

CATALYST

MAY 2020

GLOW UP!

Your guide to a Quarantine make-over!

Gems Our Own
Indian School
Class 10 A

Coverpage by Nazeebah Habib, Model: Mehak Shaheen

PHOTOGRAPHY

Through the eyes of a Lens

LITERARY PIECES

Articles, and Stories written
by creative people!

Supervisor's Message

"Don't be satisfied with stories, how things have gone with others. Unfold your own myth."

— Rumi, The Essential Rumi

Widening horizons and inflaming intellect is a continuous process. The Students of grade 10 A have proved their mettle with their English Magazine 'THE CATALYST'

I congratulate the students of grade 10 A for this collaborative magazine. I laud my students, for bringing out their creative expressions in the form of poetry, short stories etc. Continue to write and let your imagination fly high.



Best wishes

Mrs. Sheeba Manoj

SSG Supervisor

I am truly honored to be your English teacher and congratulate each one of you for collating on this virtual platform and bringing out 'The Catalyst'.

My dearest students of grade 10 A, you have proved that the future of books is here.

Creative writing is a magic wand that work in two different ways. When you set it in action and seek to create something, it does not just bring into existence that object or work, it also raises in your heart a dream, a hope, and a will to achieve that creation. When everything around you turns wearisome, you are carving a path towards the future of writing.



An urge to write something would change your pattern of thought process and see you through the dawn of this new era.

Special thanks to the Editorial Team of 10 A for enthusiastically teaming up for 'THE CATALYST'.

Continue writing, reading and creating

Much love

Premy Ma'am.

MESSAGE FROM THE EDITOR-IN-CHIEF



ALOE loves!

I am Senaara and I'm the head editor of the Catalyst. Last year, we were working towards developing an online magazine but unfortunately, the plan wasn't successful due to several factors. However, during this quarantine, I realized that I had a lot of free time in my hands and decided to put this idea forward. There were several smart and talented students in my class, and I thought, "Why waste this abundance of creativity?" Thus, the Catalyst came to life. We look forward to publishing more editions, and we hope our magazine interests you. We are working to make sure this magazine will kill your boredom, and help you pass some time. So, happy reading!

- Senaara Sara Sonu

MESSAGE FROM THE EDITORIAL BOARD

Greetings in 6500 languages spoken around the world!

I am Nazeebah and not Najeebah or Nassebah. Ignore my eerie introduction which does justice to my rare name. Writers often come out expressing their surroundings and interests as their main source of inspiration. History and science are the powerful weapons of any nation. With that being said, diving into the spine-chilling adventures of science in the past and exposing it had motivated me to write about the Radium Girls. I look forward to writing more articles for the Catalyst and being a part of its journey.

- Nazeebah Binte Habib





Hey guys!

My article, The Inhaler, was inspired by a writing prompt in last year's English question paper. Who thought that would've led to this? Anyway, I'm so excited for the launch of the magazine and I can't wait to write more articles for the magazine.

- Anjali Raju

Helllloo:)

Welcome to the first ever edition to The Catalyst! This magazine is going to be very exciting for us and we're hoping that everybody enjoys it and it helps you during this weird time. We're really looking forward to publishing more editions.

- Ann Mary James



I am delighted to celebrate the launch of our magazine – Catalyst, which is a collection of originals, informative articles and other extraordinary opuses. I am thrilled to be part of the Editorial Board. I am truly passionate about music, photography, and stargazing. I love to write stories and poems too! Hope you enjoyed this edition of the Catalyst.

Happy reading and stay safe!

- Nichole Ann Philip



The best world shakers are the ones who understand the true power of words. They were the ones who could climb the highest. Through the Catalyst, I hope that together we can join the path to find ourselves. I am happy to be part of the magazine and hope that there will be more editions in the future.

