

SCIENCE SHORE

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SCIENCE ARTICLES

SHORT STORIES & ARTICLES

POETRY

HOBBY & ART

AUDIO & VIDEO

WHERE SCIENCE MEETS LIFE

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FOUNDING EDITOR
Dr K SRIKALA GANAPATHY

ADVISORS
Ms. A ANNAPURNA SHARMA
Ms. MALATHI

MANAGING EDITOR / WEB DESIGNER
Ms. SREEPRADHA VENKATRAMANAN

EDITORS
Rtd. Prof. LATHA PREM SAKHYA
Ms. SUJATHA VARADARAJAN
Dr. THIRUPURASUNDARI C. J
Dr. K. VEENA GAYATHRI

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**SCIENTIFIC
ARTICLES**



SERIES 4 - ANCIENT INDIA- THE SCIENTIFIC APPROACH TO GEOLOGICAL AND HISTORICAL RESEARCH OF OUR ORIGINS

GITA BHARATH

Ours is a very old civilization, we say. Well, how does anybody know, is the question. We have scientists trained in different fields who go deep into this very question. They even go much further back, before civilization began.

In the early 1980s, for example, the blast at a cement factory in Balasinor in Gujarat revealed what the workers believed were ancient cannon balls. In another instance, a team led by Mr. Dhananjay Mohabey, a palaeontologist then working for the Geological Survey of India in Kolkata, realized they were dinosaur eggs. Mohabey and his colleagues soon uncovered thousands more in hundreds of nests, as well as many other fossils.

The first dinosaur fossils found in Asia, belonging to a kind of Sauropod, were unearthed in 1828 in Jabalpur, in Central India's Narmada Valley. Ever since, the subcontinent has yielded a stream of important findings, from some of the earliest plant remains through the reign of dinosaurs to a skull of the human ancestor *Homo erectus*. "Right from the time when photosynthesis started to the Quaternary [epoch], we have it all, continuous," Sahni says. Astronomy, Ancient Literature, Palaeontology and Geology, Archeology and Anthropology, all give us a picture of how we and our civilisation evolved.

We have heard of Mohenjodaro and Harappa, but how about Dholavira, Bhimbetka, Adichanallur, Didhwana, etc? Every state in India seems to throw up fascinating cave paintings, stone age tools and fossils.

The latest excitement in the field of Archeology has been caused by two ancient cities -- Dwaraka and Poompuhar. Interestingly, both were famous ports, mentioned by ancient Greeks as prosperous old cities. Even now, harbours with huge sunken stone anchors, neatly laid streets, market squares, water and drainage systems can be traced under the sea. The researchers from Bharathidasan University (BU) in Tiruchirappalli have traced the harbour - roughly 11 km long and 2 km wide - about 25km east of Poompuhar on the Tamil Nadu coast.

The discovery of the nearly 15,000 year old structure points to a past of bustling maritime trade in these parts, according to Somasundaram Ramasamy, a Professor in the Department of Remote Sensing at BU and coordinator of the project. The Rs 90-million project is a part of India's national mission to digitally reconstruct underwater heritage sites.

Dwaraka was supposed to have been built on six blocks, two on the right bank and four on the left. Whatever has been traced so far conforms to the description to a large extent.

Marine scientists say archaeological remains discovered 36 m (120 ft) underwater in the Gulf of Cambay off the western coast of India could be over 9,000 years old. It is believed to predate the oldest known remains in the subcontinent by more than 5,000 years. Carbon dating on debris recovered from the site, including construction material, pottery, sections of walls, beads, sculpture and human bones and teeth, put it at nearly 9,500 years old, making it older than the Sumerian civilisation by several thousand years. It is also older than the Egyptian and Chinese civilisations. The city is believed to be even older than the ancient Harappan civilisation!

Since Poompuhar and Dwaraka are both underwater now, a multidisciplinary approach, involving divers, geologists, anthropologists, is needed. To study the references from epics, inscriptions, etc, even epigraphists and astronomers could come together and fix the timeline accurately as star positions, eclipses and so on are mentioned in these old works.

This is a very exciting time for the researchers working for the Archeological Survey of India, under the Ministry of Culture, as well as the DST, the Department of Science and Technology, which wants to set up the reconstruction of Poompuhar as part of DST's Indian Digital Heritage project.

Researchers say that initial studies carried out by the Indian Remote Sensing Satellites show that the city was established initially in the Cauvery Delta-A about 30km away from the present town around 15,000 years ago.

“In our second phase, we are looking at heritage that is currently underwater in Gujarat and Tamil Nadu. The focus is now to find evidence on how these were built, whether photographs of the structures are available and the reasons that contributed to the submergence of the city,” Mohan said.

Maybe soon, we can visit these fabulous cities, at least virtually, and walk the streets as Krishna, and later, the Chola kings did! That would bring history and geography alive before our eyes!

With inputs from Research gate and The Hindu newspaper.

MAKING AND REPAIRING OF AN LED BULB

PRINCE R BRIGHT



Nowadays LED bulbs are more common, do you know why? The reasons are : They are less current consuming than other bulbs; they have high durability, less expensive and can be repaired. A few years back the incandescent bulbs were more common but now these bulbs are not used by people because of high consumption of current, less durability and not very cost- effective. So naturally which one will we choose?

Making LED is a lot easier and we can make it in our home itself. If we buy a LED bulb of 7w or 9w the cost will be 120-160/- but if we make it in our homes by buying the parts, the cost will only be around 20-30/-. The parts of the bulb are available in hardware shops, electronics stores or even online stores.

The things needed are:

(1) Base unit E22

It is a metallic part which connects the bulb to the holder.

(2) Power supply board (LED driver) 5W or 7W or 9W.

The function of the power supply board is to convert the power AC into DC .This board contains three main parts.

(3) Printed circuit board (LED Chip Board)

Light Emitting Diodes are fixed in this board and the positive and negative connection point is marked in this board.

(4) Heat sink and Base plate

Heat sink is the part in which the base unit is fixed. The function of this is to absorb heat from the Base Unit and fix the heat sink to the holder. The function of the Base plate is to absorb heat from the LED chip board.

(5) Back conductor Screws.

Screws for fixing wires from the LED drive to the base plate.

(6) Diffuser Cup.

It is the part from which light comes out of the bulb.

THE ACCESSORY TOOLS NEEDED FOR MAKING AN LED BULB

Insulation tape.

Pliers.

Heat sink compound.

Wire stripper.

Soldering iron.

Soldering Lead.

Soldering Wax.

STEP BY STEP CONSTRUCTION

Fix the base unit by punching it on the heat sink.

Cover the power supply board using insulation tape in such a way that the input and output wires will be visible outside.

Fix the wire seen on the input part of the power supply board to the back conductor, by passing it through the heat sink and terminal holes.

Fix the red wire in the output into the part marked positive in the board and black wire into the negative marking.

Apply heat sink compound at the back of the LED Printed Circuit Board and fix it on the base plate.

Press and close the heat sink by using the diffuser cup.

Make sure the LED bulb thus made emits light when fixed to the bulb holder.

We can make LED bulbs using this method and we can also repair LED bulbs .Thus these types of bulbs are renewable and can be used continuously.

Now to repair an LED we need to find the following parts: {Rectifier, Load resistor, Filter capacitor, LED Chip, Heat sink}

REPAIRING THE LED

An LED is a combination of many LEDs connected in series. The bulb will fail to emit light if any one of the LEDs is damaged or if the contact of any one LED is lost.

LED bulbs will not emit light if the rectifier, the load resistor or the filter capacitor is damaged. Even minor damage in an LED will lead to the complete failure in working of a bulb.

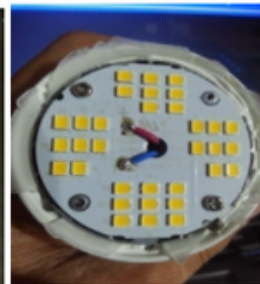
Open a non functioning LED bulb and using a multimeter can examine the part which is damaged then replace the part with a new one. Thus it is very easy to make as well as repair LED bulbs.



