

MINDSPARK



A PUBLICATION BY EVEREST
JOURNALISM CLUB

07

10th October, 2021

The day when I was forbidden to go to the temple or eat with my brother was the day I had to be the strongest version of myself. It was my first period. I just couldn't understand why I killed the child in me just to follow the rules of the society that does not even exist. So I just simply asked myself,

WHY DID I KEEP MY MOUTH SHUT?

Riya Suwal - VIII Janaki

I always thought that being a female was a gift from god. Still I had to fight to fulfill all my basic needs. One was my first period. That was the day my mom taught me to be the strongest girl that I ever dreamt of.



Image Credit: [fivehundredpx.com](https://www.fivehundredpx.com)

When I had my first period I was frightened seeing the blood coming out of me. My tummy felt as if someone was stabbing me with a sharp knife. My back felt as if something was falling on me heavily. I rushed to my mom to make sure if everything was fine with me. I asked her, “Am I going to die today?”, And then she said that it was just my period. I was confused as I had never heard of what it actually was. Out of

curiosity, I asked her ‘what does that mean?’ She told me that it was a blessing for me to become a mother in future. I thought I was a goddess for a moment. But when I asked her why she didn't tell me about this before, she kept her mouth shut and asked me to do the same thing. I just couldn't help but let it go.

I was in disbelief but still happy thinking that I was now a god and went to the kitchen. She stopped me right away. She told me that I was impure so I couldn't enter the kitchen.

With all the pain and the mood swings, I felt sick of everything and didn't even know how to react. I didn't want to pressurize myself further so I stopped thinking and got busy with myself. Later, I wanted some sanitary pads to prevent myself from any type of infection, but the other thing that shook me was how it was given to me. It was wrapped in paper and again kept inside a black plastic bag. I started questioning myself about how impure I could have been.

Hundreds of questions started running around my mind. I even doubted about getting back to my normal life. I wanted to question the god about it, however, I was forbidden to do that as well. I started wondering, aren't Parvati and Durga female too? Don't they have their periods too?

It felt as if I was being forced into an awful nightmare that I couldn't escape. I wanted to cry about the situation I was in. But the situation got even worse when my mom threw me in the *Chaugoth* due to *chaupadi* custom. It was just a small, dark and cold hut where I could see myself suffocating. I wasn't just uncomfortable but scared too. Each day onward, I slowly started hating myself for just being a female.

I was forbidden to talk about how horrible I felt. Moreover, nobody wanted to hear my impure story. However, the next year a bunch of people had held an awareness raising program about menstruation. I gradually started to gain my confidence back. But the very moment, I questioned everybody about it

being an impure topic to talk about and also why they had held the programme so late. If they were just a little late, my thoughts would have most probably strangled me to death just being a female.

They said, “Even though we can't change whatever you went through, the other girls will not have to regret just being a girl.” That was the moment when I smiled for the first time after getting my periods.

THE WORD I LEFT UNSAID

Sanjila Khanal - X Greatwall

*Right or Wrong, Yes or No,
I'm confused, so it's time to lay low.
There's this thing called decision,
But, sometimes I take the wrong one without
any reason.
There are times when I have to make choices,
And rather than saying no, I prefer saying yes.
Cause in my life no is partially dead,
Thus, making it The Word I Left Unsaid.*

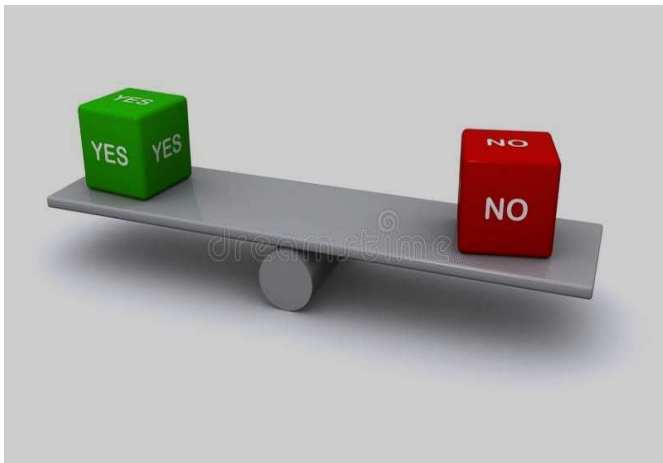


Image Credit: dreamstime.com

The other day I was wondering if there was something I avoided saying, which I was supposed to say. My brain was time and again manifesting the word, ‘No’. It was weird. Because, ‘No’ is not a word which I have never used. But, my brain compelled me to think and so, I did. After brainstorming for hours, I finally got my answer and all the reasons for my brain to show the word, ‘No’.

I often suppress my thoughts and end up doing things I don't want to do. I just do it because someone else told me to. Is that fair? No, right? But, I think it's fair because it's easier for me to say ‘Yes’ or ‘Okay’, rather than ‘No’. It sounds rude and sometimes it may be the reason to end any sort of temporary relationship. But, if a ‘No’ can break or end the relationship then that was never meant to start.

Sometimes, agreeing too much makes me forget who I am or what I want. It just makes me forget that I have the right to make choices and decisions, without any pressure. I have to understand that it's okay to say no and it's okay to deny the things I don't like. I have to be myself and act like one. I cannot put on the act of just saying yes to everything. I have to back off and learn to say no more often.

Even in the times when my family wants me to do something I don't want, I can just say no and I don't have to feel the pressure. In the times when my friends plan to hangout and I have my own plans, I can disagree with them. I can just say no and prevent myself from regretting anything later on. Also, if my teacher asks me to do something in which I am not interested, then simply, I can deny it by saying no. In the time when the world as a whole wants me to make choices and people expect me to say yes, I can go ahead and say no. It does not change anything, because at the end of the day, all that matters is me and my expectations for myself.

It doesn't mean that saying no makes me sound arrogant or rude, it means that I am just denying the things I don't want and I along with people around me should also learn to respect my decisions and myself. Because, there is something called ‘self-respect’, which I forget exists. Now, this is the time when I have to remind myself that self-respect also includes taking a stand for my decisions and choices.

When I talk about the word, ‘No’. It does not mean that now I cannot utter ‘Yes’ or ‘Okay’. I can. I just have to make the right choices at the

right time and value myself as well as respect my decisions which I take for myself.

Now, the world, the people, may think that I am full of myself or I'm selfish, but does that even matter? Does it matter what other people think of me or what the world thinks of me? It does not. Because, the last time I checked, I was still breathing and eating and just having fun irrespective of what people think of me. There are only a few people in my life whose opinions matter, whose thoughts matter to me. So, as long as those people don't have any problem which I know they will never have, with me saying no, I'm okay.

Sometimes, I have to think more about the things that I want and not what others want from me. Because, in this journey called life, I am the main character, the protagonist and antagonist, both. So, I have to make both the 'yes' and 'no' choices for myself. It's just so difficult to say 'Yes' sometimes. Because, even if I do, I regret it later in my life. By avoiding the word 'No', I'm missing out on all the things I could have done when I did the things which were never of my interest. It just does not feel right to say no in somebody's face but I know I can do it and I will, because it's not offensive, it's just defensive.

The word I left unsaid, will be said and in the right time, as a right decision. And, I know I will not regret saying no as much as I regret saying yes.

SEEKING THE SILVER LINING

Prisha Bajracharya - X Tajmahal

Elvis Presley said, "When things go wrong, don't go with them". Seek your own silver lining. The Silver lining is an idiom used as a metaphor for optimism, finding positive aspects especially during times of negative occurrence. I suppose this is a kind of thing that seems impossible while we are still reeling in bad circumstances. While passing through a

horrible situation, we feel like the brighter side does not exist. But, with positivity and understanding that our life is in our own hands, we can seek the silver lining in every tough situation. But how? Don't worry about that, this article is all for you.