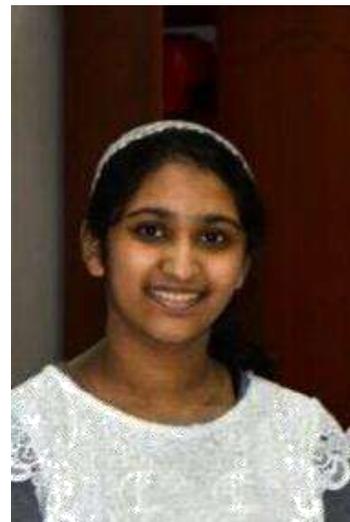
- Ardra P. Saji



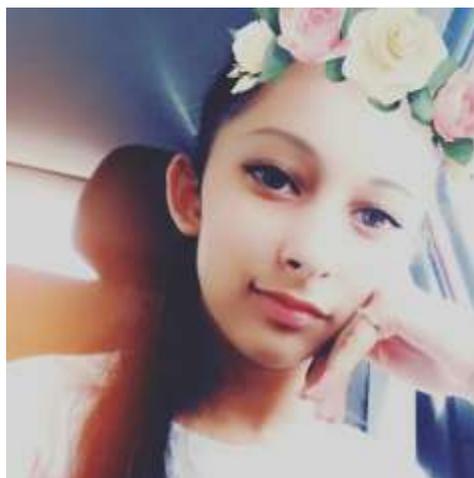
CREATIVE PANEL



Mehreen Fazal



Jemima Anil George



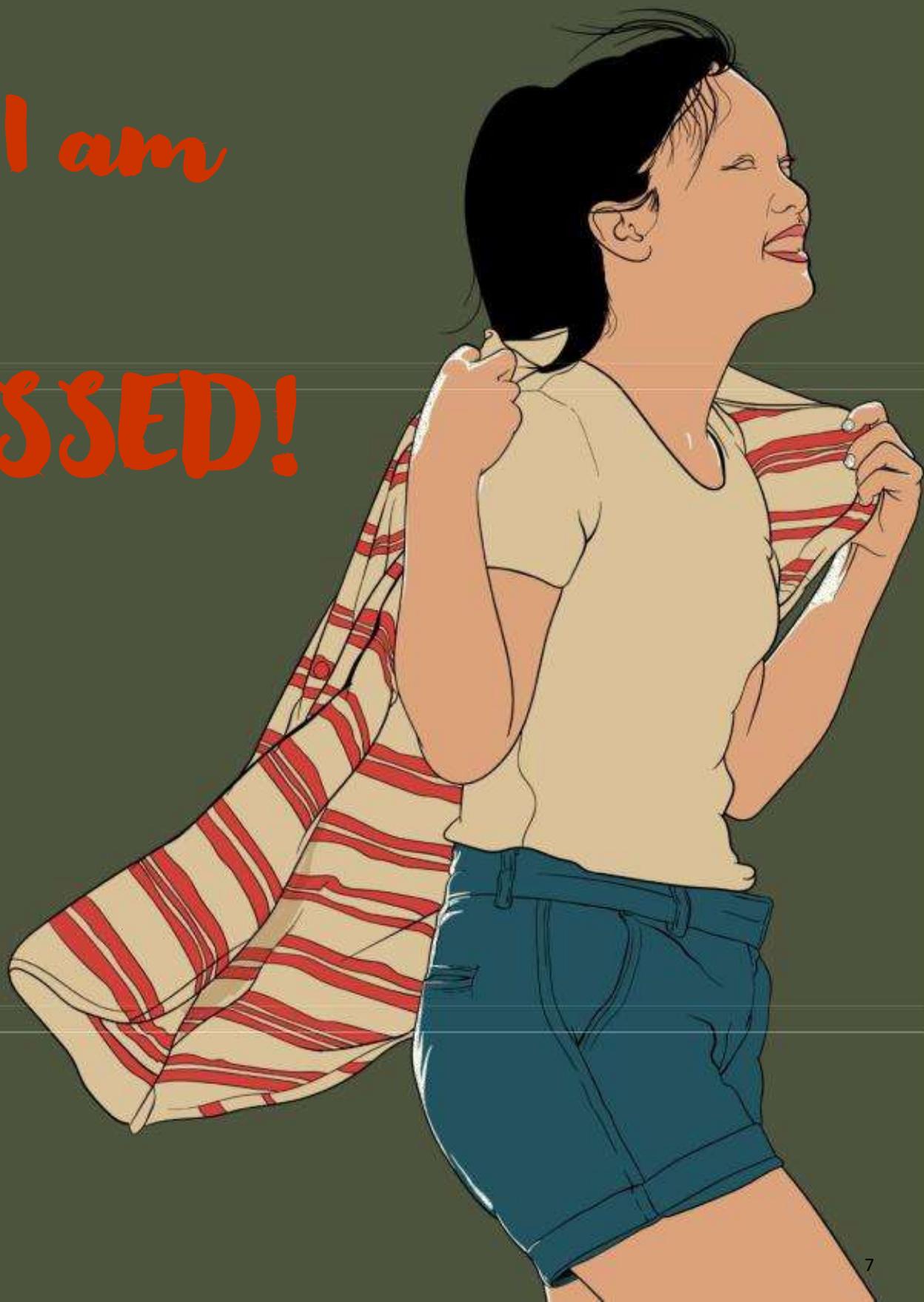
Simran Sandeep



HAPPY READING!!!

I am

BLESSED!



I was tired after the day's work. On the way back home, there would be a poor, homeless man standing at the pavement of the street. His eyes were the thing that struck me the most. A bright light was beaming out of his eyes. People say that you can tell a lot from a person's eye. It was true in his case. He always waved at every car, he was always happy and sometimes, almost dancing!

Every day after work, I would make sure that I would gather some spare change and put it aside to give him. A feeling of joy and gladness overwhelmed my heart, every time I saw him. When I reach that street, I'd roll my window quick and give him the coins. Occasionally, the red light would be there for a minute and we would ask each other about our day. His answer was always the same, "I'm Blessed!"

I knew that his answer would be the same every time, yet I would still ask. It amazed me that even in his situation of being homeless, he was so cheerful, and his answer would remind me of how blessed I was!

One day, I was called into my manager's office. I knew that it would be something serious. "I'm sorry, Ms. Ann. Due to the financial crisis in our company, you will have to resign from your job. I'm terribly sorry Ms. Ann, I was helpless.", said Mr. John.

I had no other option other than to leave my job. I was very upset on my way back home. I didn't remember to gather the spare change and keep it ready, like I usually did. I didn't feel that joy as I drove towards the exit that the penurious man would be. Yet, there he was there as always. He set his eyes on me, while still smiling and waving at others.

I hoped to catch the green light, but I missed it. While I was waiting for the red light to turn, he strolled over to my car. He had a big smile, looked at me straight in the eyes and joyfully said "Today I will give you a dollar!". He then reached into his pocket and pulled out a dollar bill. I was blown away. I burst into tears. I wanted to jump out of my car and hug him!

That day he had given me more than a dollar bill. He taught me a valuable lesson in life. No matter what things are taken from you, no one can take away your choice to stay happy. My ride home was good. I had lost my job and had no savings, but I knew one thing for sure...I AM BLESSED!

- - Nichole Ann Philip



**What would
happen
if
Kim Jong-Un
ACTUALLY
DIED?**

By Senaara Sonu



The Supposed Death of Kim Jong-Un

Kim Jong Un. If you have read recent news articles, I am pretty sure you wouldn't be surprised by this name. For those who have no idea who this figure is, no, he is not a K-pop star. Kim Jong-Un is the supreme leader of a small nation in the Asia-Pacific region known as North Korea. Now, do not let the size of this nation fool you. North Korea is an impoverished, yet extraordinarily proud country, that has through its sheer will -and relentless cult formed by the personality of a single family- has been a growing concern of security for the United States and the world government.

The recent speculation regarding the health of its dictator, Kim Jong-Un, has left intelligence agents, policymakers, and academics to scratch their heads and wonder, what next? For such a secretive and censored nation like North Korea, it is quite difficult to obtain reliable information. Will the country develop further once the new successor takes the lead? Will there be chaos regarding who will be its next supreme leader? Will their neighboring countries take control of the state? There are so many unanswered questions lingering in our minds.

A Little Background about the country

North Korea, officially known as the Democratic People's Republic of Korea, is a nation in East Asia which constitutes the northern part of the Korean Peninsula. The country was formed after the Japanese surrender in 1945, where Korea was split into the North and the South. According to Article 1 of the North Korean Constitution, the nation identifies as an 'independent socialist state' and holds elections. However, western observers have regarded these elections as mere pretence, generally viewing its government as a "Stalinist Dictatorship." The Workers Party of Korea, led by the Kim dynasty, withholds absolute power. The country holds the highest number of active military personnel in the world, with 9,495,000 active, reserve and paramilitary personnel, or approximately 37% of its population. The country also possesses nuclear weapons and showed interest in its development since the 1950s.

“However, western observers have regarded these elections as mere pretence, generally viewing its government as a “Stalinist Dictatorship.””

The Speculation.