POWER SUPPLY BOARD



HEAT SINK



LED CHIP BOARD

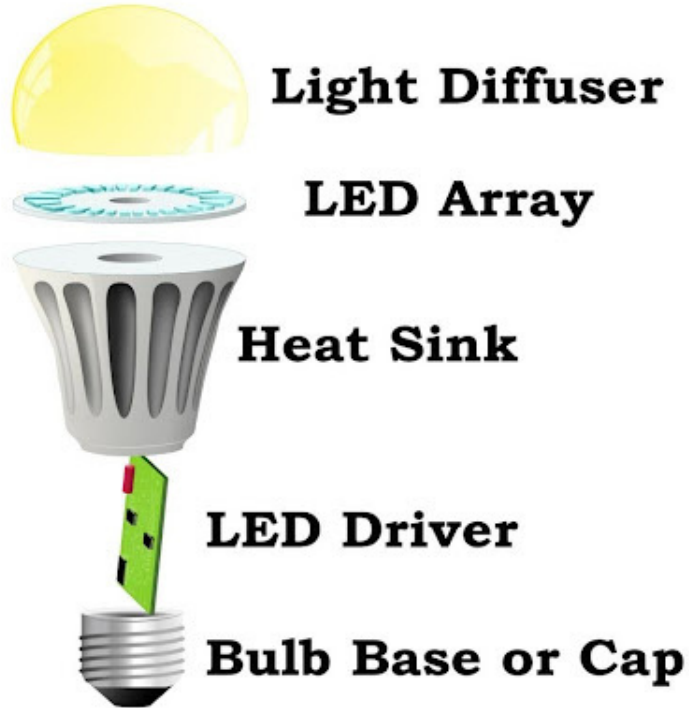


BASE PLATE



BASE UNIT

The Constituent Parts of an LED Bulb



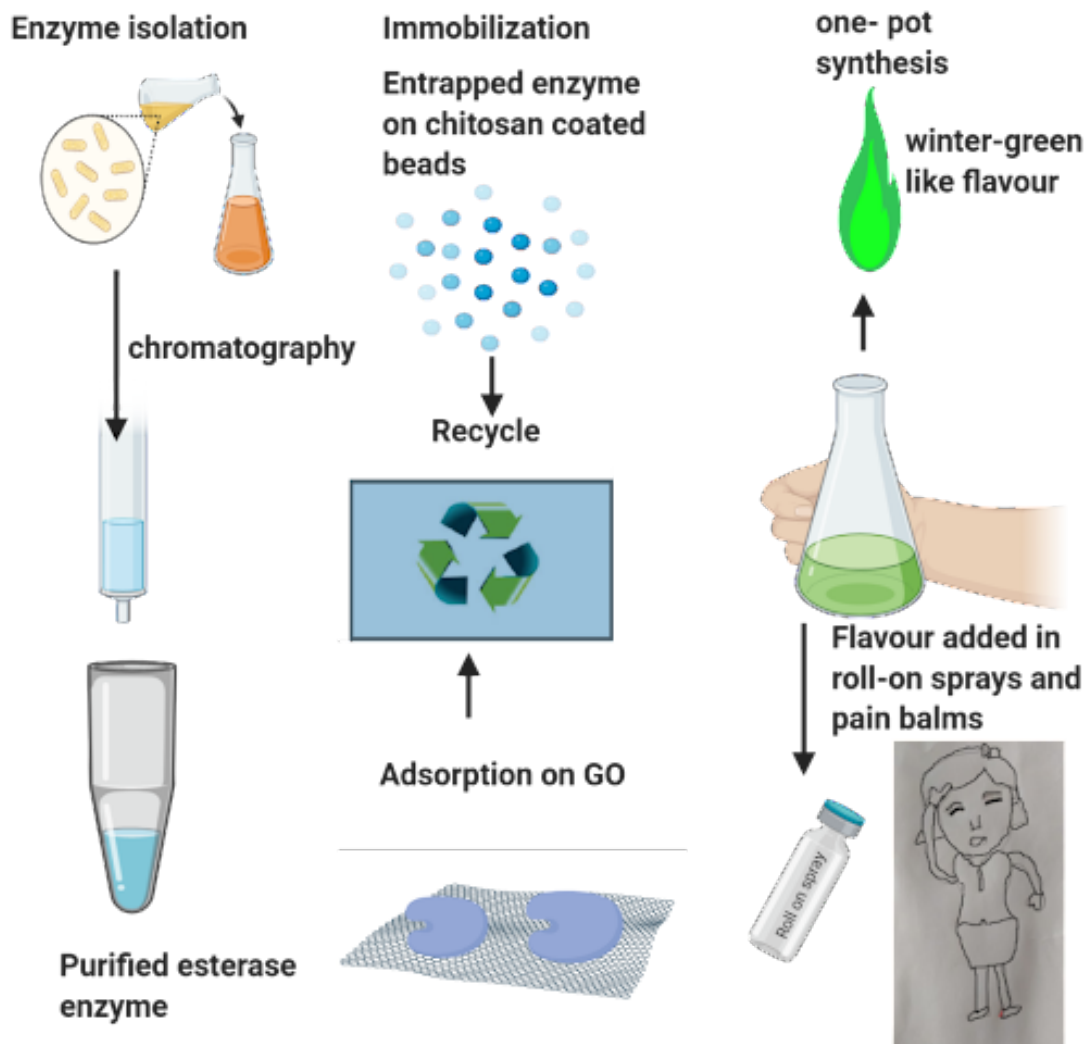
ENZYME IMMOBILIZATION- FOR RECYCLABILITY AND LONGER SHELF LIFE

SUJATHA RAGHU

Enzyme immobilization is the restriction of enzyme molecules to a fixed space by chemical or physical means. It preserves the operational stability for industrial applications. The free enzyme or the native enzyme can be used only for one catalytic reaction and it is not possible to recover the enzyme from the mixture once the reaction is complete. Thus, immobilized enzyme is a boon to industrial processes as it can be recovered and also it can be used for many reaction cycles. Moreover, the immobilized enzyme has a long storage/shelf life when compared to the free enzyme.

Immobilized enzymes have been used in medicine, industry and research. Lipase enzyme immobilized on PVA- boric acid matrix was used for the production of ethyl butyrate. Optisweet and Takasweet are commercially available sweeteners which are produced from immobilized glucose isomerase. Naringinase ; an enzyme isolated from the fungal source is used for debittering grape juices. Trans-fats which are found in baked food products or deep- fried snacks have negative impact on our health. They cause diabetes and cardiovascular diseases. Immobilised enzymes remove the trans-fats in food products.

As a part of my thesis work, I synthesized ethyl salicylate using esterase enzyme isolated from a bacterial source - *Aeromonas caviae* (MTCC 7725). The enzyme was immobilized using entrapment and adsorption. Entrapment is sequestering the enzyme in a semi permeable membrane. Adsorption is immobilizing the enzyme on a solid matrix by non- covalent interactions. For the entrapment method, we used ethyl salicylate and calcium chloride. In adsorption method we used graphene oxide. The synthesis reaction was carried out using ethanol and salicylic acid in the presence of an immobilized enzyme. The product was confirmed by Gas chromatography Mass spectrometry (GCMS) analysis. The following schematic picture will illustrate the steps involved:



References:

Benkovic, Stephen J & Sharon Hammes-Schiffer 2003, 'A perspective on enzyme catalysis', *Science*, vol. 301, no. 5637, pp. 1196-1202.

Betigeri, Seema, S & Steven H Neau 2002, 'Immobilization of lipase using hydrophilic polymers in the form of hydrogel beads', *Biomaterials*, vol. 23, no. 17, pp. 3627-3636.88.