Image Credit: thedawoodibohras.com

I am sure you all might have seen episodes of Tarak Mehta Ka Ooltah Chashmah, where the characters are facing various problems but at the end of the episode, there is a solution to each, a way to find a better perspective, a brighter side, and an inspiring message. Life is also similar to that, maybe a little less humorous and with more gloomy clouds. But, whenever a cloud appears in blue, remember that the sun is certainly going to shine again. If you start to see things around with a positive perspective, the things themselves turn to be positive as well. It could be a crucial time to learn to seek the silver lining than now, when the unprecedented outbreak of COVID-19 resulted in a huge impact on people's lives in every aspect, leading to loneliness, anxiety, depression, sleeping disorders, and other physical health challenges in addition to everything else. Yet, even the darkest times can have a lot of positive attributes if you intend to see them. It is a fact that there is no light without the contrast of darkness. These are some ways how you can cope with tough situations and seek that silver lining:

Be Grateful for what you have

Gratitude can help to retain positive energy in you. Take time to appreciate even the smallest thing that is providing you happiness. It could be the sound health of yours and your family, heads to count on while in need, your pet, your home, internet... anything! When you shift your focus on what you are thankful for, you break the negative connection. Your life which you are complaining about can be a dream life for someone else. So, embrace the yin and yan of the universe and strive to have more good things.

Re-evaluate things

Juliana Breines, Ph.D. from Psychology Today wrote, "Sometimes a crisis can jolt you into re-evaluating your life in a major way. It can force you to ask yourself if you're really doing what makes you happy and spending your time how you want to, or with the people you want to spend it with." When you think that certain things are letting your personal growth stop, instead of being sad about it, take it as a chance to restructure your life and it's never too late to start again!

Forgive yourself and Forgive others

Forgiveness is an important step of self-healing and finding inner peace. For example, a friend of yours broke your trust which made you very upset. In return, you beat up your friend. Now you keep on regretting that situation and let it hamper your present activities. Forgiveness is a choice that is suitable for you in that situation. This way, you can move on and look back and seek what that situation taught you. Acknowledge out loud what you have learned from the mistake and let it go. Don't play the "I am a horrible person" tape in your mind. Also, when you forgive others, their sayings and their mistakes won't hurt you anymore. You simply decide to stop focusing on blame and instead move forward in a more positive direction.

Take Control of Your Life

This power is not given to you, but you have to take it. You should know that you have the power to change your situation any time

though it seems to be hard. Rather than letting the bad moment ride out, take control and force it towards more calm waters. You have the power to rise above your own setbacks. You can start by taking control of your response, attitude, and daily habits and master to have control over your life, don't just sit there, try it from now!

Think about the ones you love

The first one on the list should be yourself! The chances of you being born are 1 in 400 trillion. That makes it obvious that you being born is miraculous in the first place. So, protect the body you have been provided in this life. Then think about the people who have provided you with unconditional love, people who listen to you, people who feed you, and people who smile at you. They give you a better view of the beautiful world with a positive outlook and a better perspective.

It is undeniable that hard times are an inevitable part of our lives. Finding silver linings is not easy, but they are always there. Hope this article helps you to search for your silver lining and lift your chin up and live with hope and happiness.

WHY HAS ANXIETY BECOME SO COMMON?

Dilasha Vaidya - X Tajmahal

"Most people aren't suffering in their life, they are just suffering from their memory and their imaginations". -Sadhguru

First of all, what is anxiety? In simple words it is the fear of the future or unforgiving past. Most of the people suffer in the present because of things that happened 10 years ago or wondering about the possibilities 10 years away. Past cannot be changed, future cannot be predicted and suffering in the present trying to over-analyse and over-think these brings anxiety. But why has this term 'Anxiety' become so common today?

When I ask my grandparents and parents about anxiety, They say they never had that in their vocabulary. They do know it now. This makes me think about what has actually changed since then, that today more than estimated 275 million people suffer from common anxiety to serious anxiety disorders. Previously, life was simple not in a sense that they did not have to suffer but in terms of many life aspects. Choosing an occupation or having an ambition wasn't a big deal because options were finite. Television and telephone were all people had for communication. The channels were limited with that said, the contents were slender. People just lived life and took care of their health. It wasn't diversified into personal life, social life, familial life, mental health, physical health, emotional health and what not. But now, even a 12 year old is bound to suffer anxiety when their parents define the word 'Success'. A lot of questions float in that innocent mind slowly drowning all of its innocence. He contemplates that I have to earn a lot of money but I don't even have a purpose. What do I seek, how do I seek, when do I seek, will it even happen, will I disappoint my parents because I can barely bring B+ in maths and so on.

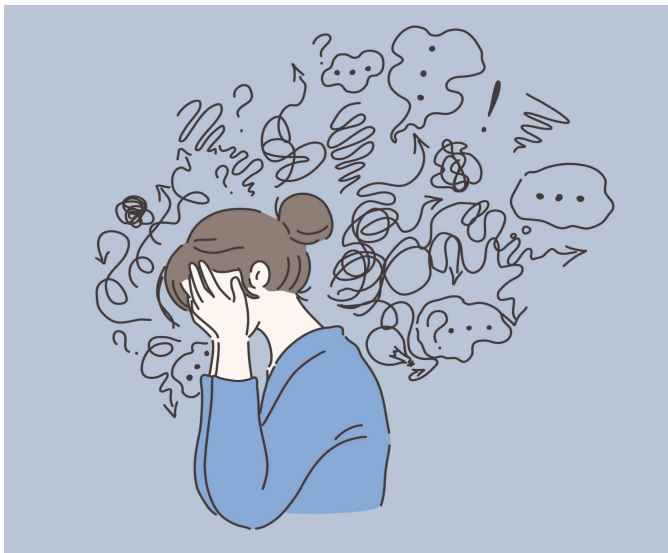


Image Credit: Jewish action.com

Anxiety comes when we lose the authority between our imagination and reality. We have so much time on social media to compare ourselves and remain upset not knowing that people won't show their sufferings on it. We

have so much time to look in the mirror and point out the flaws in our physique. We have so much time to overthink a small situation that won't even matter in the next 2 years. We have so much time being embarrassed about the same body that is a beautiful machine in itself, the same voice that lets you speak for the right, the same life that has a purpose and the same person that makes a difference. But why don't we have little time to spend with ourselves, To be grateful for what we have, to embrace our flaws, to acknowledge our body and to make a difference with all the differences that we have as a human being. Feeling anxious is okay. It is indeed a journey to create a better you. But what is not okay is letting your mind and soul suffer and letting your negative thoughts consume you. What is not okay is being a human being and not being a human to yourself.

From now on, let us put living in the moment as our first priority in the to-do list, gratitude as the first prayer in the day and forgiveness and embracement as a first step to self-love.

IMPORTANCE OF MENTAL AND PHYSICAL HEALTH

Sampada Gajurel - X Greatwall

WHO (World Health Organization) defines health as a state of complete physical, mental and social well being and not merely the absence of disease and infirmity. In today's world no one has enough spare time. Everyone is so busy with their work that they have forgotten about themselves. They can see everyone and everything happening around them but have no focus on their lifestyle. So, this has become a big problem for them.

In this pandemic situation we all are stuck on the four walls of our room. Roaming inside the room, eating food, doing our business work, assignments and just sleeping have become our daily habits, right? Just being busy on mobile

and laptop has become a priority. Staying longer on such devices has weakened our eyesight. On the other hand when we try to come out from the digital world and try to walk for an hour we feel it is difficult. That's all because we are somewhere becoming careless about our physical health.



Image Credit: quora.com

The people I met around like my parents and relatives when I see their faces it looks like the burden of the whole world is on their shoulders. When I try to interact with them they often complain to me about their hectic schedule and frequently tell me that they are not able to give their best. Along with physical health people or we are mentally unhealthy. We cannot meet our friends physically. Gossip with them. The things that we can share with our friends only are not possible at this time. Our such things are inside the heart. Our workload has become another issue. We need to do our work but if we feel it as a burden then it makes us mentally disturbed. A lot of news can be heard regarding teenagers depression, many suicide cases etc. All that mental problems have arisen due to lack of interaction and positivity. Health is wealth. Only a healthy person can do the work they like. If we have money but we are the victim of many diseases then what's the use of that wealth that we cannot enjoy by spending it. So, life is very much precious. We all have a long journey to walk. Many dreams are around our mind that we want to fulfill. There are many wishes of ours. To meet all the needs one must be both mentally and physically healthy.

