumn Blaze" was published not too late, the very next year after her first masterpiece hit the book stores that summer. In spite of the fact that she's a mother of two, Education consultant and a relationship coach who had a tight schedule she was able to publish not one but two books with almost over 300 poems. She started writing at the age of 9 and she had published countless articles in the Indian express and the Times of Oman supplementary Thursday magazine. The times of Oman publications had appreciated her work while she was in Muscat, Oman.



Leena is a gifted thinker who flies high on her creative wings and peeps into everything that nature hides which makes her an Inveterate poet. Leena turns each moment of experience in her hands, examines it with keen intelligence and then conveys her insights with an elegance of language that leaves the reader breathless.

Her poems invite the readers to sit awhile in fulfilled desire and her books are a glimpse that connects emotions with nature. She believes there is God in every good human being.

MADHUMATHI. H, A bilingual poet-writer (Tamil, English), is an ardent lover of Nature, Poetry, Photography and Music. Her poems are published in Anthologies of The Poetry Society(India), AIFEST 2020 Poetry contest Anthology, CPC- Chennai Poetry Circle, IPC – India Poetry Circle, Amaravati Poetic Prism, and in e -zines UGC approved Muse India, Storizen, OPA – Our Poetry Archives, IWJ – International Writers Journal, Inner Child Press International, Positive Vibes-Literary Vibes, and Science Shore.



"Ignite Poetry", "Arising from the dust", "Painting Dreams", "Shards of unsung Poesies", "Breathe Poetry" are some of the *recent Anthologies her poems, and write ups are part of. (*2020 – 2021).

MADHUMATHI has participated in CAB (Connecting Across Borders) International Poetry Webinar – Women, 2020, and in the International poetry Conference 2021 on the theme Constructive and Respectful Debate, that connected poets, writers, scholarly souls across the globe, exchanging profound empowering ideas through art, and healthy debate. Besides Poetry, Madhumathi writes on Mental health, to create awareness and break the stigma, strongly believing in the therapeutic and transformational power of words.

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T.S MANOHAR is a small time freelance writer contributing to The Hindu, Bhavans journal and a few online magazines. He firmly believes in highlighting social issues for the well being of the society and humanity. Precisely why, he keeps his narration simple and direct to rub positivism on the readers. He has graduation in Economics and Law from Madras University. Playing cricket and other team games empowered him to be part of a group for a common cause. Growing up in a joint family taught him the values of caring and sharing. Employed with airline for over three decades and more has taken him across the country and beyond. This enabled him to interact with a cross section of society and a great learning experience. Volunteering as an administrator for an NGO gave him an opportunity to serve and realize the purpose of life. He makes constant affirmations to better himself and make this world a better place to live in.



Smt G K MAYA took to writing after laying down office as GM of Canara Bank. She is a post graduate in Eng Language and Literature, from University College Trivandrum . Reading is her passion and writing - in both English and Malayalam - her pleasure. She carries her sunshine along, be it at work, home or in her writing.



K. MONIKA is a 12th grade student passionate about writing, poetry in particular. She is also a good English orator. She has penned more than 60 poems on various topics. Two of her poems were also published in Efflorescence 2020 (anthology of poems). A top contestant of Kings of comedy juniors, she has participated in various shows in Vijay TV.



D.M. MUKUNDHAN is a student of class IV at Velammal Vidyalaya, Poonamallee. He is interested in all cultural activities and talented in oration which makes him as the inevitable person in almost all of his school activities and school prayer sessions. He won considerable number of prizes in story narration and sports activities. He is very much interested in playing outdoor games and play in picture puzzle and hidden pictures. He loves to watch stories, cartoon, animation and comedy movies. Likes to draw vehicles in Microsoft paint, loves music and learning keyboard and silambam. He is very eager to know new things by asking many repeated questions till he understands. He shows more interest in Tamil and doing Mathematics.



He has a YouTube channel to display his interest and activities which contains more than 140 videos in different aspects including music, speech, drawing and solving puzzles. Link to his YouTube channel – bit.ly/DMMuTube

Dr. (MAJOR) NALINI JANARDHANAN, is a Family Medicine Specialist who served in Indian Army Medical Corps as an Army Medical Officer in the rank of Major. She is a popular writer of Kerala who got Katha Award and a writer of many medical books for which she got IMA Sahithya Award. She is an Akashvani (All India Radio) and Doordarshan approved artist of Ghazals and Bhajans [Light Music]. She is felicitated with many Awards for her contributions towards society as a Doctor, Singer, Writer, Army Officer and for her Social service.



NEEHARIKA is a student of class 3 , studying in Tagore Vidyapeedam school, Thalassery, Kerala.