QUIZ

AARTHI. M, C.N. ANANTHAKRISHNAN, G. AVANTI, G. GAUTAM, D. RUPPESHWARI, SNEHA PRABHU, Dr. THIRUPURASUNDARI C J and G. YASHICA

Hey kids! We have some brain-twisters for you- “Mind Bogglers”. Quizzes are no doubt a mind sport, which motivates you, improve your inner-confidence to face subjects at ease and refine your memory. Picture puzzles are fun. It is said QUIZ - refers to Questions Under Intellectual Zone, whatever be the abbreviation, this helps you assess your abilities and retain knowledge. So here we have “Questions Under Interesting Zone” - covering Math, Science, General Knowledge, Computers, Economics and Sports. Hope you all enjoy guessing. Heads up!

1. Which of the state mentioned below has bicameral legislature?

- a) Uttar Pradesh
- b) Himachal Pradesh
- c) Assam
- d) Kerala

2. Every law is presented as a Bill in the Legislature. A bill is decided as money bill or an ordinary bill by

- a) Panchayat Officer
- b) Presiding Officer (Speaker)
- c) Governor
- d) State Finance Minister

3. The members of the Legislative council have a term of

- a) Two years
- b) Six years
- c) Five years
- d) Ten years

4. If the shop owner and the purchaser are friendly, then the shops are flexible to provide

- a) Debit
- b) Cheque
- c) Credit
- d) Exchange of kind

5. Satpura forest is in

- a) Madhya Pradesh
- b) Uttar Pradesh
- c) Orissa
- d) Kerala

6. Seed drills are used for

- a) Harvesting
- b) Cleaning the seed
- c) Sowing
- d) Weeding

7. The agricultural instrument used for removal of weeds is

- a) Sickle
- b) Khurpi
- c) Seed drill
- d) Plough

8. Which of the following drug is an antipyretic?

- a) Insulin
- b) Alcohol
- c) Streptomycin
- d) Paracetamol

9. Bacteria present in root nodules of pea

- a) Coli
- b) Plasmodium
- c) Rhizobium
- d) Penicillin

10. Which cannot fix atmospheric nitrogen in the soil?

- a) Rhizobium
- b) Clostridium
- c) Azotobacter
- d) Penicillin

11. A Velocity -Time graph gives details about

- a) The Height
- b) The Momentum
- c) The Retardation
- d) The acceleration

12. Propanone-a ketone, when rubbed between palms, gives a chill feel. This is due to

- a) Low evaporation rate
- b) Exothermic process
- c) Endothermic process
- d) High boiling point

13. An unripe fruit is green whereas ripe ones are variedly colored. What could be the reason?

- a) Chromoplasts
- b) Plastids
- c) Chromosomes
- d) Fibroblasts

14. Which of the below -mentioned metal is over-reactive?

- a) Silver
- b) Gold
- c) Chlorine
- d) Potassium

15. In your farm, a sugarcane keeps growing happily even when the tip is cut. The reason behind is

- a) Areolar tissue and cambium
- b) Intercalary meristem and Apical meristem
- c) Intercalary meristem
- d) None of the above

16. Fill in the Blank: Li, Na, __, Rb, __, __.

- a) Ra, Kr, Fr
- b) Ba, Cs, K
- c) K, Ce, F
- d) K, Cs, Fr

17. Which of the following are f-block elements?

- a) Cerium
- b) Caesium
- c) Protactinium
- d) Radium

18. Which of the following are the most stable?

- a) p^6
- b) d^8
- c) s^1
- d) p^2

19. ASCII is a __ - bit code.

- a) 10
- b) 8
- c) 6
- d) 7

20. What among the following functions as the main memory of a computer?

- a) SSD
- b) RAM
- c) CU
- d) CPU

21. Bluetooth is a type of wave Information Transmission System that is good for about _____ .

- a) 30 Feet
- b) 30 Yards
- c) 30 Miles
- d) 300 Miles

22. Which of the following is an Instant Messaging Application?

- a) Alta vista
- b) MAC
- c) Microsoft Office
- d) Google Talk

23. The Data Storage Hierarchy consists of _____ .

- a) Bits , Bytes , Fields , Records , Files & Databases
- b) Bits , Bytes , Records , Fields , Files & Databases
- c) Bits , Bytes , Fields , Files , Records & Databases
- d) Bytes , Bits , Fields , Records , Files & Databases

24. A New Laptop has been produced that weighs less, is smaller & user less power than previous laptop models. Which of the following technologies has been used to accomplish this?

- a) Universal Serial Bus Mouse
- b) Faster RandomAccess Memory
- c) Blue Ray Drive
- d) Solid State Hard Drive

25. _____ is a Computer Program that spreads by inserting copies of itself into other executable code or documents.

- a) Operating System
- b) Computer Virus
- c) Firewall
- d) Anti-virus

26. Newton's law of viscosity relates

- a) intensity of pressure and rate of angular deformation
- b) shear stress and rate of angular deformation
- c) shear stress, viscosity and temperature
- d) viscosity and rate of angular deformation

27. Where did Cricket in India originate?

- a) Bombay
- b) Madras
- c) Calcutta
- d) Pondicherry

28. The metal whose salts are sensitive to light is?

- a) Zinc
- b) Silver
- c) Copper
- d) Aluminium

29. Tsunamis are not caused by

- a) Hurricanes
- b) Earthquakes
- c) Undersea landslides
- d) Volcanic eruptions

30. FFC stands for

- a) Federation of Football Council
- b) Film Finance Corporation
- c) Foreign Finance Corporation
- d) None of the above

31. Macroeconomics is also called as

- a) Applied Economics
- b) Aggregate Economics
- c) None of the above

32. Scarcity definition of economics is given by

- a) Adam Smith
- b) Robinson
- c) Alfred Marshall

33. `Larger production of ____ would lead to higher production in future.

- a) Consumer goods
- b) Agriculture goods
- c) Capital goods

34. The motive of socialism

- a) Profit motive
- b) Welfare motive
- c) Production motive

35. The process of reasoning from general to particular is

- a) Deductive Method
- b) Inductive Method
- c) Normative Method

Collaboratively created by:

Q: 1-5 D. Ruppeshwari & Dr.Thirupurasundari C J

Q: 6-10 G. Avanti

Q: 11-15 G. Yashica & Dr.Thirupurasundari C J

Q: 16-20 G. Gautam

Q: 21-25 Sneha Prabhu

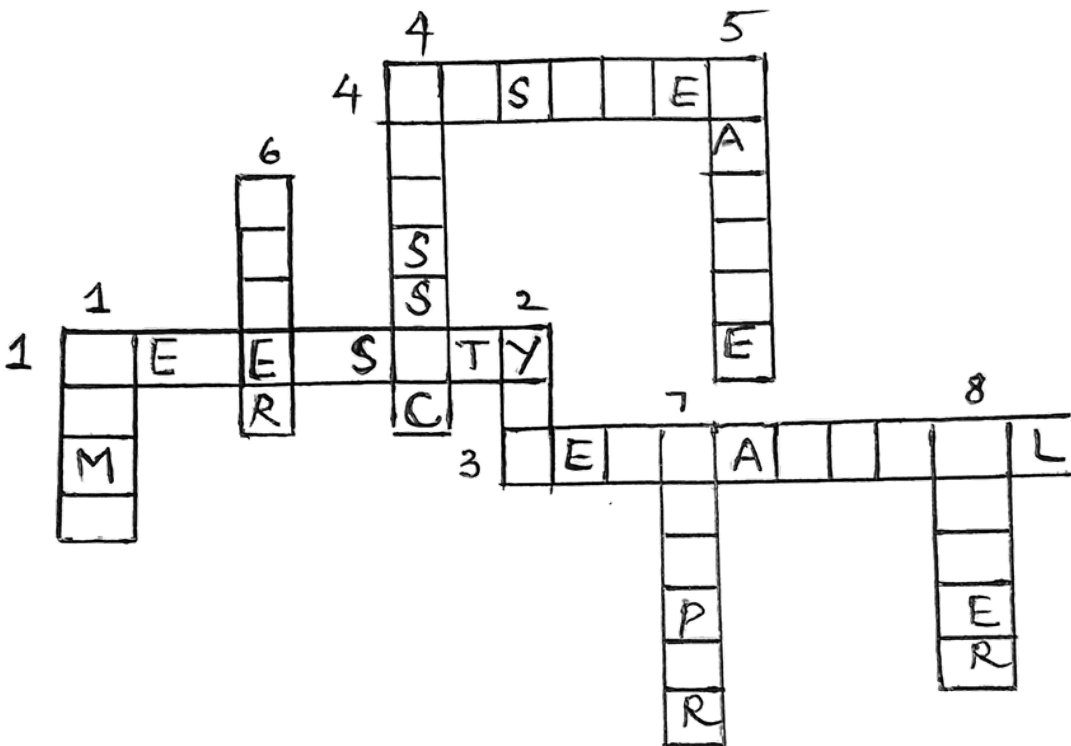
Q: 26-30 C.N. Ananthakrishnan

Q: 31-35 Aarthi.M

Answers: (See page no: 46)