Doing regular physical exercise can make us fit. Along with exercise, if we are able to do

meditation then we can focus on our work and a positive vibe surrounds us. But don't be lazy. Our biggest supporters are our parents. Let's try to share with them all our joy and sorrow. Somehow it keeps us far away from the burden that we carry all 24 hours. To become mentally fit at first self confidence must be within us and we should believe in ourselves. Try to enjoy your small success and always smile. We should not take our work as the burden, rather take it as a chance to show all your abilities. Do every work with some fun and I guarantee you will never think your job as a load anymore. In addition, see the good things in your difficult times as well. It will make you a hopeful person, not a pessimist. Leave your negative thoughts in your mind as a useless waste which has no importance in your life. And never ever try to prioritise your work only as Mireille Guiliano says, "Taking care of your mental and physical health is just as important as any career move or responsibility."

Lastly, I want to say that if you read this article and just showed your ambitions to be mentally and physically fit for a few minutes then that is worthless. You will be like before, no changes at all. Remember that the decisions that we take and implement today may make a huge difference in our future either in a good way or bad way, choice is yours.

WAYS TO COPE WITH STRESS DURING ONLINE CLASSES

Amish Dahal - VIII Bhrikuti

"Stress is the trash of modern life—we all generate it, but if you don't dispose of it properly, it will pile up and overtake your life." - Danzae Pace

Due to the covid pandemic, students all over the world are compelled to take online studies. However, whether you've chosen to continue your online education, taking your online

classes can be stressful. These techniques can help you cope with those stresses:

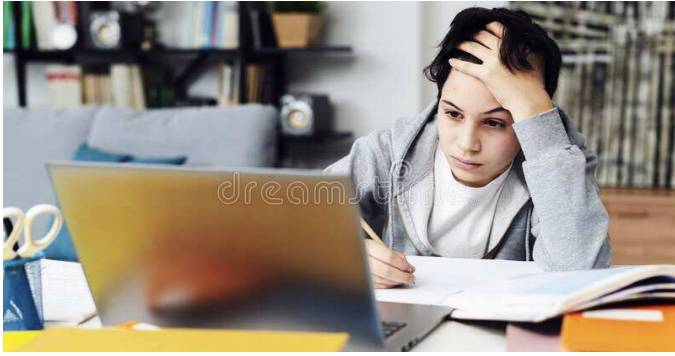


Image Credit: Crushpixel.com

Online classes make it easy to engage yourself in your education so, you may forget keeping in touch with family and friends. Be sure not to isolate yourself when taking your online studies. Staying social, even just making a phone call, is one of the easiest stress management techniques to apply into your day. You can simply meet your friend that may make you feel refreshed. Teaching yourself how to manage stress begins with something simple: getting enough sleep. A good night's sleep is not only for online learning success, but for keeping your stress levels manageable. The National Sleep Foundation recommends 7–9 hours of sleep for both young adults (18–25) and adults (26–64). Find the amount that's right for you, and then try to stick with it.

Another simple stress management tip? Eat well. While it is not good to treat yourself to high-fat, oily, sugary comfort foods, these foods actually decrease your energy and your academic performance. Feed your online education with healthy high-fiber foods, including fruits, green vegetables, protein, and grains. Your body and your GPA will thank you. Managing stress as you follow your online education can often be as simple as taking a break. Sitting in one place for hours as you learn online isn't good for your mind or your body. Stand up and stretch. Go for a walk. Call a friend and meet for coffee. Taking a break doesn't have to be complicated work. Just get refreshed. It's an easy, effective way to manage stress that, like exercise, will give your mood a boost. The stress you can feel when following

any kind of higher education, online or offline, can lead you causing many obstacles. Trouble while sleeping, a rapid heartbeat, depression, poor concentration, and many symptoms of stress can all increase.



Image Credit: Clipart-library.com

Take a moment to regularly check in with yourself to gauge how you're feeling, physically and mentally, then apply the stress management techniques that work best for you.

DO EXAM'S RESULTS ALONE DETERMINE A STUDENT'S EXCELLENCE?

Roshi Khadka - IX Araniko

“Don't judge a book by its cover, don't judge a student by his/her percentage”, said A.P.J Abdul Kalam.

‘Exam’, the word, which frequently refers to a formal test to examine our abilities and knowledge, is often taken as the cause of stress by some of us students. Are exams really a source of tension and pressure? Well, it is, for some of us, but as for me, I don't think so. I consider it as a chance to test my productivity in school.

What I say is, exams are the platform where we can test ourselves but there is no way that the result of the exam is the one and only thing that determines how a student is. There are various requisites other than good academic status while on the path to be a perfect student. The utmost requirement to be a good student is being disciplined. Disciplined students analyze what is good for them and what is not, make effective decisions for themselves, follow good habits and try to get away from habits that may harm their chances to be the perfect one. According to my perspective, discipline is the foremost thing based on which a student is judged.



Image Credit: dreamstime.com

The next quality to be regarded as a good student is good speaking and interacting skills. Being a student, I felt that the students who respond to the teachers, ask about his/her confusions to the teachers and speak about the necessary matters in class are cherished by most of the teachers. I think good speaking skill also helps us to express our ideas and views clearly so that nothing remains just within us. We seem quite friendly and frank if we have good interaction skills. It also helps to create a good impression among many other people.

Another important thing that we students get evaluated by is eagerness to learn. Students, who grab every opportunity they get and find themselves effective platforms to learn besides school and books, are the ones who truly want to learn with their full interest. Eagerness towards learning something new helps us get

informed about many topics which we do not study in school.

It might also be noted that exams are not everything. Yes, I agree that they have a great significance for academic qualifications but the academic qualifications are useless until and unless we utilize our learnings in day to day life. As there is a famous quote said by Thomas Jefferson, "Your degree is just a piece of paper, your education is seen in your behavior." What can we do with the qualifications if we don't know how to deal with the challenges that life brings us? What can we do with the qualifications if we cannot fulfill our responsibilities? What can we do with the qualifications if we do not understand the importance of family and leave our old parents in an old age home? Life has to deal with lots of circumstances. So we have to be prepared for every situation that we may face in the long run. For that reason, students should be evaluated considering their knowledge to cope with situations in life along with the academic results.

At the end of this article, I would like to state that we have to take exams easily. Trust me it's worth it. Infact, that's how we can give our best and end up achieving the goals we had set. Lastly, study to learn, not just to get good grades.

ONE DREAM FOR EACH

Aabha Khatiwada - IX Araniko

Set your dreams high, and do not stop until you get there. At one point of existence all people ever inhabiting the world have had this sentence to skip their minds. After all we social creatures are the beings with expectations and goals to make existence for the better. As time passes someone's mentality, maturity and in particular dreams change. Throughout the years someone desires to benefit several matters to cause them to feel satisfied and happy and additionally a few for the wellbeing

of others. Goals are difficult to gain and require hundreds of motivation and support. That being said, now surprise, wonder how the planet might be if all of us were given one purpose we could complete if we wanted to. One dream that we wanted would come true.



Image Credit: blog.vantagecircle.com

Selecting one of those thousand expectancies might be a hurdle and may also require a huge amount of thinking. Almost everyone phrases that they want to make their parents proud and let me once again talk about the same thing. As the reader you may be thinking that even this person is going to spew loads of unrealistic sentences and take their leave but let me justify myself.

Parents are the most crucial people in one's lives. Their care, love and support build a person. Not generalizing the idea, most of the parents have been with their children enough to see how they act, feel and what they may actually want in the long journey of life. For me through my several experiences has made me realize that two of the only gems of my life understand me better than myself. Sometimes even unexpected cases have occurred that make me question if they can actually read my mind or not. Now onto the reason why I chose to make my parents proud.

I believe the small perception that no figure could need for his or her infant to move toward an incorrect pathway. For me having a sturdy bond with my family they recognize approximately my dreams and that they have constantly supported me. Them being pleased with me could suggest that perhaps I had

reached a peak of fulfillment where all of us were happy and fulfilled.

A parent's guide is by no means ending. No matter what number of wrongdoings you have executed they nevertheless love you to the moon and back. After all of the matters that they've sacrificed and finished for us one ought to be thankful to them and paintings toward preserving that brilliant smile on their stunning faces. Them being proud of me is a small present that I would want to devote to them to go back to all those sleepless nights, and starvation stuffed days.

Many may agree and disagree with the above beliefs that I've pointed out but for me if I'd ever get a chance to complete one of my goals making the two most important people in my life proud of me would always be the answer I'd choose.