NEHA S CHAKRAVARTHI, taking inspiration from everyday events, developed an interest in writing during her early teens. From penning poems during her leisure time to contributing her works to various magazines, she walked up the ladder of exploring words in a way of her own! Her first poetry book, 'When I breathe words...' is available for sale in India on online shopping platforms like Amazon and Flipkart and on the website of BookLeaf Publishing. She is currently working on publishing her second book.



She is grateful to her parents, teachers and friends for being her greatest support and all-time inspiration in this journey. When I breathe words...

https://www.amazon.in/dp/1005158878/ref=cm_sw_r_apan_glt_i_ZNT3YJAWY2C3D183Y9QE is a collection of poems of varied themes.

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ORBINDU GANGA is the founding director and literary research editorial director of two journals – INNSÆI: International Journal of Creative Literature, Art, Research, and Translation for Peace and Humanity (IJCLARTPH) and MatruAkshar: International Journal of Indian Languages for Creative Literature, Translation, and Research (IJILCLTR). He is a post-graduate in science and the first recipient of Dr Mitra Augustine gold medal for academic excellence. He worked in financial, banking, and publishing domains.



He is a consultant, publisher, author, editor, certified life coach, creator of Subconscious Observation Belief System (SOBS), mindset coach (SOBS), spiritual mentor, content writer, poet, sketch artist, and researcher. He has published poetry, articles, short stories, research papers, science articles, photography, and paintings.

RAJA MARTIN. B is currently a Government servant.

Agriculture is his first passion .Others are reading, painting, craft work with cement, for creating objects for decking homes, gardens, etc. He believes people have enough time to pursue their passion and it is only a matter of time management. His magic mantra for everyone is, "Make your passion for creativity a routine".

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Mrs. RAJANI MULA is an English PGT at TSRS & JC Yedpally Bodhan. She is a multi lingual poetess who writes in Telugu, Hindi and English. She has written more than 1500 poems so far. Her works are published in many reputed National and International anthologies, one of which is "Complexion Based Discrimination" that won "Double Cross Gold Medal" from "World Poets Italy", "Book of Books award from HPAW, Africa" and worldwide authors and poets of this anthology are enlisted in "India Book of Records". One of her poems which is published in an online magazine. This largest E magazine is recognized by "International Book of Records" thus she is one of the world record holders. She takes part in various National and International Poetry contests , winning many prestigious awards. She started her journey as a critic too. Her flair of penning technical poems and free verse is appreciated by "Global poets" and "readers". Her poems include divergent themes such as love, nature, social issues etc.Her pen name is "Raji".



ROOPA SUBRAMANI, the author of this work is a work in progress. She is a homemaker and an ordinary mom to two extraordinary kids whose lives she feels specially blessed to be a part of. She writes to express her heart's joy and feels utterly grateful to be a simple conduit for conscious awareness. She essentially believes that everyone has a unique passion within them that yearns to find an expression and when it finds the appropriate channel, it comes out as artistic endeavors and scientific discoveries that benefits humanity as a whole.



And she truly feels that a simple and curious mind to know things is the basis for all understanding. Although spirituality is her primary intended goal towards living her everyday life, she can't help but see that it is in the small everyday things that she is best able to actually live the goal to it's ultimate fruition.

RUPPESHWARI. D is a class 7 student of Velammal Vidyashram, Surapet, Chennai. Her areas of interest include drawing, craft, dancing, singing, home decors and compeering. She is an outstanding student as far as academics is concerned and also excelled in co-curricular activities. In various art and craft forms, her curiosity has no bounds. She has won prize in fancy dress, poetry recitation, storytelling, Diya decoration, clay modeling and 'best out of waste' competitions. Has won prizes in Spell Bee competitions, Olympiad national and international exams. She has won award from the prestigious Pondicherry Art Academy. She is learning to draw Anime, a Japanese art. She has been pursuing Carnatic music from the age of 5years and has performed on stage on various occasions under the guidance of her music teacher. She makes intelligent moves in chess too. She has exhibited her passion for baking cakes and breads. She has also tried her hands-on Japanese cuisine recently. She is a nature lover, interested in gardening. She mingles with people of all age groups with no inhibitions and has a very pleasant behavior.



SAIPRAKASH KUNTAMUKKALA, is an advocate by profession and a poet with passion. He has nearly 3000 poems to his credit , winning many accolades including Gujarat Sahitya academy certificates. His poems are translated into 30 National and international languages. His poems featured in more than 15 international Anthologies.



YT SAMEER is a Dance Coach, Choreo Specialist, Dance Therapist, and Nutrition Consultant. Sameer is also the founder of Anyone Can Dance where so many dance aspirants are reaching their dream of Dancing. With 22 years of experience as a dancer, he has trained 5000+ people globally from diversified age groups of 4 years to 74 years. He started learning the art of dancing from his Dance Gurus. He later worked as a dance trainer in Surat, Gujarat. Sameer started his own dance style at the age of 16 and became a choreographer at 17.