CROSSWORD PUZZLE

C. LAKSHMITVESHA and Dr. THIRUPURASUNDARI C J



ACROSS

- 1.-----is the mother of invention
- 3.This engineering involves design and construction of power plants and engines
4. Also called a book keeper. He/she deals with debit, credit and monitors transactions

DOWN

1. Related to after-effect of anesthesia and surgery
2. Good source of fiber and potassium
4. A recognized work/art/ a model, which attracts everyone
5. Predominantly found in North America. Unique feature in these reptiles (cold-blooded animals)
6. This may damage your retina on prolonged exposure
7. A basket or box that marks celebration
8. A color of a viscous fluid (when mainly harvested during summers)

Answers: (See page no: 27)



**SHORT
STORIES
&
ARTICLES**

THE CHIMERA

CHAPTER 4 – SARAH MEETS SARAH

CHITRA RAMANAN

Sarah looked at the little girl at the door. The girl entered the house without waiting for a reply. The girl looked vaguely familiar. Sarah thought maybe she was from the neighbourhood. She closed the door behind her and came inside.

The girl looked around and took in the surroundings but it felt like, she was familiar with the place and belonged here. She walked around the house and looked at the photographs with great interest. She looked at the objects, touched them and tried to decipher everything around. It was as if she was familiar and a stranger at the same time.

“Do I know you little one? Are you from the neighbourhood?” Sarah asked the little girl.

The girl replied looking at her with amusement, “Yes you know me, I am Sarah! And we share more than a common name.” Not that she was an expert with children let alone guessing the age, the girl looked around ten years old and adorable. Her mysterious reply intrigued her and piqued her interest to know more.

Sarah had very little idea that she had not just opened the door to a little girl but to a life-changing experience altogether. The rendezvous with the little girl is nothing like she had ever imagined would happen in her life. After years, all she had was a photograph but each word with her stayed with her forever.

Sarah: “You look like you could drink some warm milk dear. Would you like to have some?”

Little Sarah: “No Sarah. I would like to talk with you”.

She seemed to use the name like it belonged to her exclusively. But it gave an impression to her that she is deliberately calling her name as if to emphasize on something.

S: “Talk is what we will do if you want to. But do you need anything? Are you lost? Do I have to inform your parents?”

LS: “Like I said, No Sarah. Am not lost and you can call your husband if you want to. You might prefer that after a little while. But please hurry! We have very little time.”

Sarah had butterflies flying in her stomach and her heart started pounding rapidly. She called her husband and explained the situation briefly and asked him to hurry.

LS: "You don't have to panic Sarah! I have waited for a long time to meet you."

S: "How old are you? You look too young and vulnerable. Do you need help?"

LS: "Am not too young and I do not need help. You are my creator!"

S: "What creator? Did I hear you right?"

LS: "You heard it right. You are my creator!"

S: "Are you saying I created you? Are you my daughter?"

LS: "Yes. In your world, I am your daughter. At least that is what is my understanding."

S: "In my world? Are you not from here?"

Sarah felt her head spinning. She grabbed onto the couch to balance herself and she could hear her heart pounding loud and clear. "Oh! My God! This girl standing before me is my daughter. I am not able to believe my eyes. What is she saying? Why? How? Is she from sort of a parallel world or dimension?" She felt her head throbbing with questions and wished Chad was there to help her through this unexpected turn of events.

Little Sarah walked up to the table and picked up the paper and brought it to her.

LS: "Your Uterus might be rudimentary but looks like your brain isn't! Haven't you heard of BRAIN CHILD? Like an artist manifests a painting, like a sculptor bringing a rock to life, like a musician, like an author giving life to characters, you created me, your child. Where your UTERUS failed, your brain succeeded. You brought me to life. You gave me this form. You imagined me and brought to life. Life isn't always created in the Uterus. Human brain is very powerful. I am from the Chimera, your world of imagination".

Sarah devoured her words like she had been hungry for a long time. She looked at the girl, her DAUGHTER and tears rolled down involuntarily. NOW she understood why she looked familiar. Her eyes became blurry and her muscles were paralyzed. She wanted to touch her, hug her and kiss her but she could not move even her little finger. She became glued to the spot. She thought this was a dream and this girl is not real. She seemed to sense her thoughts and fears.

LS: "You are not dreaming. I am real. I have been waiting to meet you for a long time. Every time you have your imaginary conversations with me, I wished I could let you know, that I listen to you and exist for you. I want to know how it feels like to hug you in reality, in your world!"

She hesitantly got up and slowly walked towards her creator. She sat next to her and studied her creator closely. She saw her tears streaked eyes and touched her hands.

Her touch seemed to lift her from the daze and she was engulfed in an embrace. It was nothing like she imagined. She never wanted this bond to be broken. Her creator kissed and took her in her arms. After what seemed to be an eternity, they broke apart.

S: "So you are real. I do not know where to start and what to tell you. I am oozing out happiness and I wish Chad was here".

LS: "You are my creator, he isn't. Brain does not work like uterus. I am sure you know that!"

S: "You are right. Brain does work differently. Without him I wouldn't have had the idea of a child though. Whatever is mine is his. If I created you, and gave you form like you say, I would have imagined you with some of his features. You probably feel like he does".

LS: "Why did you create me? I think I know the answer. But I want to hear it from you holding your hands like this"

S: "To feel complete. A part of me was lost and I felt you are the missing piece. I think most of the women wants to experience motherhood and am no different. Like a music that brings us visuals or like a fragrance that triggers memories, a child causes a dull ache deep in my heart. The void is permanent. I have just managed to ignore and live with it."

LS: "That sounds ego-centric to me. Why do you need an external segment that too a LIVING SEGMENT, to fit with you to make you feel complete? Is it necessary for you to feel motherhood just because all women go through it? Don't you have a better reason?"

S: "To love you for what you are and what you will be. To let you live your life on your own norms and not confine you to any dogma! To grow in spirit along with you, learn with you and be a part of your life. Motherhood is all this and more. It is a form of penance with no boon. I wanted to find out if I am capable of that."

Sarah walked to the garden and stood near her preferred spot. The aroma from the Guava tree calmed her nerves. Little Sarah walked slowly towards the tree and gave her the fruit.

LS: "It is the same tree in The Chimera. I call it the Tree of WISDOM. "Please accept this fruit. It is a gift from her. She thanked you for creating me and asked me to hug you. She likes me a lot."

Just then the door opened and Chad walked in. He came in calling Sarah's name, looked at her in the garden and said, "You gave me a scare. Are you OK?" He hardly noticed the little girl holding her hands. He hugged her and moved into the house. "Let's go back in" and he ushered her inside.

S: "Chad, this is Sarah! Would you like to have some tea? I have something to tell you."

She made some tea for him and explained him everything.

Chad was flabbergasted and looked at the little girl with disbelief. Unlike Sarah with no hesitation, he walked up to her, swooped her in his arms and kissed her. He was so overwhelmed with emotions.

He looked at her and said, "Will you be staying with us?"

LS: "No, I have to go back. Sometimes I can visit you like this. As long as she remembers me and harvests thoughts and emotions for me, I stay in the Chimera. The concept of time, living, and space is different there. My existence is directly proportional to her memory. I have to leave in while."