BEING AN INTROVERT

Dikshya Poudel - IX Buddha

Being more comfortable when alone, hesitating to talk frankly with relatives, preferring to write rather than speaking confidently, getting goosebumps when it comes to speaking in public platforms and preferring peace rather than noise. Yes, these are the qualities I have. And I have heard someone calling it being introverted.

Personally, I am not ashamed of having these qualities. Yes, of course there are some qualities I want to change in myself, but that doesn't mean I regret being an introvert. Many people have misconceptions about the word, 'introvert'. Introverts are often considered weak, selfish, emotional, frail and cold fish by society. In my opinion, if any people think such things about introverts then they surely don't know what exactly being an introvert is. Well, being an introvert is normal human nature. It is as normal as being an extrovert.

Being an introvert is a perfect feeling unless you have an extrovert sibling. You feel really bad when you are compared to them. Even I have experienced such issues. But trust me don't dwell on such issues, just move on. Be proud of who you are. It doesn't matter whether you are introvert or extrovert. These things truly don't matter as we all humans do not have the same nature.



Image Credit: canstockphoto.com

So, don't hesitate calling yourself an introvert. Take it easy. Just be what you are comfortable in. I don't think any introvert needs to force themselves to become extrovert just for pleasing others. If you are being judged by others for being introverted, don't get frustrated by such silly judgements. I don't think being introverted should be an issue in today's society.

Many people have changed themselves from introvert to extrovert and even from extrovert to introvert. So, it depends on time and situation. Talking about myself, I used to be one of the confident students in my class. I used to keep my opinions and feelings frankly in front of others. But things have changed with the time. Being enclosed in four walls I have found a huge difference in who I was and who I am. In this period, I have seen myself changing drastically. There was a certain period when I preferred staying alone by keeping my feelings within myself. The thing I wanted was peace. I used to get irritated when the environment was noisy. This may not only be because of the situation of COVID pandemic, but also may be because we are in our teens. It is probably

normal to have changes in our personality in this age. But now, I am seeing myself changing again. I am developing my confidence level one more time. I speak frankly with my friends and family. And trust me, this change is by my own interest.

But this doesn't mean everyone must change themselves from being introverted. It depends on the situation and the condition we are grown up in. Some people change according to the time. Whereas, some remain the same. So, it is ok to be an introvert.

Introvert, ambivert and extrovert. These are just normal human nature. So, take it easy. Being an introvert is perfectly alright. Stay happy in who you are. Don't change yourself forcefully just to make others happy. If you are happy and comfortable being an introvert, it's something great. "Don't change who you are to please others. Be yourself. Choose people who choose you."

MODERN DAY BEAUTY STANDARDS

Resha Koju - X Tajmahal

It was a normal day in my life. I got dressed up for school like every other day. My hair tied all neat and tidy, my ribbons properly made up like a pair of flowers, my dress ironed, my shoes properly polished and my confidence decently worn. I had to travel a few minutes to get to my bus stop. I got to my bus stop quite early that day. How early was I? I was early enough to notice people around me. The day was summery and there was the usual chaos of people. Few were running late for their schools and offices, the regular group of uncles enjoying their cup of morning tea with all those small talks about how the government is irresponsible, some just missed their bus and few of the regular fruit sellers. Quite a normal day, right?

By now, I should have told you that I have my bus stop just across from a supermarket. I was waiting for my bus. It was almost 15 minutes late. Within the 15 minutes, I observed a ton of things that I had been used to but never thought about to a great degree of extent. I noticed a couple of women who worked at the supermarket wearing a touch of maroon shaded lipstick with a black high heeled pair of shoes and a white ironed shirt matched with a black pencil skirt or a pair of black pants and some of them even matched the same hair styles. Comprehensively talking, it looked organized, presentable and attractive.



Image Credit: Lifehack.org

I then looked at other women around me. Most of them were working women. They were wearing their respective uniforms with some makeup on.

We try to be presentable and disciplined almost all of the time. Good thing, right? Into the bargain, I do believe that everyone should look their best and should be presentable. But in the modern world of fashion, beauty, elegance and exploration, modern beauty standards expect women to be wearing makeup, maintaining their physical fitness and look presentable everytime no matter where they are. The supremacy for today's modern beauty standard is about looking presentable. People have misapprehended the modern beauty standards.

Imagine a beautiful woman.

What did she look like? Fair skin? Smooth texture? Curves at the right places? Pretty tall?

The modern beauty standards do expect an individual to be wearing makeup but never encompass that beauty has only a single color. The modern beauty standards may expect you to be fit and healthy but it never embraced body shaming. The modern beauty standards may consider the ideal height of a woman to be 5 foot and 3 inches tall and a man to be 6 foot and 5 inches tall but the modern beauty standards never limited the heights for your success. It is us who fantasized it. It is us who feel nervous to exhibit our uniqueness to the world thinking it would never meet the beauty standards of today.

We must be aware that the beauty standards that the social media shows are almost never uniform and it varies from time to time and place to place. For instance, while we compare the past beauty standards and today's beauty standards, the major difference we can perceive is the inclusiveness. Today, pale skin, tall height, slim body and long and straight hair is not only what defines beauty.

"I don't say that applying makeup is unacceptable. Personally speaking, a slight touch of makeup boosts my confidence. However, I should not let the modern beauty standard change the definition of beauty for me. One day, I shall create my standards for beauty." I muttered under my breath. After all, this is only something I can say to myself and not to the world since the feminine trait includes suppressing your thoughts and opinions as a sign of sweetness and gentleness.

RURAL AREAS : THE EDUCATION SYSTEM

Prashansa Chapagain - X Greatwall

"Education is the powerful weapon to change the world." - Nelson Mandela

Education is an important element to bring constructive change in the world. Education is the basic need for each and every individual

born in this world. Today 86.3% of people are literate in the world but only 67.9% in Nepal. Then, what about the remaining 32.1% of the people? Most people of urban areas are literate but the people of the rural areas are still deprived of education.



Image Credit: *firststepshimalaya.org*

The current education system of Nepal is one of the youngest in the world. So, many people still don't know about the real value of education in their life. Some programmes have been conducted for increasing awareness about the value of education. This programme has made some positive effects but still many people of the rustic area are not getting proper education.

Most of the students of village areas are forced to do the household and income generating activity due to the poor economic condition of most of the family. They have to sit at home and do the work when other students are learning new things in schools. There are many students who want to go to school, colleges but can't go as the school expenses are immoderate which can't be afforded by the indigent people. Likewise, the people who can afford only public school cannot experience the same qualitative education of private school which brings education of the rural system backward. The backward thoughts of the rural areas are depriving the girls from education during their menstrual period which is hampering their study adversely.

We are living in the 21st century which is also known as the age of science and technology. People have come across many technologies

that have made their life more comfortable, easier and brisk. Digital technology is a prominent technology found till today. And it has helped us a lot during this pandemic time when all the schools and other educational institutions are closed. Nowadays most of the students are learning through digital medium.

Digital literacy is increasing day by day. Digital literacy is not a great deal in urban areas as people have reach over the digital medium but people of rural areas are still rearward in this field.

Many people in villages are still unaware about how to use digital media wisely for studying purposes. Many students have stopped studying taking COVID-19 as the reason for not studying. Some students are reading through the digital medium like TV, radio, mobile phones, etc. They watch programmes in Tv related to studying, listen to radio broadcasting and also watch videos on mobile and other electronics gadgets. Some schools are actually very conscious about the education of their students and have also started online courses to teach their students.



Image Credit: *thenepalipost.com*

A news story was viral regarding a school boy reading in a tree to attain online class which was really very risky. This totally reflects the present education condition of Nepal especially of rural areas. This is just a vivid example of the current education system. There are many students who are going through difficult situations these days. Students are going through a lot of problems to get an education in the current situation.

To solve this problem, there must be proper rules and laws made by the constitution.

Attention should be given more to this field by the authorities. The people of rural areas are to be made aware about the role of education in life. Their backward thinking regarding education should be eradicated as soon as possible. Digital literacy should be made possible in every corner so that students can read freely without any interruption when they are locked inside the four walls of the house. Likewise, the normal people like us who can afford the education for our children should also help the government, to collectively remove illiteracy from the country. At last, no one should be deprived from education whether it is physical or virtual .

STRAY DOGS IN NEPAL

Rubhana Adhikari - X Greatwall

"A dog lover is one who does not discriminate between a purebred and a stray dog".