Kim Jong-Un was reported to have undergone cardiovascular procedures on April 12, and since then has not made any public appearances. He was even absent for the birthday of his grandfather, the founder of the regime, which was one of the most important holidays in North Korea. This led several people to speculate his whereabouts, resulting in rumors that claim he is gravely ill. However, due to the taciturn nature of the North Korean government, it is difficult to accurately understand his current condition.

What would happen if he died?

What next? Let us consider a hypothetical scenario where the leader of this nation has passed. This scenario is lurking among leading intelligence officers, researchers, and speculators. A sudden exit of the North Korean dictator could lead the nation to adopt a more democratic and peaceful government or it could lead the country in the opposite direction. If the country considers security as its primary focus, someone in the field of security might come to power next. If the country wants to focus more on its economic aspect and development, someone from the economic field may be the heir.

Some say his sister might take lead after him, but this would only work if she can convince the government that a woman is efficient to rule. Others say that China may conduct a military intervention and extend their influence over the region, taking advantage of the likely chaos that may disrupt. However, the major issue here is the question regarding their nuclear weapon possession. If these weapons were to fall in the wrong hands, the global community will face a major threat to their security. This is one of the main reasons Kim Jong-Un's death is a prime matter to be discussed.

“If these weapons were to fall in the wrong hands, the global community will face a major threat to their security.”

Addressing the Rumors.

However, despite the recent swirl of rumors, The South Korean government has stated that there is no strong foundation for this speculation and denies the rumor. However, recently, when asked by Fox News to comment on the recent reports on Mr. Kim's health, Mr. Pompeo said: "We haven't seen him. We do not have any information to report today, we're watching it closely. "There is a real risk that there will be a famine, a food shortage, inside of North Korea too," he added. (Mike Pompeo is the United States Secretary of State, and has held several rounds of high-level talks with North Korea in recent years)

"There is a real risk that there will be a famine, a food shortage, inside of North Korea too,"

On Monday, President Donald Trump said he had a "very good idea" about Mr. Kim's condition, but added that "I can't talk about it".

According to North Korean Media reports, Kim Jong-Un reappeared in public after 20 days. However, these reports could not be independently confirmed. President trump stated that he did not want to comment yet when asked about Mr. Kim's appearance.

It is believed that the prevalence of this rumor is fueled by the fear over what might happen to the unpredictable, nuclear-powered nation after the death of its totalitarian leader. Are these rumors true? Were they fabricated to punish those who celebrated it? As of now, we have absolutely no idea about the present circumstances of the country due to its censored nature, but we can say for sure that such a seemingly irrelevant issue in our daily lives could soon develop into a matter of global security. We are living in such a volatile state of time, regarding health, economy, and security. As of now, all we can do is be prepared of what is to come.



The Monster in the Master's Heart

There is this monster crawling its way into the dark pit of our hearts. The monster is quite unique, you see. It awaits to be nurtured and fed with words soaked in the shadows of lies, jealousy and solace. This monster becomes a mighty creature and devours the one with pride, whereas the one with simplicity can gracefully mute its presence. Let us consider a situation with two different personas. The first one is where the monster directs your heart to a blissful path filled with pride. The other is a fragile path, marshalling you to think lowly of yourself. Doesn't this monster baffle you with its perplexing tricks? False pride and self-doubt are what it feeds on. On the contrary, truthfulness and tolerance is what it fears. What do you infer from 'false pride'? It is when this monster grows blithely, for you have nurtured it with admiration of yourself. This false pride not only shatters your frame of frail thoughts but also the assurance you provided yourself with. Now this monster takes a melancholic yet familiar turn, making you doubt yourself. This doubt increases along with the growing strength of the monster, inciting scope of a mournful self. The persona itself is either too scared to accept the monster living in its heart, or its acceptance leads to the persona being too afraid to face its consequences. What one does not realize is that the monster residing in our hearts will deluge the mind with expensive thoughts of oneself and rises the feeling of worthlessness about themselves. Along with its fallacious outlook on things, your heart darkens with the lust for prosperity and with the terror of self - deprecation. Well, the monster surely is called by a name, and that is 'ego'. Ego is something prevailing in our human nature.

Being a monster itself, ego's toxicity harms many. Consequently, one being egotistic engenders the person as they become conscious about themselves and their surroundings. The pride that this ego cultivates, makes the person believe that their happiness entirely relies upon the attention and love perceived from others. On the other hand, the so-called monster 'ego' grows and ensures to deteriorate the person's self – esteem and willpower. This deterioration places blinds of nervousness and fright in the person's eyes, making him or her underestimate their strength. Isn't 'ego' a monster amongst us which we don't realize? The truth is that the human nature is afraid to accept their weaknesses as we consider them as a disadvantage.

Why not take those disadvantages and mold them into an advantage to scare off the ego residing within us? I believe that ego isn't grown by people's words and expressions but by how we perceive those thoughts and make up our perplexed mind. Ego, being a tricky player can often overrun us, but this does not mean that we take back home mournful faces with our heart blackened out. This monster residing among our hearts must be muted and given a chance of rebirth as a flower that blooms with purity and bliss. Now, let that flower be nurtured not with words of others but with the optimism you perceive.

- -- Nazeedah Habib

THE INHALER



“I am the worst mother to exist, how could I have been so careless? This is all my fault.”

You might be wondering why I’m freaking out. It’s probably something small right? Wrong.

You see, this is the one-night things cannot afford to go wrong. Tonight is a life or death situation, and I would have been sitting safely at home right now avoiding danger. Tonight, it’s the fourth of July. While other Americans are out cracking fireworks and enjoying the holiday, the people in my state cling onto their loved ones, hoping they won’t fall victims to the Annual Purge. Twelve hours of torture, when all crimes are legal. Including murder. Even emergency services are suspended.

The leaders thought that this would be a great idea to bring down the crime rate, as our state is known to be the least safe. And it worked. It reduced drastically, and we followed this horrid tradition ever since.

Moving on, you may be pondering about my identity.

I would like to not reveal my name, but I can say that I am a proud mother of my thirteen-year-old son. However, he made one of the stupidest mistakes ever, and forgot his inhaler in the park. It just had to be today, doesn’t it?

I finally built up the courage to go outside in the middle of the night, with nothing to protect myself except a kitchen knife. It is quite ironic that gun laws have not been approved yet, but the annual purge is a celebrated event.

I was walking towards the bench where we were sitting, but I could not find it. I searched everywhere we had gone but there was nothing. At this point, I was trembling with fear. I could hear desperate shouting nearby, probably one of those lunatics with those animal masks. I didn’t know what to do. I could not find the inhaler and my son was probably scared that I had not come back yet. I could not even leave him with the neighbors since I couldn’t trust anyone.