S: "Why today? Why now? Now that I know, you exist how can I let you go? It isn't fair!"

LS: "When all other women chose the conventional uterine path, you consciously conceived me with your imagination. I grew up with the conversations you had with yourself. I am strong enough to leave the Chimera temporarily with your mental strength. Is it not a miracle in itself? "

Chad and Sarah listened to her in admiration. Both of them wanted her to stay.

LS: "Here I brought this for you."

She kept the bright feather on the table. Sarah remembered the feather, her book marker.

LS: "The feather will remind you that life is all about MIRACLES waiting to be discovered by you. I want you to feel complete and give you a closure. Do not try to fill the void, whatever you try to fill it with gets lost in there. Try to fill it with light. Chad, I never thought I will be able to connect with you but here I am, discovering

myself. I love you as much as I love her. I prefer to stay with you, but like you both are bound by laws of your world, am tied to the Chimera. I have to leave now.”

They hugged her close and took a picture with her. Sarah and Chad cried uncontrollably, but they were aware that they had to let her go.

Little Sarah started feeling cold and she knew she had very less time.

She looked at both of them and said “MOM and DAD”. That was the last words she spoke and she walked out and vanished.

THE END

PAY DAY

N.U. GULVADY

Most Organizations pay the monthly wages on the 10th of the month. While working in the Mod Lab dispensary in BARC the Security brought a worker smelling of liquor for a certificate of fitness to work. On completely examining him found that he was drunk and unfit to work. Accordingly he was certified and told that he is unfit to work & he should go to his home.

Worker: I have taken leave today and so will not work.

Me: If you have taken leave why did you come to work?

Worker: Sir, today being pay day there some persons who have taken loans from me. When I talk to them with a swagger in my gait and a loud voice, they realize that talking to me is useless and repay the loan to me.

Working in Hindustan lever a worker came to me or the first time after rehabilitation with complaints of uneasiness and pain in chest. He had a heart attack some time back and was rehabilitated and given duties accordingly. While the ECG was being taken I browsed through his health file and was surprised that for the last 6 months he has come to the dispensary and seen by another Doctor.

Working with me on the tenth (pay day),

Me: After examining him told, go home and take rest.

Worker: Doctor Saab, please send me home in the ambulance.

Me: No, today you will be sent home in a car.

Worker: I don't want to go home in a car.

Me: Tell me why.

Worker: Doctor Saab being pay day the pathan from whom I have taken loan will see me and come to my home to collect his money, so I will not go home today & the pathan will think I did not come today.

Me: Then give it in writing to me.

GOOD MANNERS

HEMA RANGARAJAN

Introduction:

Man is considered as the most intelligent creation of God on the earth as he lives in the society as well as he has capacity to think, talk and act accordingly. So, he must know how to behave well and practice good manners to behave well with others in the society.

Good manners are very necessary in life as they help us to behave well in society with people as well as help us to maintain smooth, easy and positive relationships. Good manners help us to win the hearts of people in the crowd and give us a unique personality. Good manners make us a person of pleasing and obeying nature which is genuinely loved and appreciated by all in the society. Practicing good manners costs nothing but pays us a lot throughout life. Some of the good manners are like:

Thank you: We must say thank you whenever we receive anything from someone.

Please: We must say please while requesting something from others.

We should always support people who are in pain.

We should always accept the mistakes and say sorry without hesitation.

We should be disciplined and punctual in daily life.

We should always compliment others for their good behaviour and qualities.

We must listen to people very attentively who are talking to us.

We should take permission before touching or using the things of someone else.

We should always respond with a smile to other's questions.

We should never interrupt between the meetings of elders and must wait for our turn.

We must be respectful to the elders (whether in family, relationship or neighbours), parents and teachers.

Excuse me: We must say excuse me, while getting attention for something.

We must knock the door before entering another's home or bedroom.

Conclusion:

Good manners are vital to us for getting popularity and success in life as nobody likes a mischievous person. Good manners are like tonic to the people living in society as practicing them takes nothing but benefits a lot in life. People with polite and pleasant nature are always asked by the large number of people as they put magnetic influence over them. Thus, we must practice and follow good manners.

SURVIVAL IN CHANGING ECOSYSTEMS

HEMA RAVI

"*Giant tortoises are bird killers?*" The news clipping in the daily caught my attention.
"A giant tortoise was filmed in Seychelles stalking and devouring a tern chick...."

Tortoises, as most of us believe, are herbivores. Galapagos tortoises live on cactus, fruits, vines, grasses, and vegetation. Akin to camels, they store food and water efficiently, and can stay without eating or drinking for a long time.

Revelations of the following were both shocking and surprising: Tortoises usually eat by sticking their tongues and drawing the food into their mouths, but here "it is seen with restricted tongues and closed eyes, thereby showing that it is aware of a certain danger associated with the hunting of a bird."

I am reminded of Charles Darwin's Natural Selection, which asserts that organisms better adapted to their environment tend to survive and produce more offspring.

Was the giant tortoise in the above story rummaging for food in its distorted ecosystem?

SURGE IN DIGITAL TECHNOLOGY DURING COVID19 PANDEMIC IN INDIA

HISHAM SAIFUDEEN

The year 2020 will be etched in history as the year an infection engulfed the masses across the world. The infection was of course COVID19. But what many fail to recognize was that this virus also brought forth with it a cousin, a digital bug and I must say this bug has infected more people than its not so friendly cousin. This bug has bitten almost every person in the world in some way or the other.

Confined to homes, a majority of us took to the digital ecosystem, the only system which made us feel kinetic. Life had to find a way out and we found out means to do it digitally. The first ones to activate this were of course the Multinational Companies that could not afford to have their workforce sit idle. So 'Work From Home' which was something known only to the IT sector became commonplace for every Kumar, Deepak and Hari. Once companies tasted success, schools jumped on the bandwagon with 'Online Classes'. At first, though it looked like some relief for parents from tiresome kids interrupting their work, it turned out to be quite the opposite. It conjured up a complicated chapter for both teachers and parents – "how do I tell my ward?" to reduce his screen time but study his lessons. The digital bug did not even leave the elders of the family alone. People who were safe from the clutches of a mobile phone till now, were left with no physical interactions and had to turn to the same device for their release – family gatherings, prayer meetings, combined yoga sessions; in digital version.

"All work and no play makes Jack a dull boy". Of course, we must have recreation, but with COVID still around and people afraid to venture out, we had to improvise. Streaming platforms like Netflix, Amazon prime struck gold with their subscriptions going through the roof. This also triggered the battle between OTT platforms and the theatre owners. With no light at the end of the tunnel, the latter had to eventually cave into the demands of the former. Those who were not movie buffs and had not yet become one during this social confinement began to blossom into other areas. A long list of activities, hitherto unheard of and unexplored, made its way into people's lives – Doing-It-Yourself kits, gardening, becoming Master chefs, owning pets, becoming YouTube content creators etc. Now you may wonder how in the world is this linked to the digital bug. Well, we all need our teachers for inspiration. And which guru do you turn to in this situation but YouTube, Skill Share, Coursera etc? Trainings that could not be done without a physical presence are being innovatively conducted digitally in manners never thought of before. Digital world has opened our eyes to many things previously thought impossible. It digitalized our economy in a manner that even demonetization could not succeed.

The digital bug has bitten us, for sure. While COVID19 may see the end of the day soon, I am sure, that the way our lives have been transformed digitally is here to stay.

SOCIALIZING IN 2020S

S. NIVEDITA

It was on 31 December when we got information on a cluster of cases of pneumonia in Wuhan, from Wuhan Municipal Health Commission. It was believed that this was going to cause a pandemic. Less than a week, on January 3, a total of 44 patients were reported with the symptoms of Pneumonia. Soon after, on February 11, 2020, WHO announced this viral disease as COVID-19. On March 11, 2020, a statement was released that this was a pandemic, after reaching the virus infection to 114 countries worldwide. This number started to grow, and it didn't look like it was going to get better anytime soon.