Any dog lover on the planet will be upset seeing most of the condition of stray dogs, especially in Nepal.



Image Credit: thequint.com

I was walking through the streets and it was a fine day until I saw a dog that was eating plastic. I was downhearted when I saw an innocent stray dog eating plastic and everyone was so rude with the dog. It had the purest heart. Everyone has the right to live, right to food, right to proper shelter and many more. But what about these animals? Don't they have any rights? Are they here just to suffer the cruelty of the world? We people being the most intelligent animal in the world should give a

thought about this matter. In most of the streets of Nepal, we can find stray animals, mostly stray dogs.

They become victims of many fatal diseases and miserable accidents. We should not be apathetic about this condition. Some of us say that we are animal lovers. But are we really?



Image Credit: me.me

If a person discriminates against dogs seeing their breed and health condition, I don't think the person can be called a dog lover. A dog lover sees a soul in every dog and not its so-called category i.e. its breed, origin, health condition, color, etc. In Nepal, there are a lot of stray dogs which really need attention. Some people want pet dogs and it is a sweet thing. But I get amazed when they buy dogs. I mean, why would you need to?

Every dog just wants love. They are so loyal and innocent, still some of the people, I see, use a stone and are rude when dealing with a stray dog.

The population of stray dogs is very high. They don't get good food and good shelter in the streets. It causes problems for people as well. Dog bites can cause many problems. Dogs have to suffer the most in this case. To find the solution of this problem, we should be well known about its causes.

The stray dog population is high because they find food in the streets. The wastages are not properly managed in Nepal which leads to heaps of rubbish. Like this, they get food. In Nepal, the municipalities are lax about the ABC (Animal Birth Control). They keep on getting food and their generation keeps on continuing. They have no rights, so their condition is pitiful. They live cruelly and die brutally.

If we understand the causes, we already know the solution of this problem. The wastes should be kept in tightly covered bins and ABC should be followed. Likewise, it is really necessary for our individual effort to solve this problem. We should help out these poor animals. If we want a pet, why not these animals? Also, if the animals are ailing, then we should inform organizations that rescue these animals. If all of our joint efforts are there, we can surely provide what these animals deserve.

WHAT DO YOU THINK THE WORLD NEEDS NOW?

Nhujala Maiya Amatya - IX Buddha

The situation we are facing since the covid-19 entered in World. We are locked in a certain place. We are human beings and we are made to be free but when we are locked we feel like a bird in a cage. In the world, now we are required to do a lot of things which includes mental stability, ability to fight with the virus, positive mind-set, financial services and patience too.

From a point of view, we are having a life without any interesting things as we used to have before. For the world now it needs mental stability. We need to be mentally stable as we need a good mentality to live a peaceful and happy life. Having mental stability means that we should be clear about what we need, what we are doing and what we should do in this pandemic. We must have mental stability for a good and happy life.

As we know that the virus can be even fatal to us, the next thing the world needs now is the ability to fight from the virus. About 4.55 million people have lost their lives due to this binder. This shows that we need to mentally and physically be able to fight with the virus. For that reason, the world needs ability, capability to withstand the virus and prove that we are strong, powerful and to win the battle with this pandemic situation and pandemic itself.

Having a positive mind-set means making positive thinking, a habit you should approach unpleasantness in a positive and productive way. We get negative thoughts and feelings during this pandemic. Despite this virus we should keep a positive mind-set because we still have a long way to go. We should avoid thinking negative thoughts. We can avoid negative thoughts by giving gratitude to every single good thing which is happening, having faith that we will be fine. Having a positive mind-set can help to fight from this virus and that's what the world needs now.



Image Credit: dreamstime.com

As we know, due to this pandemic we have stopped our normal routine like going to work, going to school etc. We also have to stop our work which means we stop being financially sufficient. We are human beings, we require some basic needs and for fulfillment of basic needs we need finance. A financial source is a must for human beings to live a happy and easy

life. Thus, it is very necessary for a world to have a financial source.

As far as I'm concerned, if we all can possess these qualities, the WORLD can be a better place for humans and nature.

TIME MANAGEMENT

Kaustuv Thapa - VIII Bhrikuti

"The problem is, you think you have time. Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. And once it's lost, you can never get it back" - Gautam Buddha



Image Credit: www.toppr.com

Time is the period during which an action, process, event or condition takes place. Time management refers to the management of time in which one can use the time effectively or productively. We all get 24 hours in a day but why do some people achieve so much with the same amount of time as others? This is because

they use it the best way they can by planning what to do at certain times.

Why time management?

Time management is important because it helps to be productive and effective. It assists to do work in time and be stress free.

It helps you to be self disciplined.

How to manage time?

"Yesterday has gone and tomorrow never comes" so don't wait for tomorrow and complete your work today. Time never waits for anyone. It never follows us, we should follow time. In order to manage time, firstly, we need to set our goals. Then the priorities should be given to our goals. You should make a time limit to complete a task. Like if you get your project work from school then the teacher will give you a deadline to do it. You should make your own deadline and complete the work before it. So that you don't have to worry about the time. You should also take a break after doing some task, working too much continuously also makes your body tired and you like to procrastinate. You should stay focused on your work, avoid any kind of distractions that become an obstacle to your work.

What are the common mistakes that many people make while managing time?

The first mistake is, we think that being busy is the same as being effective. But it's completely different, being busy is not the same as being effective. Don't be engaged in such kinds of work that you think like you are wasting your time. Only do the things that are important. Start from the works that are most important. Like if you are very close to an exam and need to study but you can't read all the syllabus. So, read the chapters from which you think the most important or the questions with high marks comes. Next thing is that you should do planning for your work or make a routine of what you will do in which time.

So, that you will use time effectively and prevent yourself from wasting your time. You

should stop procrastinating, the habit of keeping work for the future.

SOCIETAL JUDGEMENTS ON THE WAY WOMEN DRESS

Prestha Bhattarai - VIII Parijat

“Judging a person doesn't define who they are. It defines who you are.”



Image Credit: sippingthoughts.com

We live in a society, which is too judgemental. Almost everyone has an opinion on women's clothing or appearance. Lot of people have the misconception that women get dressed to get attention. But it's not true. Whatever she dresses it's her choice. By the length of her skirt or tightness of her jeans people tend to judge women so quickly by their appearance.

Yes, society is judgemental. If a woman is dressed well, people will judge her; if she is not dressed well, people will still judge her. You can never stop them. But it shouldn't have to be that way. People say women's dresses distract men. Men should control their thoughts. Many social crimes happen like harassment, rapes etc. But, people blame women's clothing instead of giving attention to the criminal's mistake.

Girls are expected to not wear short clothes because it distracts boys. But why aren't some boys taught not to control their thoughts?

People in our society judge a book by its cover. They see people are wearing short skirts but they don't see why they are wearing them. Reality is not like what it seems. For example, a girl is wearing a skirt as a scout uniform, she is wearing that for doing some social work. And this time she is not characterless.

Many actresses or models are wearing short dresses, for example Srinkhala Khatiwada. She is doing it for a good cause.

Judging a woman by what she wears has become a nasty concept people can't seem to get rid of. We should never judge a woman by her dresses. And let's always remember what Bryant Collins has said: 'Never judge a book by its cover, until you've read the pages that are in between the book.' Yes, it is so true, there is so much more to a woman than what she wears.

HUMANITY: THROUGH THE AGES

Sabindra Khadka - IX Janak

Human race is the most intelligent, powerful and influential group of creatures that has ever existed on Earth, they are the only beings that have achieved this level of dominance in Earth, they have sculpted this planet according to their needs and developed complex behaviours and evolutionary traits unlike any being that has lived on this planet. Humans have had a long history but a very short one in comparison to other beings. Apes started to evolve around five million years ago, scientists and researchers believe that around that time a type of ape that lived on an open grassland in Africa evolved to walk upright on its hind legs. After apes had learnt to walk on their hind legs it started a chain of evolutionary traits that led to modern humans today.

Studying human history is complex and it contains large blanks of mysteries that are yet to be discovered but through the years we have learnt a lot about ourselves.