As I try to regain my composure, I suddenly felt someone’s presence behind me. I turned around to see a black figure standing in-front of the lamppost. My breathing quickened and I began to run. Oh god! I did not want to die like this!

I ran as fast as I could, with no sense of direction. I looked behind and saw that I had finally lost him, and I slowed down to catch my breath. As I looked around, trying to make sense of what was going on, I suddenly felt a hand on my shoulder. My heart jumped out of my chest. “Don’t. Look. Back.” My brain screamed!

I looked back.

I turned around to see an old man, and before I could scream, he shuts me up by putting his filthy hands on my mouth. I try to wriggle out of his grasp but it’s of no use.

“Don’t scream, I’m not here to hurt you.”

“Oh please! That is exactly what a murderer would say.” He lets go of me and puts his hand in his pockets. This is it. It’s over. My life was over. I am so sorry, dear son!

He held up an inhaler and said, “I noticed you were looking for something, I’m guessing it’s this?”



The Radium Girls

- Nazeedah Habib

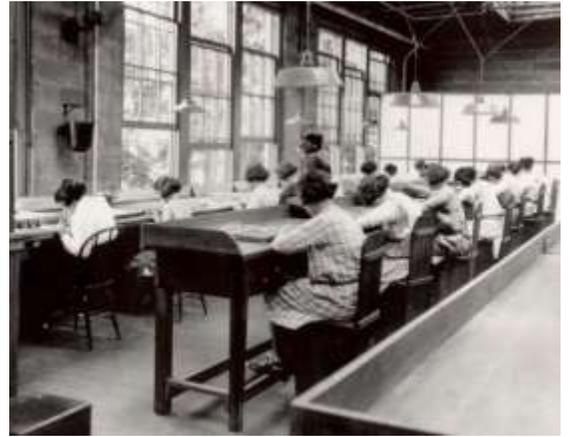
Welcome Radium!

Radium was the center of attention upon its discovery by Marie Curie during the year 1898. However, her own revelation became a cause of her death, as the radiation of the newly discovered element, initiated Aplastic anemia. Here began the ominous use of radium, despite the harm it brought. It was mainly used in X-Rays during surgery. Soon, radium became a household product, boldly advertised as "A Cure for the Living Dead" and "Perpetual Sunshine,"

Luminous Joy of the Ghost Girls

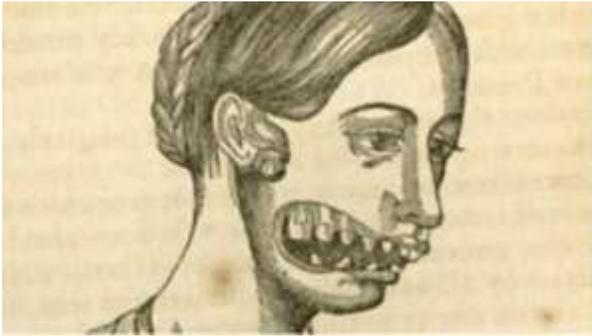
The First World War had allowed social issues to be heard, one of which was gender equality, in terms of finance and employment in the outside world. Through bargaining of rights, women were to be employed to paint watches and military dials with the new element radium. Though seen as a regular job, it was a proud tale for the people of those times. Word spread quick and soon enough these warehouses where they were occupied with working alongside each other.

What drew attention to the element in midst of the war, was its luminosity. At the end of the day, the girls would glow in the dark untroubled and unaware of the danger. Soon, parties and balls were occupied with young girls who flaunted their glowing appearances. Such events earned them the name, 'Ghost Girls'. Why the glow? The girls were instructed to slip their paintbrushes between their lips to make a fine point.



**“At the end of
the day, the
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dark,
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Little did they know, that with every dip they were swallowing an unknown poison. Innocence was deeply taken advantage of during these times. The girls were assured by their manager, Mr Savoy, that the radium would cause no harm. But being a man who was part of the industries, he was aware of the danger it brought. Men at the radium companies received protection supplies. However, such efforts were not afforded for the dial painters



Discovery followed Death

The first death among the dial painters was of Mollie Maggia. The haunted aspects of radium were soon to be exposed to these young girls. Mollie began her painful journey, with a mere aching tooth which soon worsened causing an extraction. This followed another extraction and release of ulcers with red and yellow fluid. These soon caused a foul breath and of course an agonizing pain that she often hid. Burdened with the upcoming pain in her limbs. She was unable to walk.

By 1922, Mollie was suffering from the aching body and extracted tooth. The worst had yet to come. When treating her jaw, the dentist was astonished as to how her jaw was easily removable just by moving few fingers. The ingested radium was literally boring holes into her body. At the age of 24, the disease of radium had already consumed her vein and caused a hemorrhage. Her death was followed by this event. By this time, these effects were to be discovered amongst the other radium girls.

A Façade

Denial and gossip were in the air. Mollie's reports were mystified by the doctors in support of her employer as a defensive tool. Nonetheless, gossip travelled, and the company faced backlash when the death counts seem to increase. The young women's employer, USRC, denied any

responsibility for the deaths for almost two years. An independent research was demanded rather than a secretive company research. With the success of the alternative research, the president of the firm was outraged by the successful results. Another show and curtain had to be put down to protect the company. Using women as a vulnerable tool, he blamed them for demanding financial help through medical bills.

“Another show and curtain had to be put down to protect the company. Using women as a vulnerable tool, he blamed them for demanding financial help through medical bills.”





Equality in Death

The mishandled medical reports silenced the voices of the women however they thrived to bring American radium down. A truth had to be discovered. The women themselves were brewing in confusion as radium; their household best friend had been a pioneer of destruction. Sadly, a sincere research by the experts was conducted instantly after the death of a man at a radium firm. The mysterious illness and its link- the radium, was finally proved by the doctor names Harrison Martland in the year 1952.

Significance

Sure, Science has awakened inhuman tales of sufferings along with triumphant discoveries; however, the radium girls revealed the ugly sights of human ignorance. These young women were bound to be happy with the ability to become a breadwinner of the family during the times where gender equality wasn't completely achieved. Blinded by the freedom, radium and its mysterious science held hope among them. Soon, this engulfed their bodies literally, honeycombing every bone recklessly.

“Soon, this engulfed their bones literally, honeycombing every bone recklessly.”

Adding on to the disturbing thoughts was how the seriousness was awakened when the death occurred among a different gender. Putting such thoughts aside, we must highlight the bravery of these women as they roared among crowds, fought the laws, became mysterious agents and more to add on to their silent bravery. Whatsoever, the radium girls and their story holds a strong foothold in history for establishing importance in health physics and labor right movements.