Since there were not many studies on COVID-19 with information, many rumours started circling on how this virus spreads. Some claimed it transmitted only by touch, while others were certain that it was passed on through the air. This misinformation brought a lot of panic to all citizens. WHO started giving proper and certified articles and tests on this unknown disease.

But one thing was certain, that social distancing and quarantining appeared to be the best solution to stop the spread of COVID-19. With this knowledge, a lockdown was followed globally. Hong Kong was the first country to have a complete lockdown due to the increasing coronavirus cases. On 24th March 2020, The Indian subcontinent met with its first lockdown for 21 days. The economic status of the country dropped. Social life was in ruins due to Covid- 19.

Parties, birthday celebrations, social gatherings, travelling became dreams. Every citizen, which included the students from schools to workers in officers, was told not to travel. With everyone living with their family, for 21 days, there were fun times, but troubling times were also experienced by others. Many suffered from anxiety and depression as they were affected psychologically. Men, women, children, felt burdened, disturbed and even irritated. Violence was seen in many parts of the country. With human interaction reduced drastically, life was off track. Students, for example, had no interest in online classes. Their only interests were to pass their grade without exams, video games, and social media. They were not allowed to play outside, which made their physical health even worse. For women in Indian society, social life changed significantly. Shopping was not allowed. They were not allowed to meet their parents, who were living in other cities. They felt pressurized with the work handed to them. Socializing became a dream. Workers, being forced to work from home, had no choice to look after their physical health. The majority of the working population suffered from back pain, eye irritation, and headaches just because of working from their safe home. Immigrant workers who worked for small jobs like construction were stuck in the country. With no place to stay, some decided to walk their way home,

others were given space to reside for a few days. Social interaction during this period to any citizen was not engaged. In our day-to-day life, we used to go to malls, beaches, schools, parks, restaurants, and much more, without the fear of anything. Due to COVID, however, we feared. It became pretty vague that the social life of the population was never going to be the same.

The pandemic had opened our eyes to show us the thing that we once took for granted, our social life. Through these two years, we learnt that having a loving community was a gift.

*Answers to Crossword
on Page 16*

Across

1. Necessity
3. Mechanical
4. Cashier

Down

1. Numb
2. Yam
4. Classic
5. Rattle
6. Laser
7. Hamper
8. Amber

PRAYERS GO UP, BLESSINGS COME DOWN

SETALURI PADMAVATHI

We all live in the hope that we'll remain safe and comfortable as we approach the age when dependence on others can become inevitable.

I stayed in an island where medical facilities were limited. If someone becomes defectively sick, he/she had to go to a nearby island for a better treatment. Due to this, all islanders try to protect themselves with precautions and good diet. I met many teachers from different nations and enjoyed working with them, though I had to face a few difficulties with unkind, selfish, and irresponsible humans. I used to ask myself – “Do people dodge their duties and run away from helping others?” I realized that some people miss their homely atmosphere, love from relatives and comfort though they're very rich, in a place where I work to ease my life financially.

One fine day, while I was getting ready to school, I heard the news of a very old teacher who was sick admitted to the hospital and was in a serious condition. He suffered from Blood Pressure, Diabetes, and sudden body pains at his workstation for a long time. He came to my workplace, as he did not get proper medical amenities, the better service in hospital and treatment. He was resting in the bed and looking pale. I approached and asked him, “How are you, Sir? Are you hungry? What do you like to eat now?” He was extremely happy to see me as I am from his native place and was speaking the same language which he speaks. He really enthralled to see me and appreciated my kindness. As I understood his feelings, I immediately provided him some delicious food and a cup of tea.

He realized that someone would help him in his sickness, though it is a new place where many strangers survive around him. He told his companion with extreme happiness that I was from his place and talked the same language. In fact, we love our mother tongue and may have special love to the people who are from our native. It's my personal assumption or feeling. Finally, I could assist him and spend an hour with him, enquiring his difficulties, diseases, and treatment procedures. He felt that he was in a comfortable place amidst efficient doctors and good medical facilities. It gave him a nice feeling.

Thereafter, the old man thanked me for my generosity and friendly talk to him at that moment. He said, “How difficult to get warmth and a friendly person in an unknown place, and when I suffer from health issues?” Finally, I could see him smiling with ease. He blessed me, “May the almighty give you happiness and health always.” I was happy to get his blessings. After the treatment, the doctors advised him to rest at his residence for a few months, until he becomes alright. He was sent to his place by the school authorities. In the end, I knew his name, residential address and phone number and assured that I would visit him one day.

During the annual vacation, I tried to find out his address and speak to his daughter-in-law. She explained that he expired within a month after reaching home, though he was under medication. I felt very sad as I couldn't visit him for the second time. I recalled his blessings and affection. Many people say that blessings may work on us and give us a pleasant feeling. "Those blessings are sweetest that are won with prayer and worn with thanks."

CREATE TIME FOR YOURSELF AND YOUR LOVED ONES

SUJATHA SAIRAM

Whatever you do, however you do ultimately must fetch a positive result and must give you satisfaction. When you are satisfied happiness knocks at your door. To entertain this guest of happiness you need consistency in work. Consistency in work comes only when you are passionate towards what you do.

Recall the way your mom and grandmas managed the house with a smile on their lips always. Does it mean they had no pitfalls? Obviously there would have been but their focus was working for family members which kept them with a never give-up spirit. Consistency in work kept them active and energetic. In fact there were no electrical appliances for the household chores like today. In spite of all the manual work we have seen them being engaged in procuring certain other skills like knitting, painting etc. They had regular food and sleep pattern which kept them always on track and boosted their fervour. Coming together of family members was a bliss. It was like a celebration or carnival during holidays when everyone would be under one roof. Life was altogether a bliss.

Today we are able to carry out all the tasks as our moms did. We are in a techie world with gadgets in a rat race for making money. We call it multi-tasking as we work on different platforms to earn more and more. We hardly have time for family and friends. There are care takers and nannies attending to the needs of our family members. We have CCTVs installed at home to check how efficient are the care takers. We tend to forget that nothing is more soothing than the touch of a mother who personally takes care of people at home. I agree times have changed and we are towards modernity but should this change devour the family bonds and relationships. We need to think where are we heading to. In our youth we are busy making money with no 'ME' time. We justify by saying that all this money is for our loved ones with whom we are going to relax at a later stage. But as years pass by, as we have amassed wealth we find a void as we are left out. Our loved ones have moved away from us in pursuit of their dreams. Only then do we realise that in the spree of making money we forgot to build up relationships. We regret but no use crying over spilled milk. My message to readers is that make time for your loved ones and make them feel special. Create memories that can be cherished for a life time. The rest will follow.



POETRY

IN YOUR EYES

BHAGYASHREE MISHRA

In the depth of your earnest eyes
I see some sparkling stars
Illumining my caliginous sky
In them I also see
Solace and joy intertwine
At an endearing estuary.

Lost in your alluring charm
My eyes embrace euphoria
And my fears fall apart
Dreams grow bigger
Than ever before
And living makes sense.

Deep within your eloquent eyes
I find answers
To all the queries gushing in
I find a space
For my emptiness to nestle
In them, I feel there's a panacea
Healing all the aches and scars of life.

Every time your brows blink
A love, pure and passionate,
Fall into these beholding ones, which are
Admiring you since eons.

In those celestial orbs
Dwelling within your elegant eyes
I meet peace, an eternal one
That calms all of my chaos.

DWARKA AND POOMPUHAR

GITA BHARATH

They said that Atlantis was a myth
And so was Lemuria
But Doggerland was a landmass once
And the continent of Zealandia.

But the fabulous lost cities that intrigue
Me the most
Lie undersea off
India's own coasts.

About ten thousand years ago
The sea waves gently rolled below
(At least three hundred feet or so)
From where you see them now.

Merchantmen came to each port
Of this rich peninsula
Romans, Greeks and Arabs came
To Dwarka and Poompuhar.

From the western lands they came
To markets second to none
They brought incense and Arab steeds
For the finest cotton ever spun.

And from the sun kissed lands in the east
Men crossed the seas to trade
Brought in gold, mahogany and wine
For spice and corals, pearls and jade.