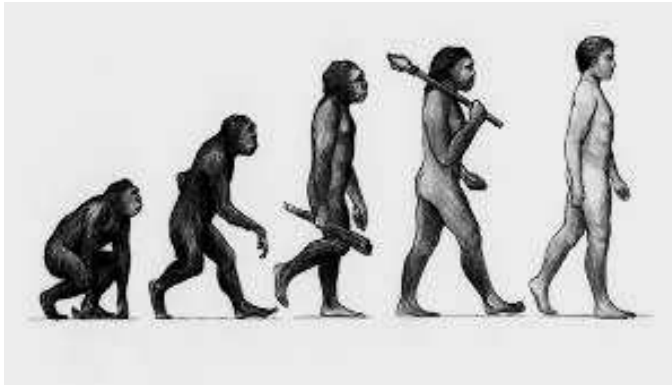


Image Credit: researchgate.com

We have been able to discover 21 species of human so far and all of them have some common ancestry to Africa. So, we can say that humans originated first in Africa. Studies and evidence show that humans then spread all over the continent as well as many even migrated to Asia and Europe, some even went to Australia and North America through “ice bridge” during the ice age as nearly all oceans were glaciated.

But still a question remains: how are we the only human species that are left? This might have happened as we may have gotten lucky during our migration journey and other species were exposed to harsher climate, deadly diseases and predators. Fighting between various groups may also have reduced the population. We find genes of other human species in ourselves as well, which shows that at some point of time we might have lived together and mixed or it is just because we share a common ancestor.

Humans have had to adapt to different situations and so evolved differently at different places. With time they stopped hunting animals as their primary source of food. Approximately 10000 years ago, They started domesticating animals instead of hunting them and cultivating plants instead of entering the deadly jungle to get berries.

“The vastly enlarged social cooperation among humans arises as a straightforward consequence of a novel capacity for a unique form of violence against conspecifics” This may have been the reason human formed groups instead of living alone as they didn’t have any natural defences unlike other animals.

As a society humans evolved from a nomadic tribe to a proper agricultural civilization. This started an “agricultural revolution” . This occurred at the later part of the stone age and marked a new era for human species. Agricultural settlements flourished and through the years humans mastered agricultural technique. In every settlement we find a common pattern : they all are located near rivers or perennial lakes. This is very common to all settlements as land near rivers would have been fertile and good for cultivation as well as easy to irrigate. These settlements were more developed particularly in persia and mesopotamia. Rivers like nile, indus, yangtze and hwang-ho boasted notable settlements as well. The Middle East was the centre of civilization and most of the population was centered around the Tigris and Euphrates rivers.

While the Middle east, Africa, south and east Asia were flourishing, the Americas, Europe and Australia were sparsely inhabited. After the “Agricultural revolution” humans made more progress as they discovered metals, mixed different metals and formed different tools with it. At this time in history we reach the “Bronze Age”. This began around 2500 B.C.E but in some parts of the world metalwork already began around 6000 B.C.E . The small settlements around the rivers now evolved to large cities. As the food production increased the population also increased. Nile valley civilizations, Indus valley civilizations and Chinese civilizations became population and economic hubs. This was humanity’s golden age. Development in mathematics occurred, wheels were invented and humans had colonized every place except for antarctica.

Bronze age and iron age marks the rise of civilizations of Olmecs, Maya, Egyptian, Greek, Harappan and Chinese . In this era the cities grew more and even more development occurred. Culture and religions developed and in the later stages of the bronze age mediterranean civilizations started to collapse but It was the time when Greek civilizations rose to power. Egyptian civilizations also flourished. There was a growth in trade and sea transportation also increased but still except for central american civilizations, american tribes were isolated and lived nomadic lives.

The eastern civilizations continued to grow and there was even more development in the middle east. Europe was also getting more populated. After the Axial and post-classical era the eastern civilizations had greatly declined while on the other hand europe rose to power. It also marked the fall of the Western Roman Empire but The Byzantine empire survived the axial age and would remain till medieval ages. The mongol empire conquered most of the middle east, china , central asia and east europe and became the largest land empire in history. Central American civilizations : Inca, mayas and aztecs reached their all time peak. The late post-classical era also saw islamic conquest of the iberian peninsula and islamic kingdoms reached their golden age. This era also saw the forming of the ottoman empire in today's turkey as well as the founding of the "Silk road" . Political volatility was seen in China and the Indian subcontinent where it was common for dynasties to change in a short time. The west african kingdoms : mali and songhai empire were also flourishing. Small Tribes were prevalent in oceania, south america and eastern australia as well as polynesia.

After the Axial and post classical era, also called middle-ages or medieval era we enter the modern age around the 16th century. Around this time a lot of breakthroughs in science, art and literature were happening. Modern history can be further divided into : 1) The early modern period 2) The late modern period and 3) contemporary history .

The early modern period started from 1500 A.D and ended in 1815 A.D. It marked the European renaissance which brought a revolution in people's thinking and perception. This era also sees the American revolution and age of discovery. The late modern period starts around 1750 A.D to 1815 A.D and ends in 1945 A.D. At this time the "industrial revolution" happened which truly changed the world forever and increased the popularity of capitalist ideology. At this time European nations started colonizing most of the world. It initially started around the early modern period but reached its zenith in the 19th and 20th centuries. This era also saw the french revolution and the napoleonic wars as well as the russian revolution which brought radical changes in the political system in europe. This time period also saw bloody world war I as well as world war II. It also brought landmark technological advancement as well as saw rapid rise of population.

The contemporary history is the time period from 1945-today. During The Cold War between the USA and Soviet union many proxy wars occurred but on a brighter side more technological advancements were observed. Computers were invented and in every sector breakthroughs are happening. This era has been the era of science and technology. Economic prosperity increased. Humans reached space and were later able to launch satellites into interstellar space but with all these developments humans discovered the haunting possibilities of global ecological crisis because of global warming.

We humans have come a very long way. In a few hundred thousand years, we have changed the face of this planet. We have achieved something that no other being on this planet ever did and possibly will ever do. From nomadic hunters we have become space explorers and in due course of time if we don't destroy ourselves we might be able to achieve beyond imaginable.

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LIFE ISN'T EASY AS IT SEEMS

Alok khadka - IX Araniko

"Life isn't easy as it seems, but it's not as difficult as we think". - Iman Sumi

Life is the existence of human beings, animals or plants according to their adaptation features in a certain place. All the species live their life and all of them also face the problems in their life, but they don't stop to live their life. Only difference is that they all live in a different way. Even they live differently but, as we all know that in this world everyone has to face the problems. No one can get anything without dedication and hardwork. We want many things in our life. So, in order to get something we need to lose something. In this world, no one can always get success, sometimes they also get failure. This is the game of time. As we all know that no one knows what will happen in future. The term 'success' means the achievement of an aim or purpose. Everybody wants to get success but only a few people get success. They want to get success without doing anything. So, they get failure in their life. But the people who do their best, they get success in their life. Life is full of obstacles and challenges. It's not so easy to live our life. We have to face many obstacles and challenges in our path and we should tackle them. Those people who stop after they have to face obstacles and challenges never succeed in their life. That's why obstacles and challenges make a person perfect, develop skills and prepare them to fight with their life. In every obstacle and challenge, there is opportunity which we don't recognize. Therefore, one should have the ability to recognize and use it. Life isn't always perfect. Sometimes it's happy and other times sad. In life, sometimes we get success and

sometimes failure but both things teach us something which makes us stronger.

We shouldn't stop tackling obstacles because every obstacle gives us opportunity. Life is too short but if we live happily then it's enough for us. The word "Happiness" is the degree of satisfaction after fulfilling all the basic needs and other additional needs. If we achieve something after tackling many obstacles then in this situation we feel real happiness in our life. Most people think that their life is difficult and others' lives are easy but they don't even think that all people have their own problems. Due to this, most people envy others. This makes their life more difficult. During this time interval of life we need to live together by cooperating and respecting each other which makes our life comfortable. However, life is not even as difficult as we think because our life depends on us, how we live. So, every action affects our life.

MAKE YOUR PROBLEMS A DARE!

Aditya Raj Raut - VIII Bhrikuti



Image Credit: Latinamericanpost.com

Most of us think that growing age means an increase in problems. And whenever we meet with a problem, we consider it as, "I am the only person having the most considerable trouble in the entire world."

Facing problems makes us lose hope, absence of patience in the body, makes our feet cold and

only one thing in the mind 'how to get rid of this trouble?'.