ART





Inspirations....

Works by Gouri Renju (10 A)





Karthika Subash







Sharon



Manvi Jain



Jyoti Anil Ghorge
10A



love
Jyoti



Jyoti Anil Ghorge
10A



GLOW UP!

Trust me when I say this, I am no expert on fitness. However, I know one thing for sure. Quarantine's making us as lazy a human can get.

The fact that we do not have to physically be present at school the next day is quite a comforting thought, as we do not have to care about our appearance and fitness anymore. And of course, this is exactly what we mean by the "Lack of Motivation."

In fact, I have been quite behind on my workout schedule and can feel the pounds piling up. And I don't care, for now at least.

Nonetheless, we all are quite sure that we eventually must start working on our bodies, because this quarantine is not going to last forever (Maybe, or maybe not). So, this section of our magazine focuses on not changing yourself, but the journey on becoming the best version of ourselves by the end of this lockdown.

However, we will not be focusing on just physical aspects. We will also work towards our overall personality development.

In this section, you can find workout ideas, healthy recipes, and skincare routines, as well as tips and tricks to become more productive and responsible. I'm excited for my glow up...are you?

Let's do this guys! We're in this together! (*high school musical flashbacks*)

Let's get started with Glow Up #1

WORKOUTS

This is actually one of the hardest things to do and I completely understand. There is absolutely no motivation to spread out that fitness mat and jump into a few burpees or perhaps some pushups. However, there is one thing that I have learnt. Even though you feel like crap before you start your exercise, you feel so good after you've completed it. Physically, because you've been active and it's your body's way of thanking you, and mentally, because of the satisfaction you have earned after doing that painful workout.

However, here is a tip for beginners. Do NOT jump into a high intensity workout from the beginning itself. You will feel so sore you will not be able to move your muscles for a week. Start slow and work your way up. That is the only way your body will get used to the movement.

So, we have compiled a few exercises (or maybe took them from darebee.com) that you can carry out during the ½ our break before the third period. Trust me, you will not only feel physically amazing, but you can also build your confidence and feel better about yourself. But remember, never cross your limits, and overdo anything. You must also understand that you should work out to be healthy. Not to lose weight.

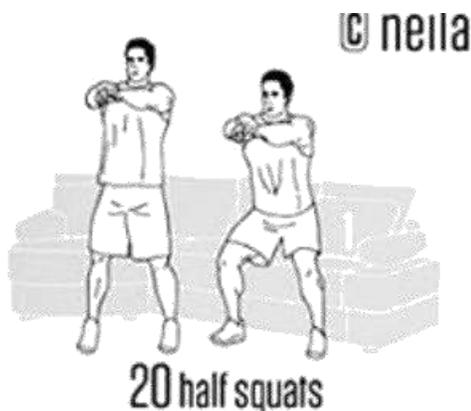
Also, we are not fitness doctors, and these are some exercises we found on the internet so that you don't have to do. Please carry them out at your own risk.

Here is a small couch workout that is suitable for all fitness levels. (don't worry if you can't do it the first day. It takes time for the body to adapt to it)

Warm Up

1. 20 Jumping Jacks
2. 20 high knees
3. 20 alternate toe touches
4. 20 Lunges
5. 20 shoulder twists (10 each side)
6. 10 body twists (5 each side)

Now, get near the couch for the real stuff to begin!



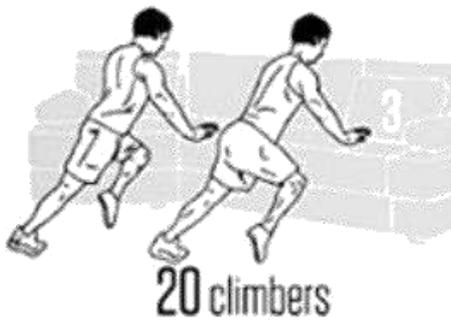
20 half squats.

(Squat down like you normally would but do not go all the way down. Your backside should touch the sofa as you go down, and your arms must be raised parallel to the floor as you do the exercise.)



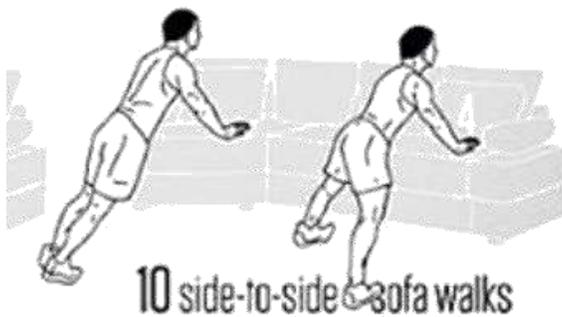
Sofa dips (10)

(Get into a plank position, but with your body facing the ceiling. This is called a back plank. Go on and do 10 tricep dips but with the support of your sofa)



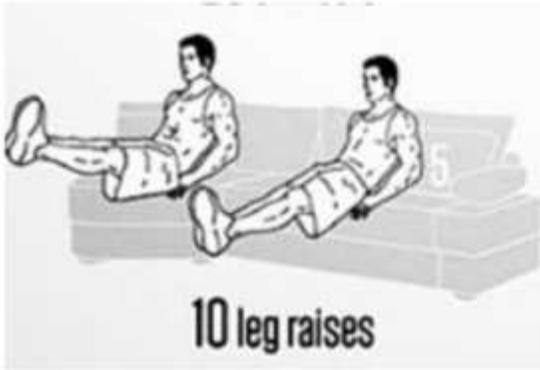
20 climbers

(Get into the mountain climbers position but with your hands on the sofa. Go on and do some climbers with the help of your sofa.)



10 side-to-side plank walks

(Get into a high plank position with your hands on the sofa and walk side to side. This is a great exercise for your arms and abs)



10 leg raises

(Sit on your sofa, raise your leg, and bring it back down without going all the way down. Your abs should be burning by now!)



Raised knee (20 counts)

(Sit on your sofa, lift your knees up, and hold the position for 20 counts.)

Toxic Masculinity





You are a boy; you're supposed to be strong Man up!

Oh really? You got hit by a girl?

Boys don't cry.

These are a few statements that almost all men have heard over the course of their life. At this young, vulnerable age, he must often asked himself "Why me?" He must have wondered why his sister was comforted when she shed a few tears, but he was hung out to dry. So, he cried alright, but he did it alone. Away from the judgmental wrath of society. As we can see here, this young boy was a victim to Toxic Masculinity.