The ships dropped anchor at these ports whose
Streets were laid out in a grid or square
With buildings that were well ordered, clean and neat
With laws that were just and fair.

But the polar Ice caps melted , the sea levels rose
The ports sank deep under water
The merchants relocated, they rebuilt,
Continued to trade and barter.

Dwarka became a legend, Poompuhar a myth
Though Ptolemy's accounts were so detailed, exact
That there must have been some basis to them,
Some foundation of fact.

In the strong currents, the murky depths
The magnificent ruins slept
Till in our own times divers uncovered
The ancient secrets the sea had kept.

Water supply and drainage systems
They traced out on the ocean floor
Palaces and well laid streets
Older than any seen before.

Some said only a sudden surge
Could've wiped out these great ports
But no tsunami has ever struck
At once on both the coasts

It must have only been
The relentless, slow,
March of the rising sea
Ten thousand years ago.

In these lost undersea cities
Forgotten by those above
Are coins, pottery, sculpture, art
An archaeologist's treasure trove.

What more shall we discover here,
What marvels unsurpassed?
A virtual portal for a time traveller
To journey far into the past.

SILENCE

JAYALAKSHMI

Silence, womb of magic hues
Splash along imagery yonders
Brim with tints of life preamble
Design and erect sublime symbols.

Silence, unrecovered beat
hidden in a celestial flute
Waking chimes for dormant veins
Caress thoughts within its calm surveillance.

Silence speaks volumes
Transcending time's mirth
Mellowing senses
imbibe the beauty of truth
Where, the mind churns the ocean of love.

Silence twin origin of earth
Grass and sky's media to interact
Sacred womb that birth
Creation's mellifluous sparks.

TIMELESS MOMENTS ...

JELLIE N.WYCKELSMA

On a moonlit night the sprinkling of a little light
Flowers in the field swaying in the evening breeze
A bird sitting on the highest branch of a tree
Seagulls resting, away from the boisterous sea

Snow-capped mountains in the distance
The rising sun colouring the morning clouds
A child asleep on its grandmother's lap
The softly dripping of the kitchen tap

The welcoming wagging of a dog's tail
A spontaneous hug from a dear old friend
The rain tapping on the tin roof at night
A deserted road with nobody for miles in sight

I treasure these timeless moments
When nothing else matters and when
For a little while time stands still
Knowing that soon rushing along again time will ...

COASTAL RETREAT

JELLIE N.WYCKELSMA

Watching the rolling waves of the ocean
Playing a never-ending game
Disappearing into the unknown
Past an infinite horizon
Returning with unstoppable power
Crashing onto the rocky outcrop
Reclaiming the beach
Filling the lagoons

Observing large flocks of gulls
Landing on the beach for a few seconds
Taking off again, never colliding
Heading towards where the clouds reign

Walking barefoot on damp sand
Leaving footprints like the gulls do
The sea-breeze messes with my hair
A wave washes my feet
For a while I am part of nature
Reluctant to return to city life ...



THE BELOVED IDIOT BOX

KAMAR SULTANA SHEIK

When we were not
So much of 'idiot'
The television
Was a potli of tales
Sinbad came home
Every Sunday
So did Alice of Wonderland;
With the defenders of the Earth
We too championed
Our planet's cause
And went on inter-planetary missions
With Captain Vyom..
Went on Tailspins
With Duck tales
Big Cat saga
With Pink Panther the psychedelic
Cat and Mouse rounds
With Tom and Jerry..
The Hakuna-Matata moments
With Timon and Pumba;
And of course, the Jungle Safari
With the loin-cloth clad wolf-human kid, Mowgli..
There were no remote fights,
Simple because there was none !
Antenna adjustment
Was part of every child's skill sets
Apart from lock-picking
Of locked TV doors..
Show-time slots were reserved beforehand,
Chitrahaar was my mother's forte..
Tipu Sultan and Great Maratha,
My father's historic heroes
And we siblings?
We slyly waited
For clandestine sessions
Of MTV when parents went out for groceries! The TV was like a family member,
Through whom important communication took place..
If she was mad at us,
Mom raised the volume to deafening levels,
My sister retaliated
By switching it off;

I intervened and plugged the antenna off..
My dad threatened
To consign it to the loft
If we didn't behave..
On rainy days we sulked
Because the grey grainy screen
Reflected our mood so well!
And if we needed cheering
All you had to do was
Watch good ads..

And then our TV changed..
The remote entered our house,
And somehow the charm
Of our beloved idiot box
Was gone.



TWILIGHT CHARMS

LATHAPREM SAKHYA

Sitting on my veranda
Resting my tired feet,
I looked up and saw
The moon pale and papery white.
Ready to light herself waiting patiently
For the Sun to put off his light.
And retire to sleep, passing on the watch
To the lovely moon, the queen of the night.

Crows flying homeward
Huge bats circling low
Searching for fruit trees
Plop they land on the plantain tree
Sipping honey blissfully.
The storks flying home
The occasional owl hooting
The chant from the distant temple
Merged with the twilight charm.

Now the Moon resplendent in her golden garment
Assumed position in the east
Casting a mystic spell over me
To dissolve in the peace of the moment
A peace that transcends understanding.



FOOL'S PARADISE

LEENA THAMPI

Standing here on the sea shore, watching myself fade from the horizon
Am I dying slowly exhaling my life unto thee?
Nope, I don't believe in death
Who comes in silent stealth

When you are my land and I'm your sky
How can I ever say goodbye?
When I am boggled by the questions unanswered,
Every crossword incomplete,
Every game of chess is checkmated

When I shower everyone with kindness
All that I get back is numbness
My deeds go unnoticed
Just as the line drawn on water.

No expectations, no judgements
No words, no obligations
No complaints, no confessions
No compensation I seek
You are a sojourn in my trek
Who labelled me a meek

You can pour the ocean in a human's heart and it will still be dry, whilst they think
It becomes your obligation to cure their ills

Even in paradise the sun goes down
May be I am naive,
wouldn't live in a fantasy world that supports their delusions of grandeur,
exploiting others without guilt or shame.

Integrity is misspelled in the dictionary,
compiled by narcissists and hypocrites
Painted faces dressed in grace
And toxic words dipped in honey wins the race
Leaving me like a confused Ace

Cut off anything that's malignant, I swear
Body or mind, lest it may invade as a tumour
Till you hear the howling of death birds.



I know it's hard to digest the truth,
which destroys thy castle of illusions mirth
When desire wanes, it opens the old rusted door of lessons learned
Breaking the shackles of servitude

There are hermit souls that live withdrawn
In the bliss of their self content caves
I am an exclamation set ablaze
Leaving those fools in daze.



A PERENNIAL TREE

NEHA S CHAKRAVARTHY

That is a long story -
On one end was I,
A perennial tree.
On the other were you,
A ruthless annual monsoon.

Bringing whirlpools of trash,
Roars of cyclones and
Thunderous cloudburst,
To unshape me,
You prospect for my fall.

Your fruitless ways to
Break my stance,
And your itch to snap
My growing boughs,
Grew from your eccentric brain.

It is darkness shadowing your figure -
Your demeanour to implode my win.
With your recurring lash at me,
I darn myself for the better,
And mutter feeble assents
To the strong roots that shield me.



QUOTES

BROKEN FACTS INSPIRE

NEHA S CHAKRAVARTHY

- 1 - The best decisions are made when a mind and a heart think on one parallel.
- 2 - Bad days are like shabby water puddles; experiences you get out of it are paper boats they harbour that spice up life.
- 3 - The sky and everything beyond is just at your reach.
- 4 - Stay serene as a sage to succeed as a superstar.
- 5 - Knowledge best compliments your beauty within.



PINEAL GLAND - THE SEAT OF THE SOUL

ORBINDU GANGA

Been sauntering to discover
The existence of the unseen,
Been adored as the omnipotent
Source for creation, without
Having known the inception
And denouement, the quest
To whisper to the soul is a dream,
Many years have travelled in hearing
Her to speak, curious is the mind,
Searching to know the truth, in a beautiful
Journey less travelled by many.