Image Credit: Latinamericanpost.com

We all face different kinds of difficulties in our life, tackling these problems is the main deal. Nowadays, work and career pressure, family problems, Societal problems (Social Problems), conflict and the spread of wrong information are becoming common problems in everybody's society. Sometimes we meet such issues; knowingly, we have to face or we are compelled to face them. Along with that, some people hesitate or cannot get the opportunity to raise their voice against social problems and crimes.

Change problems into dare

Life is like a game, full of twists and turns. We have to make our problems a dare. And dare has a direct connection to our ego. There are many disadvantages of ego but an advantage is that thing which seems to be easy. We try to get rid of problems, whereas we try to overcome the challenges. Difficulties are faced, but challenges are accepted.

The Motivational Charge

When we watch motivational videos or listen to a motivational speaker, we feel activated to do something innovative. Though after some time, the motivational charge reaches zero (0). Does that mean how to be motivated for the long term?

One of the ways is; always feel motivated. Do not look after the bad circumstance that you faced. Only think of your good deeds. Yes, even I agree that it is hard to leave behind the bad situations. But always remember, the past is

already used, the present is in your hand, and the future is a blank piece of paper in your hand. It just means that you omit your past and focus on the present and future.

Solution Key

Every problematic situation has a solution key. Solution doesn't appear on its own. The matter is, we are the person who has to find the key.

God will decide

For example; In exams, sometimes we cannot understand the question or find the answer, so what do we do?

We skip it. Practically, if we are trying hard for hours and hours but unable to go through the solution. We leave it as a belief that the supreme god is my last hope to guide me a path. Turn your problems into a dare. Try to overcome the dare, not to get rid of it.

SPACE TOURISM

Atharba Pal - X Tajmahal

Are you ready to enjoy some quality vacation in the vastness of space? Well, it appears that this dream of many can come true within a few years and most importantly, you won't need any special training. A few months back, the world went berserk over billionaires' jaunt to space. This is deemed, by many, as the dawn of a new era in aerospace. With three big names; Elon Musk, Jeff Bezos, and Richard Branson constantly contributing to this industry, it appears that it won't take long until we see space crafts all over the sky, carrying non-professional astronauts. Previously only reserved to the government, space flight has now revolutionized to being open for the general public, though we still have a long way to go since space tourism is currently exclusive to only the rich. The first person (not associated with the government) to travel to space was Dennis Tito, an American entrepreneur, who paid 20 million USD to tag along with the astronauts.



Image Credit: trendhunter.com

Let's start with the history of space tourism. Russia commenced this industry and continued from 2001 to 2009 A.D., making a total of eight space flights aboard the 'Soyuz Spacecraft'. Afterwards, private companies like SpaceX, Blue Origins and Virgin Galactic revived this astounding concept. Recently, it is seen as a more juvenile project with many youths loving the idea of it.

Space tourism can be classified into orbital, sub-orbital and lunar based on the destination.

Race To Space

As mentioned earlier, three massive companies are the frontlines of commercial space tourism and it is only natural for them to clash. So much so that Blue Origin (Jeff Bezos's space company) mocked Virgin Galactic's space flight and flagged it incomplete for not even touching the karman line (100 km above the surface) which, according to them, is recognized by 96 % of the world population as the boundary between space and the atmosphere. Adding to the already heated up rivalry, Blue Origins even prepared a comparison depicting the flaws of Virgin Galactic's Unity Spacecraft and how their New Shepherd is better. Joining in, Elon Musk, when asked about Bezos, hilariously stated, "Jeff, Who?"

Jeff Bezos's flight was scheduled for July 20 and Richard Branson was supposed to fly much later. However, the Virgin Galactic preponed their program and Branson became the first person to go to space on his own spacecraft on July 11, 2021, in an hour-long journey with 5

other crew members. Bezos, on the other hand, set a unique record of taking the oldest person (82 years) and the youngest person (18 years) in space. This, according to Bezos, was the best day ever!

How much does it cost? Well, a single ticket in Virgin Galactic's flight is worth 250,000 USD. And the interesting part is that 600 people have already booked the ticket including some famous names like Justin Bieber, Lady Gaga and Leonardo Di Caprio. Conversely, the exact prices for flights in Bezos's and Musk's aircraft aren't revealed yet. However, a ticket of Blue Origins was auctioned in June and it sold for 20 million USD. Similarly, SpaceX's ticket sold for 55 million USD.

Future of space tourism

As per Branson, commercial flights can be expected by 2022 with a much lower price of 40,000 USD. One thing to bear in mind is that it may take nearly a decade or even longer for normal people to even afford a ticket but I am pretty sure that we may witness it in the near future. After all, Elon Musk stated, "We want to open up space for humanity, and in order to do that, space must be affordable".

In my opinion, it'll take a long time to make the process safer and an even longer time to make people trust it.

Risk Factors

When we try something new that we are unknown about; there's bound to be some troubles behind it. This is exactly the case with space tourism. Since it hasn't been tried out many times, we can't guarantee the consequences. Apart from this, it has some serious environmental issues. A 2010 article published in Geophysical Research Letters proved that increase in space flights could accelerate global warming. It is found that space flights decrease ozone gas in the atmosphere and increase it in the surface, both of which are harmful.

Let's hope that, with improvements, space flights may take us to space with no harm done to the environment whatsoever.

NASA'S NEW MISSION ON MOON, ARTEMIS

Nirvik Dhungana - IX Araniko

NASA's first crewed mission, the Apollo 11, succeeded on July 16, 1969 A.D. marking the words of Neil Armstrong, "One small step for man, one giant leap for mankind" for being the first successful landing on our satellite, Moon.

Since then, only a handful of carried tasks have been completed on the Moon. But, after 50 years, NASA is planning on returning to the moon with enough preparation and technological advancement which could hold a lot of information about the Moon.



Image Credit: nasa.gov

Since the last mission on the Moon 20 years ago, NASA has been fine tuning their vision for the future to explore and mark great achievements. This is also due to the president calling on the agency in December 2017 A.D. to lead a human to return to the Moon with support of international partners and also the challenge of the first woman and a male lead again on satellite within five years.

The Artemis Plan is twofold : first to achieve the goal of landing humans again by 2024 A.D. while working and planning towards sustainable lunar exploration from the mid to late 2020s with fully armed gear.

While 2024 A.D. might not be a settled date but is matching for global initiative on the engineering, technological advancements and increase improvement in necessary safety measures to successfully carry out lunar missions.

The Artemis mission would be a very important contribution to lunar exploration and research for further space technological advancement. The mission could change the surroundings of the Moon to enhance a sustainable lunar economy from which space exploration is very easy.

Early Artemis Missions

NASA is currently developing multiple powerful spacecrafts SLS (Space Launch System) rocket and Orion Spacecraft to successfully create channels and docking stations for transfer of resources and information. NASA also prepares for testing of HLS (Human Landing System) for the safest possible landing.

To create the Gateway, NASA will integrate the first two pieces of earth by launching the Power and Propulsion Element (PPE) and Habitation and Logistic Output (HALO) together in 2023 A.D. on a single rocket which is analyzed and followed by a commercial logistics supply launch.

The mission starts off by the Orion delivering it's crew in lunar orbit and the lander that is capable of docking directly to Orion will transfer for Early Artemis missions. The crew will be provided with the new extravehicular mobility unit to explore the lunar surface for a week before docking into Orion again.

Sustainable Artemis Missions

On the following missions, the crew will arrive at the Gateway aboard Orion. Through the Gateway it would be possible to directly conduct research on the surface and with the help of Artemis providers, NASA will ensure the spacecraft and plan to maintain long term sustainability at the Moon.

Other space agencies will also support NASA. International Space Station partners would cooperate in lunar orbit. The CSA (Canadian Space Agency) has committed to provide robotics for Gateway, ESA (European Space Agency) assures to provide IHab (International Habitat) and ESPRIT module. This would enhance the capabilities of the Orion by deployments of CubeStats and refueling of the Gateway. The JAXA (Japan Aerospace Exploration Agency) also plans to contribute for habitation components and logistics resupply.

From the lunar South Pole, NASA and Artemis Base Camp would develop support for longer expeditions on the lunar surface. Through recent developments, a lunar rover or LTV (Lunar Terrain Vehicle), a pressurized rover, power systems and other modules would increase the capabilities of research and exploration. NASA further wants to use the additional information for human exploration on Mars.