Toxic Masculinity is defined by the adherence of the male gender roles that consequently limit the expression of emotion among men, but instead encourage the may not realize it, this standard of masculinity is often imbibed into a male's mind ever since their birth, from the color of their clothes to the kind of toys they are given to play with. This early introduction to stereotypes makes them feel pressured to act a certain way in order to associate themselves with the male gender. Experts have defined this ideology as a set of actions and beliefs that include:

1. The suppression of emotions, the concealing of stress and emphasizing of aggressive ones.
2. Maintaining an appearance of toughness and "manliness"
3. Violence as an indicator of power and weapon of dominance

Nonetheless, this stereotypical masculinity is not only associated with virility and stoicism, but also with the strong need for dominance, and this can be seen especially in families where women are the primary breadwinners. The inferiority may not be handled well by some, and many resort to aggressive methods to insert their dominance over their significant other. This is often the case in several homes where domestic violence is prevalent.

In several countries, men are more likely to become victims of suicide than women, and the constant need to stigmatize their emotions is a contributing factor. Men are less likely to talk about their feelings or admit that their struggling as many societies throughout generations have encouraged them not to do so. However, we must also understand that it is not just toxic masculinity that causes these behaviors. There are several other social and economic circumstances that add up to these conducts, and this is one of the main problems with the term as argued by some psychologists.

Masculinity can definitely be destructive, however there is often a misconception and misuse of this term. It is true that belligerence is not only a result of toxic masculinity, but it is sometimes natural for human beings to resort to violence depending on their social, cultural, economic and immediate factors. The definition of the perfect male gender varies among different cultures.

Another common misconception that modern feminists use toxic masculinity to belittle men and weaken them lurks among society too. We need to understand that there is a difference between enfeebling men and accepting their emotions. The prime reason of acknowledging that toxic masculinity exists is so that men realize it is okay to talk about feelings, express warmth and prefer to stay out of violent circumstances without having to compromise their appearance of the perfect male.

This movement in no way or form encourages men to allow their emotions to take control of their decisions and ignore their individual responsibilities because of their 'feelings'. It is completely OKAY to cry. But you should get back up and move on. Whether you're a man or a woman.

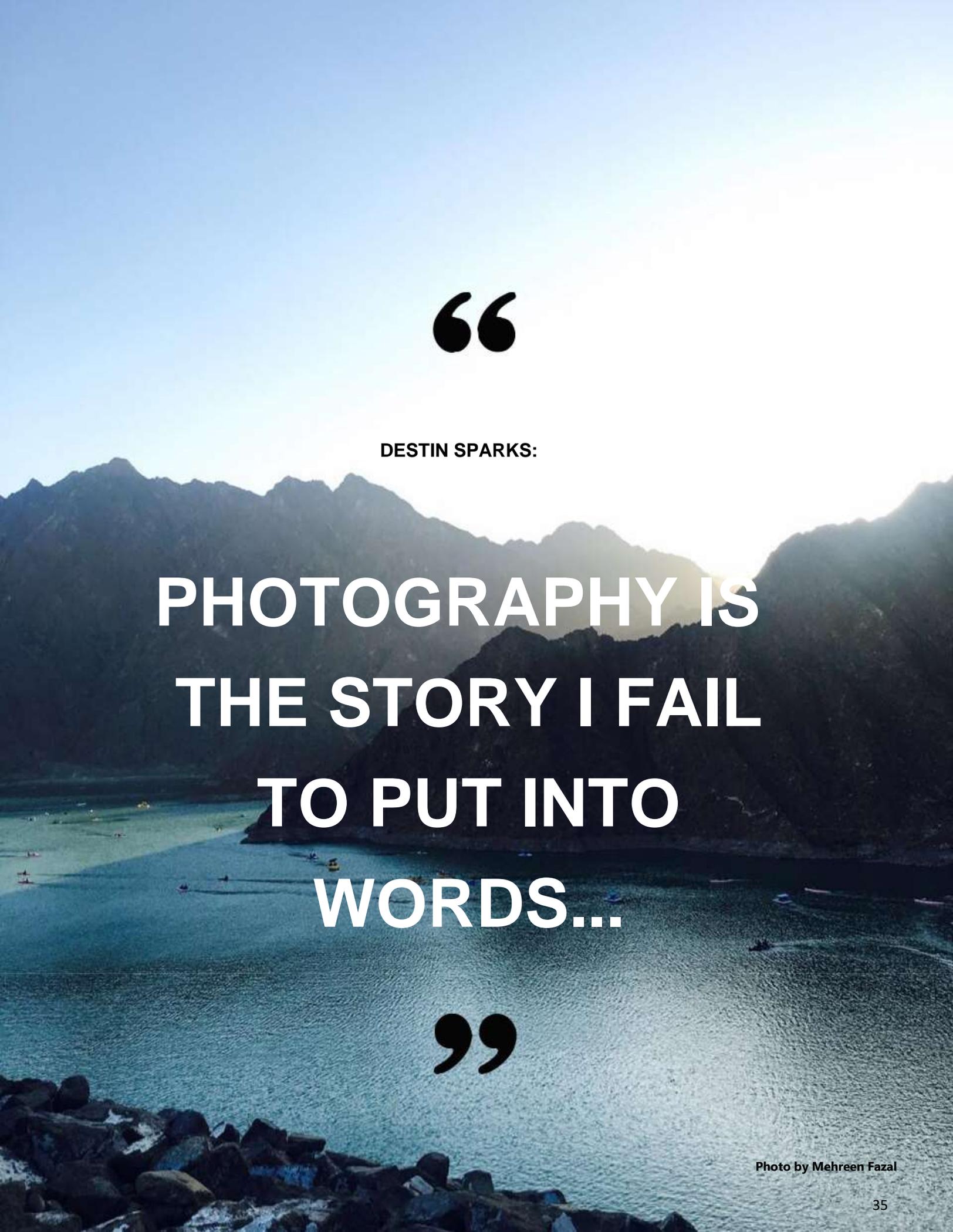
In conclusion, your emotions exist, and it is fundamental that we accept and express them in order to get rid of negative ones. Reaching out for help should never signify weakness. In fact, it should signify strength, because it takes courage to come to terms with our demons. Therefore, we must change our mindset about traditional masculinity, because abiding to gender norms is of no use if what you are doing does not make you feel good about yourself.

- Senaara Sonu



PHOTOGRAPHY

A Thousand Words Trapped in a
Single Shot...