He started seeing dance as a wonderful therapy for the people who are facing major health issues like Knee pain, Back Pain, Disc issue, Arthritis, Spondylitis, Obesity, Menopause, Parkinson's, Alzheimer's, Thyroid etc. He studied, experimented, and implemented the generation of DOSE (D-Dopamine O-Oxytocin S-Serotonin E-Endorphins) in the body and brain (the doctors usually refer to them as Happy Hormones). Sameer's Anyone Can Dance program is specially designed for people who desire to dance always and explore the benefits of Dance.

By the time of publishing this content to the audience he is crossing the participant list over 5100 happy people. When we ask him about the program objective he mentions, he wants to see India and the world as Happy and Healthy by understanding the beauty and art of Dance. Along with Dance he is offering, Yoga, Law of Attraction, Diet/Nutrition, Chakra Healing and Zumba and he is certified in all the above specialisations and he is connecting all the above with dance, thereby to learn everything in a fun way.

Link: <https://learn.tirusameer.com/acd>

He extends his gratitude to Digital Deepak (Deepak Kanakaraju sir) for the idea of content.

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Dr. SANGITA KALARICKAL lives at the corner of Science and Literature. An exhilarating encounter with a fast soliton on a beach in Mumbai, inspired her to change her life path from that of a successful college Mathematics lecturer to a Physicist. She went on to pursue a second Master's in Physics and continue to a PhD and other academic endeavors.

Sangita's creative side always simmered along, however. Her poems and stories have been published in various poetry, haiku and fiction magazines and anthologies based in the US and India. Currently she is working on her chapbook of poems. In her day job, she is now at Seagate Technology working at the cutting edge of technology. Dr. Kalarickal lives in Minnesota, USA, with her husband, kid, and the several fantasy characters she writes about.



Mrs. SETALURI PADMAVATHI, a postgraduate in English Literature with a B.Ed., has over three decades of experience in the field of education. She held various positions like the Head of the Department of English, Academic Coordinator, Principal and Teacher during her professional career.



Writing has always been her passion that translates itself into poems of different genres, short stories and articles on a variety of themes and topics. She is a bilingual poet and writes poems in Telugu and English. Her poems were published in many international anthologies and can be read on her blog setaluripadma.wordpress.com.

Padmavathi's poems and other writings regularly appear on Muse India.com, Boloji.com, Science Shore, Setu, Inner Child Press Anthologies and Poemhunter.com.

SHINY VIKAS is a poet, blogger, and a free thinker. She has been recently part of a beautiful anthology, 'The Land of Unfree Labourers', by Dr. Ujjwala Kakarla, depicting the struggle and challenges of the farmers and street vendors. She considers it as a broad experience to write the real-life stories personally narrated and shared with the street vendors. A graduate in the Bachelor of Arts, she holds her certification in Media, Journalism, from the Ashutosh College, Kolkata. She worked as the Passenger Service Executive in the Sharjah International Airport with Sharjah Aviation Service. She has taken a short break from work and shifted to her hometown Kerala. She loves to explore varied movements of life and feels our true nature is to be connected to the earth. We are at peace when we realize that nature and the laws of nature play a major role in world peace. A strong believer in the Law of karma. She loves to explore life as a beautiful and learning experience. She believes in the therapy of writing that creates a perfect balance with the universal law of peace and humanity.



Dr. THIRUPURASUNDARI C J (DAZZLE), a cheerful Biochemist and Molecular Biologist, owns a University rank and Gold medal in her Bachelors and Masters respectively. She fetched her state and national level fellowships for Doctoral studies. She started her research and teaching experience at a Diabetes Research Hospital. She is recognised as someone who teaches with passion. She took this ethos to a school, also excelled as Assistant Professor in a reputed University, Chennai and then as a Senior researcher at the Vector Control Research Centre and Indian Institute of Horticultural Research. She has PG diplomas in Bioinformatics, Clinical Research and Patent Rights. She has participated in national and international scientific conferences and has published her research findings in peer-reviewed journals. Cancer, Diabetes and Horticulture are the fields, she has traversed.



Her passion for writing has opened an avenue to be a freelancer for a UK based company. Her other passions include yoga, sudoku, poetry, sketching, gardening and experimenting new cuisines. Besides a Science content writer, an Editor for "Science Shore" e-zine, she has published her oeuvres in Bangalore Poetry Circle (Antargata), Adisakrit (Green Awakenings), Positive vibes, Chennai Poets' Circle (Efflorescence), Indian Periodicals, International Writers Journal, Inner Child Press International, INNSAEI and other anthology groups. Her oeuvres are also available on literary platforms like Muse India-Your Space, Story mirror, Pratilipi and others. She draws inspiration from others!