Descartes listened to the silence
In the seat of the soul, being the
The third eye to renounce, she gave
No clues to the known, unknown
Were capturing the hints, to be
Recluse within the pore.

Observing the drop to mist
In the early hours to hue,
Gliding to the west
Auburn kissed the equator,
The breeze showered, resonating
The twilight to heave at the horizon,
She painted the canvas with
The colours of nature.

Formed from the calcium
Seated in the epithalamus,
The traces of the tryptophan
Showered serotonin, to give
A life to melatonin, being
secreted by her, to drive
Her in sanguine, to relish,
Circadian rhythm waited for
Her arrival, to start her journey
In the form to revive their pursuit,
Roman and Julian never could
Punctuate her lines, without her
The calendar waited for weeks,
Minutes and seconds halted
For hours, the clock stopped
For a million times, begging for life.

The creative colours brushed
With the moonlight, giving the lashes
To steep into a glorious past
And the future eclipsed
With refulgent to glean
The dust and sing
A sonorous tune rendered
By the melatonin filled with serenity.

Vatican city is sprouted with
The peas, the panacea, being
Kept arcane for centuries,
The forehead had the vision
To pierce into the universe
To smell the fragrance of the zephyr
Along the shore of the sea of tranquillity,
The eye of consciousness
Revered under the tree
Made to captivate the hearts
To shed their tears in a smile,
Chan taught the mind's eye
To guide the students, the fortitude
To turn the invisible to move
Many to follow the cues.



The veins and arteries rinsed
The deoxygenated traces with
Her blessings, making the flow
Smooth for the pathway to
Drive an eternal ride forever.

Aberration in the periphery
And within the form cleaved,
The toxics cleansed
To smoothen the flow,
Brightening the aura
To let the seat of the soul smile.



Answers to Quiz on Page 9

1.a, 2. b, 3.b, 4.c, 5.a
6. c, 7. b, 8.d, 9.c, 10.d
11. d, 12. C, 13. a, 14. d, 15. c
16.d, 17.a, 18.a, 19.d,20.b
21. a, 22. d, 23.a, 24. d, 25. b
26. b, 27.a, 28.b, 29.a, 30. b
31.b, 32. b, 33.c, 34. b, 35.a

WHAT'S IN A NAME?

ROOPA SUBRAMANI

What's in a name?, so efficacious,
that possesses the power to root out a thought even so pernicious,
whose very uttering sounds so auspicious,
it's true meaning who could fathom?, so mysterious,
and yet to faithfully contemplate it even though unconscious,
is to be bestowed a sure benefit so precious,
having attracted the attention of Grace to direct one's self attention to the glorious
HEART within that is forever AWAKE and CONSCIOUS!

Therefore,
What's in a name?, so efficacious,
by whatever name one wishes to call it, be it Rama, Krishna, Christ, Allah, Buddha or
WaheGuru all equally priceless,
is to have found the true panacea to this utterly existential crisis
THAT LIFE IS!!



THE SOLDIER

SETALURI PADMAVATHI

Biting cold, fast-moving wind and rainy days
Despite tough days, he finds the right ways
With one thought and one goal in his mind,
He holds his weapons in his hand, aligned

The soldier thinks of the others when he's in danger,
On-time, he intends to tell them about endanger
Attentive at tasks, perceptive at thoughts, he
He worries not for his life, only for the nation, see!

With bravery at heart, he faces enemies, cruel
In the areas hilly and chilly, footsteps are fuel
Diplomatic foes often cheat him from behind
He follows his wise thought, comes from the mind

His family supports him morally in a tough time
Service of his nation with patriotism is prime
His wisdom and talent help him for protection
He safeguards the province, with a perception!

When the whole country sleeps with full peace
Fighter awakes to the dangers with no cease
A good warrior is known for what he can endure
The state's security at borders, he can assure!



TRIBUTE TO WOMEN

SHINY VIKAS

The silent steps
Towards love and abundance
Not gifted by the society
Every inch created by sheer grit and hard work
Few may find us lucky
Assuming life was easy for a strong and kind woman
The wind resumes its direction
Just the way we flow with ease
Carrying empathy and love to create a life chosen with a purpose
I bow to the aging body of our elders
The timeless teaching, like a rainbow, colors the bright sky!
Oh beautiful Lady, thy heart fills my day with newly born hope and divine faith
As you walk ahead in any field with a brilliant edge
Imagination and the creative art transform the mediocre mind
Recreate every moment as a gift to thyself
Through the trial & errors
The universe welcomes you to heal and merge with the motherland
To speak humbly
Still heard by the echoes of the mountains and vast space
Walking
Dancing
Resurrecting
The past with a new story that writes, "You create your own reality"
As you walk your own destination
In the narrow path
Through the woods and the deep rivers
Over the hills as we watch the beautiful sunset
The road less taken!
The secret of a powerful woman is in her silent work of loving the humanity
Attaining the truth every human desire
As she walks with love and gratitude
I hold on to the vast sky and the tiny space that says, never give up!
Be a change
Inspire and never get knocked down by challenges and lockdowns
Life is beautiful as long as we create the reality of our choice!
Thinking outside our comfort zones
A million possibilities welcome our humble creation.



IN THIS MOMENT...

SUDHA RAJENDRAN

Somewhere in a swamp in this moment
a frog jumps into the water from
a round lotus leaf.

Somewhere in my backyard in this moment
a butterfly spreads its wings on a
dewy yellow flower.

Somewhere in the mountains in this moment
the evening sun shines on a
glistening moisty blue rock.

Somewhere in the world in this moment
a snowflake drifts down and settles on a
child's eyelashes.

In this moment
I am not worried or
I am not happy either.
I am not crying or
I am not smiling either.

In this moment
I am breathing
My breath fills my lungs.
I am living
In this moment.



HAPPINESS (a zuihitsu)

(Zuihitsu, a Japanese literary form dating around 1000 A.D., comes across as prose poem, incorporating various narrative styles. Being a collection of casual observations and personal notes about one's surroundings, a zuihitsu cannot be defined as it is characterised by disorder, juxtapositions, fragments, contradictions, random thoughts, and lines of varying lengths.)

VIDYA SHANKAR

Wake up calls from my mango tree
Cheep, chirp, cheep, chirp
Thousands of tiny, tinkling bells
Reverberating through a nippy silence

In the darkness of dawn, inhaling the peace, I glide into my kitchen
Lights on!
Now for some kaapi

A crow caws. Blessed creature
Its hoarseness a sub song to the musical ensemble that entertains me

This space in Time
Only mine
Before my family and most of my neighbours rise to a new morn

Measuring out a tumbler full of milk, I set it to boil. Luckily, I have decoction in the
fridge,
left over from yesterday.

Outside my kitchen window
A faint breeze rustles the leaves of the mango tree
A latent part of early morning auditory treats

The milk needs my attention. Don't want it spilling over
I have already written a poem about it

I remember from yesterday
The verdure of my mango tree —
Mature foliage, deep green, stoic, stern
New leaves, russet green, tender, frivolous
It is only August, but summer preparations are already on

A generous dash of decoction to boiled milk
Sweetener added
I now pour the liquid
From tumbler to davara, davara to tumbler
The ritual that froths my kaapi, stimulates the aroma
I relish every drop of the kaapi

My eyes turn towards the window
It is still dark outside
Rustling leaves, singing birds – mere morning sounds

Che! Power cut!
The glowing tube in my kitchen goes off, leaving me in the dark

And then there is Light!
Outside my kitchen window
I see it!
Rays of a new dawn
Embracing my flourishing tree and its cheery songsters

Sometimes, happiness can be found only in the dark
When room lights are turned off!

* *happiness can be found... turned off*: a restating of an original quote by J.K.Rowling from 'Harry Potter and the Prisoner of Azkaban' that says, "Happiness can be found, even in the darkest of times, if only one remembers to turn on the light."





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For feedback and contributions, reach us at

www.scienceshore.com
scienceshoremagazine@gmail.com