“

DESTIN SPARKS:

PHOTOGRAPHY IS
THE STORY I FAIL
TO PUT INTO
WORDS...

”

Photo by Mehreen Fazal



Photo by Nichole Ann Philip



Photo by Nichole Ann Philip



Photo by Nichole Ann Philip



Photo by Nichole Ann Philip



Photo by Kesia





Mehreen Fazal



Mehreen Fazal



Simran Sandeep





Building 65, the largest dormitory building for workers on Hashima Island.

The Phantom Town

At 9 miles or so from Nagasaki, into the ocean, you can see a distorted image of the once forgotten island of Hashima. This is an island with a complicated history, a history that saw countless horrors and bloodshed.

A history that saw thousands fall.

The island of Hashima or the Phantom Island has been voiding of inhabitants for almost 3 decades now, but it has a story that is imbibed in history. The Hashima Island or Gukanjima as called by the Japanese, due to its resemblance to a battleship was used as a coal mining facility between 1887 and 1974. Just as we discard things that are no

longer useful to us, this island was met with the same fate. Due to its excessive usage, the coal reserves started depleting. Soon the once populated island was becoming abandoned as the mines shut down and people left.

Well, if you thought its history has ended here, you are wrong. Just like how some of the simplest things hide deep meanings, Hashima did too.



During the World War 2 Hashimas history was just as dark as the coal that was mined there. Due to the Japanese wartime policies, thousands of Korean civilians and Chinese prisoners were exploited and made to work as forced laborers under harsh conditions. It is estimated that over 1000 died between the 1930s and at the end of the war as a result of the harsh conditions and malnutrition they were exposed to.

Despite the fact that the UNESCO named it a world heritage site and the public's infatuation with it ,we can say it's still unclear as to how the islands focal point should remain due to its enigmatic legacy .It is unclear about whether it should revolve around the industrial revolution of the Japanese or as a reminder of its unfortunate circumstances.

- Ardra Saji

Photo by Parvathy Ajith



THE WORLD OF THE

PARANORMAL

Part I

- Mehreen Faxal

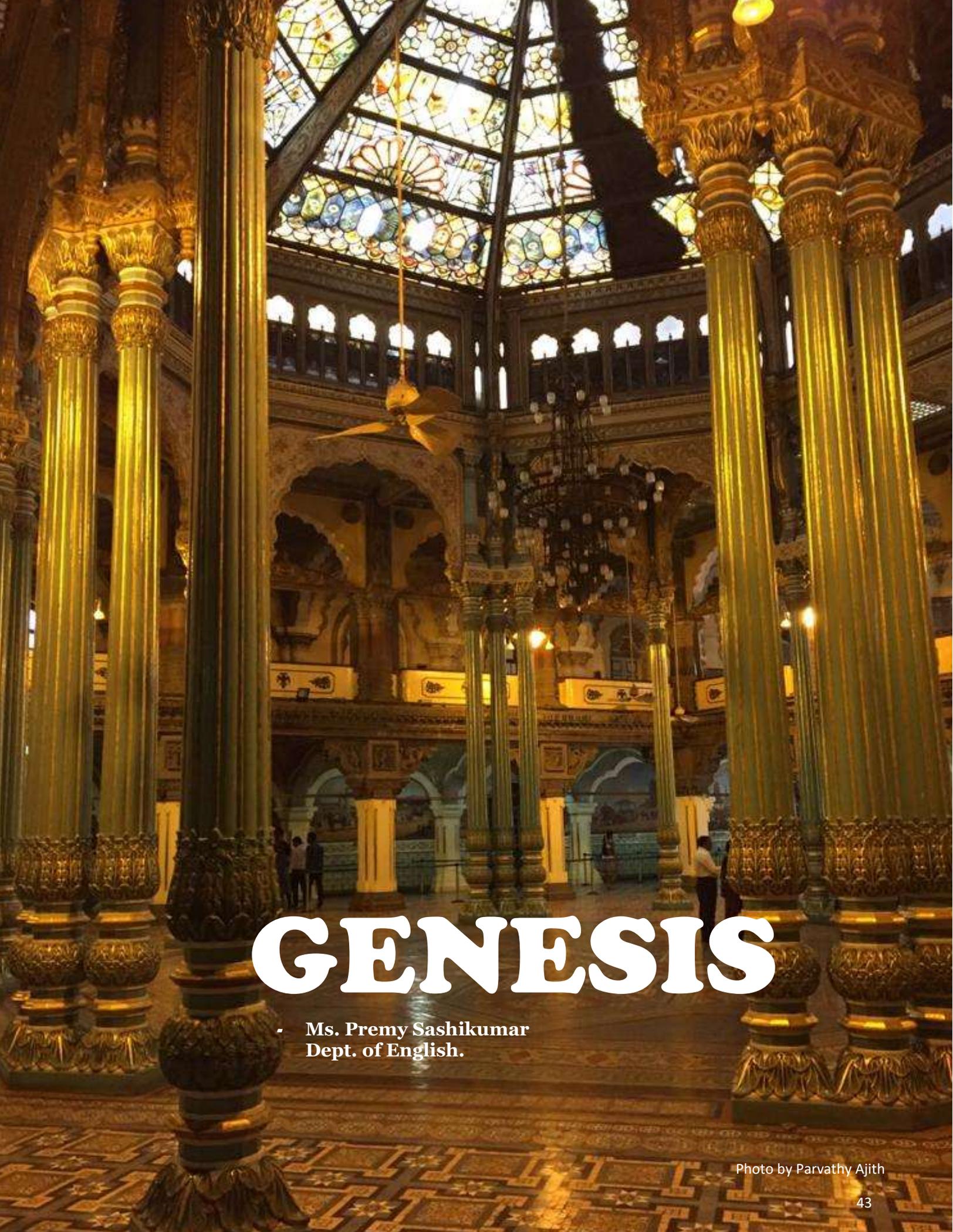
When it comes to the paranormal world, we either believe in ghostly spirits or we don't. But when video and photographic evidence showing proof that something strange has occurred, it makes it pretty hard to deny.

1. PIGTAIL FRIEND



Have you ever had a strange feeling that someone or something is watching you? Well one little girl complained to her father that not only was she being watched but she thought someone was messing with her. Of course, it's not uncommon for children to let their imaginations get the best of them. So, to calm her fears and rationalize what his daughter might be

experiencing, her father installed some nanny cams in their home. What happened next shocked him completely and confirmed the little girl's worst nightmares. In a video released online, the nanny cam recorded a video of the daughter playing alone with some baby dolls. All is well for a few minutes then something eerie happens. There was another doll sitting across the room from the girl, and when she's not looking, the doll's head starts to move back and forth. The girl had no idea! Not only that, but a few days later, another cam records the little girl playing in her living room. Again, all is fine until all of a sudden, papers start flying, a remote smashes to the ground and breaks and the table slides across the floor. That is enough to give adults months of therapy, let alone a child. We hope they through that devil doll out the window!