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MONEY VERSUS HAPPINESS

Aisha Banu - X Greatwall

‘Money can’t buy happiness.’ This is the statement we have been hearing from since long. But is this statement true? Can a person be happy without money? Certainly not, in today's world. But still some people think that money is not necessary at all. What do you think? Can money buy happiness?

‘Money doesn't buy you happiness but it buys the choices. It's up to you what to do with the choices so that it can make you happy.’ This quote tells us that money is very necessary to buy happiness. Without money in today's world nothing can be possible. It's simply like no money, no life. Money can make you buy comfort, entertainment, stability and many

other vulnerable things that help to fulfill all of our needs and solely leads to happiness. For quality of life, some basic things are: good fooding, education and proper security and evaluating all the factors we can unambiguously conclude that money buys happiness as these things can only be achieved in the presence of money.

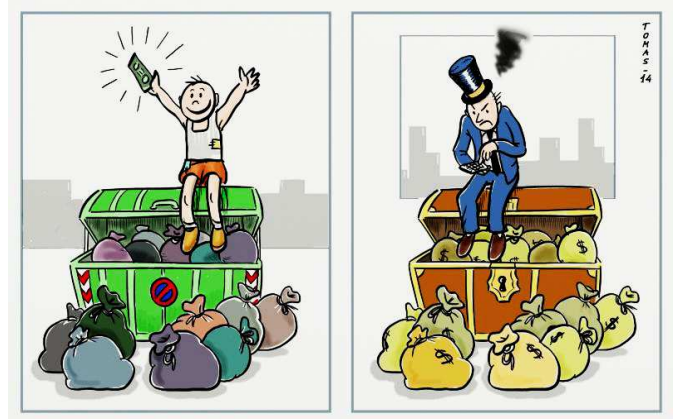


Image Credit: cartoonmovement.com

In today's world, caste discrimination has decreased but the economic gap; income inequality has increased in society the one who are rich are considered superior of all. In our society too, we can notice that rich ones are living a luxurious life but the poor ones struggle for a better life. Everyone of us has a dream of having a luxurious and a happy life that is attained after having much income. Not only a happy life but also a healthy life can be achieved after earning income. For example, we can take the time of covid pandemic in Nepal. The rich were easily getting admitted and medicated whereas the poors had to struggle in the search of hospitals. For instance, king Gyanendra had the privilege to book the whole Norvic hospital for the treatment. Why is it so? Clearly because of the presence of money. If money wasn't the thing to buy happiness, why would everyone earn and learn? Why would everyone want to become a billionaire? To sum up, can it be said that money buys happiness?

Money is an endless number. If it takes money to make you happy, your search for happiness will never end. Henry Ibsen quotes that ‘Money can buy you food, but not appetite, medicine but not health and acquaintances but not friends.’ that modestly tells that money cannot

buy happiness. For quality of life, not only income but other things such as love, care, affection, etc are also required to stay happy. A person with no money can be happy but the one with no love can't remain happy at all. A person can live an unstressed life as they have no worries to save money, no tension of losing money and no fear of money being stolen. Money just leads to dissatisfaction, stress and tension. An article published by the American Psychological Association, about the research conducted by Robert Kenny reveals that the kids with access to lots of money don't study and just go through the path of different forms of addiction. It is true that we can obviously buy materialistic goods with the help of money but after their use we are satisfied and throw them away. In a straightforward way, do you ever look at the things you have bought a year ago and say that you are too glad to buy that? Also on the other hand, whenever you look at the past photos of you and your family with a sweet smile, the picture of nature and people who have some special place in your heart, you would probably feel happy. Spotted the difference? Human nature is to be unsatisfied every time. The more we have, the more we keep wanting. Money can't buy true friends, time and enjoyment. Happiness falls in doing the things you love to do, not balancing your bank accounts. Also for the sake of saving, we might forget to enjoy our blissful life. It is clear that being wealthy does not guarantee happiness; there are many people who are tremendously wealthy yet entirely unhappy. We can take the example of a Bollywood actor who recently died like Sushant Singh Rajput. In Spite of having much money he went into depression and committed suicide. Even Siddharth Sukhla had much tension that gave him a heart attack. Did they lack money? Obviously not! The thing they lacked was only happiness and love. Money alone can't buy peace of mind and the most valuable thing that is time but invites stress, addiction and difficulties. The small moments of life matter rather than money. Now, can we say that money can't buy happiness?

Now, at last I have a query for you. After reading this article, what do you think? Can money buy happiness? Can a person be happy with no money? What is the purpose of earning with hard work if money doesn't matter? As everything has pros and cons and we must evaluate it, money and happiness are two contrasting things and it's upon you how to take and use it.

HOW CAN WE REDUCE THE EFFECTS CAUSED BY THE OVERUSE OF GADGETS?

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Image Credit: architecturaldigest.in

These days everyone is suffering because of the covid 19 pandemic. Our lives have totally changed because of it. Schools and Colleges have started virtual classes and students are using different types of gadgets like mobile, laptop, desktop, Ipad, etc to participate in their online classes.

Gadgets play a vital role in our lives. We use gadgets consisting of computers, mobile phones, fans, refrigerators, televisions, etc. Life is really easy having these kinds of gadgets with us. It reduces our time, saves money and can even provide information around the world. Nowadays people have been very dependent on these gadgets. It looks impossible to live without gadgets now. We need it to attend classes, and many other things. Its excessive use has affected humans and human health. Excessive use of gadgets has many effects on

students. Some of them are mental stress, depression, addiction, disorder and many more.



Image Credit: re-thinkingthefuture.com

There were days when we would go out to play with our friends. But now there are days when we want our friends to come online so that we can play online games with them. This destroys our body, mind and life. We are the kids which show boredom in playing outdoors which we enjoyed before. If we get addicted to gadgets, it becomes a need in our life. It will be really hard to let this bad habit go because it attracts our mind and we will not be able to interact with our surroundings. People become very aggressive when they are addicted to something. Continuous use of gadgets leads us to many health issues such as headache, backbone pain, mental stress, etc. It also affects our eyes and body posture. There are different ways in which we can let these gadgets not catch us. For example, we can set a time limit for using these gadgets. Continuous use of these gadgets results us in not getting any kind of exercise. Lack of exercise reduces our brain power and creativity.

We can even start spending some time with our family and help them in various types of work. It's really fun to cook with our mum rather than staying in our rooms and playing online games. Since there are many types of online games, many people enjoy playing them.

Some students are even betraying their teachers into thinking that they're paying attention in the classes but they are actually

playing games with their online friends. That's not good because it's not betraying the teacher but betraying ourselves.

So, relying on these gadgets just gives us stress and pressure. We should get the knowledge about the effects of overuse of gadgets in our lives. We should try to reduce the effects and focus on using it the correct way.

LAUNCH OF IPHONE 13 SERIES, IS IT ANY BETTER?

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Image Credit: appleinsider.com

Have you ever considered buying an Apple product? Well, the recently launched iPhone flagship phones might just change your perception. Apple recently released the iPhone 13 lineup and other products with an ongoing 2021 september event. The series of phones consists of 4 models, similarly matching designs with the series of iPhone 12 lineup but with more to experience and explore.

Some major features and changes to be notified

Apple's phones have gotten better over the years. As each series launches, the consumers get to experience a variety of new features and changes. Some of them are for basic day to day use and some of them are featurized to target specific categories of users.

- The iPhone 13 lineups contain an A15 bionic chip, better than that of previous generations containing an A14.

- As per the demand of consumers, increased refresh rate from 60Hz to 120Hz per second.
- New camera features including cinematic mode, sensor shift stabilization, macro mode, photographic styles and many more.
- A 20% smaller notch.
- New Super retina XDR display featuring True tone.
- Longer battery life.

Pricing and Availability

- Iphone 13 and 13 mini can be purchased in five colors including tarlight, midnight, blue, pink and red. It has a base storage space of 128GB to 256Gb according to the price. Talking about its price, It starts from \$699 to \$1099
- The Iphone 13 pro and pro max are available in graphite, gold, silver and sierra blue making in a total of four different colors. The storage in these phones exceeds any others, available from 128GB to 1TB, the price starts from \$999 to \$1399.

Reference:

1. <https://appleinsider.com/>