GENESIS

- Ms. Premy Sashikumar
Dept. of English.

Photo by Parvathy Ajith

The Genesis

I rose from the magic soot!

Moving at lightning speed

An extremely perilous flight

I saw hungry hurricanes and sinking ships.

Lo! Giant squids sucked to the vortex

Cloud trails swirled around my crystal wings

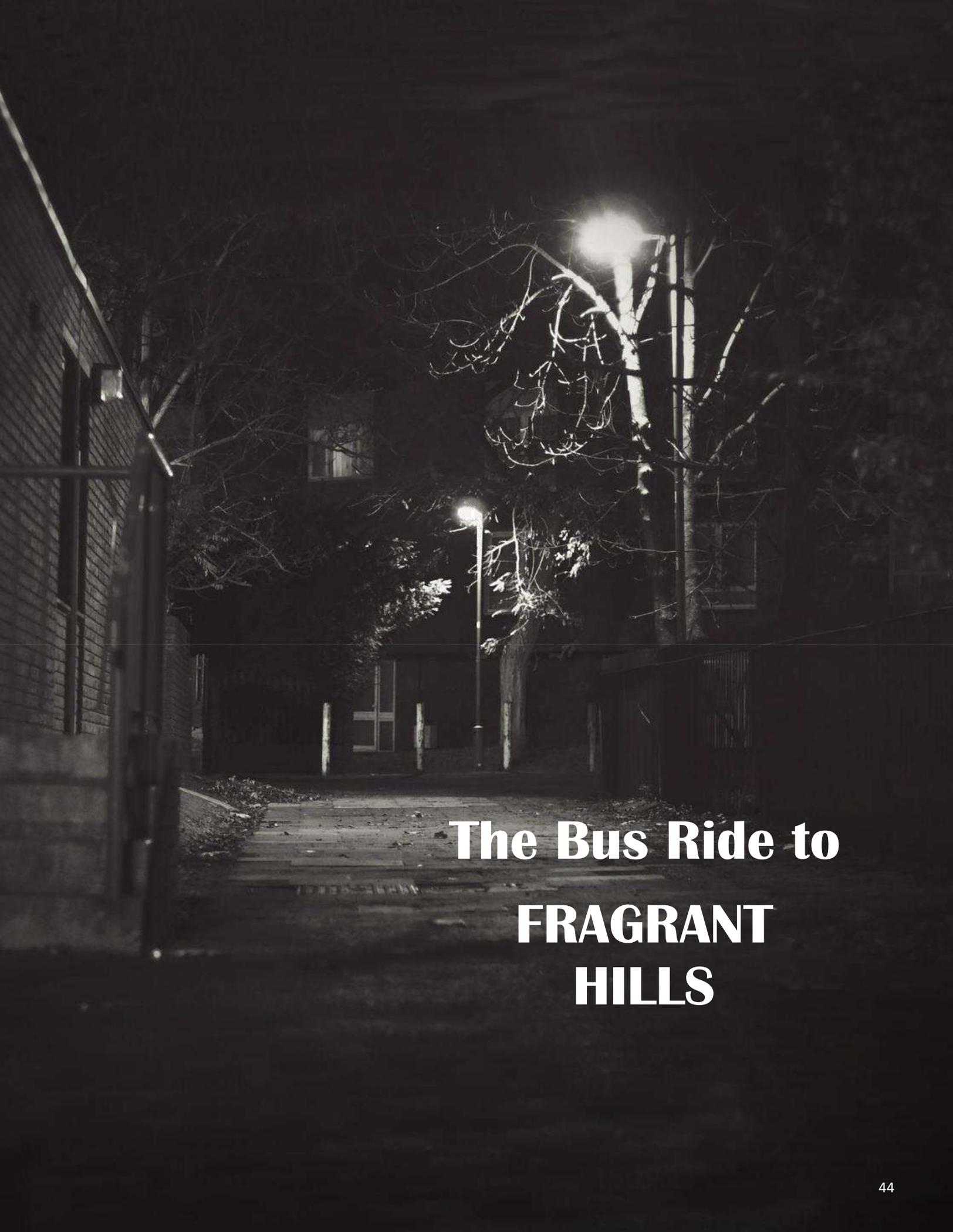
I winged high dodging cosmic bullets

I saw a new heaven

Lost in the time wrap.....

I sat with the Ancient Mariner

Free from the Albatross, around the neck.



**The Bus Ride to
FRAGRANT
HILLS**

I love reading about urban legends and doing my own research on them. And I recently came upon this very interesting story which led to people in Beijing, China believe that the last bus is haunted and cursed, and here's the story:

On a dark night in 1995, a young man stepped onto the last bus heading to Fragrant Hills, Haidian district. Soon the driver saw two people on the side of the road trying to stop the bus and get on. At first the driver was reluctant since they were not waiting at a bus stop, but the kind-hearted conductor put in some good words, saying it was already the last bus.

So the driver let them in. The other passengers took a look, and were surprised to see the two people were in official's robes of the Qing Dynasty (the last dynasty in China), and they supported a third person by the arms, whose hair was hanging loose. Their faces were much whiter than a normal person's, and they didn't say anything. The other passengers looked on nervously. The conductor soothed people by saying they were probably actors who had no time to change costumes.

Gradually, the bus emptied as passengers got off the bus, until only the young man and an old lady remained. Suddenly, the old lady claimed her wallet was missing, and that the young man was the thief. The two entered a fierce argument which ended in the old lady insisting they get off the bus right away and head to the nearest police station to settle the matter.

As the bus drove off, the young man became enraged when he saw no police station in sight. Then the old lady said, "I saved your life, young man! Those who just got on bus were ghosts, not humans!" "You're out of your mind!" the young man replied.

"The breeze coming in from the window lifted their robes, and I saw they didn't have feet!" said the old lady.

The next day, the last Xiangshan-bound bus was reported missing, and was later found miles away from its destination, with three heavily rotted bodies - the driver's, the conductor's and one unknown body with long, messy hair.

Ghostbuster says: Don't take the last bus. "Almost everybody has taken a late bus once, which is what makes the story horrifying,"

- Ann James

