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MILLENNIAL

WRITER'S RETREAT

**H₂ FUEL
ZERO EMISSION**



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WORLD TODAY

GREEN HYDROGEN

The energy of the future

- by Nitiish

India is the fourth largest importer of Crude Oil to meet its energy demand with 4,033,050 barrels per day making it largely dependent on foreign countries to meet its energy need. The changing geo-politics and wars between Russia and Ukraine made an unprecedented increase in energy prices. Moreover, India is the third largest emitter of Carbon as well, with 7.09% of the world's share of carbon emissions.

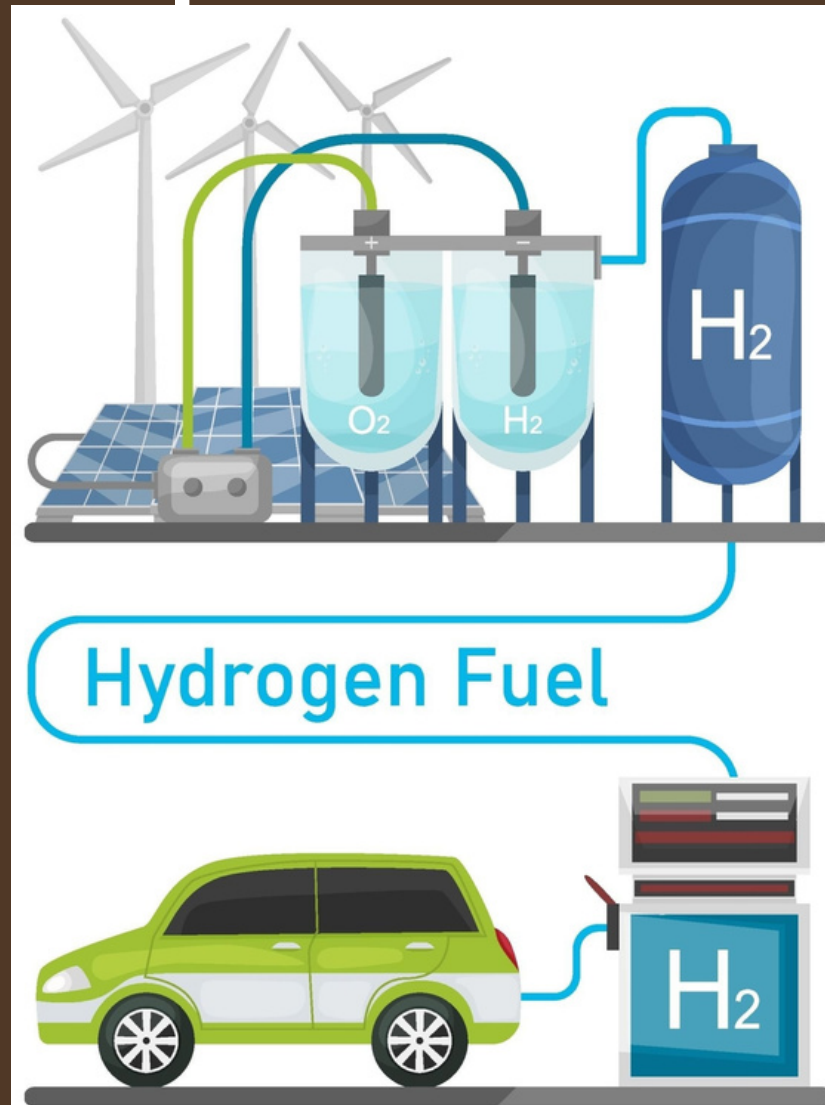


High dependency on Crude Oil to meet day-to-day requirements leads to drastic Climate Change and increases CO₂ emissions. This calls to find alternatives which are economically feasible and carbon-free. At COP-26 (Conference of the Parties) which is a UN Climate Change Conference, India announced its ambition to become a net-zero emitter by 2070, an important milestone in the fight against climate change. Green Hydrogen is the most suitable alternative as it is carbon-free and has a high calorific value compared to electricity. Hydrogen is obtained by various processes and named accordingly.

Grey Hydrogen - It is obtained from natural gas emitting CO₂ and H₂ as by products. Although Hydrogen is obtained CO₂ emissions make it unsuitable since it is a greenhouse gas.

Blue Hydrogen- It is also obtained from natural gas same as Grey Hydrogen and CO₂ is stored underground. CO₂ is not released into the atmosphere and is considered eco-friendly but it requires infrastructure to store and transport Carbon Dioxide.

Green Hydrogen- In this process components of Water (H₂O) are split into Hydrogen and Oxygen by the process of Electrolysis. The energy required for Electrolysis is obtained from renewable sources such as Windmills or Hydropower plants. In this Oxygen is emitted as by-products which are environment-friendly with Zero Carbon Emission.



Seeing the future scope of the Green Hydrogen economy in India the cabinet has approved 19,744 Cr on the Green Hydrogen mission to make the country a global Hydrogen hub.



Lets count the benefits of Green Hydrogen as fuel-

- It will help to mitigate climate change thus helping in achieving India's sustainable development goal of Zero Carbon Emission.
- Green Hydrogen is two to three times more efficient than gas-powered internal combustion engines.
- Green Hydrogen can be easily stored and transported. This could aid India by becoming a global exporter of Green Hydrogen, moreover, it will also reduce India's dependency on crude oil imports. It will reduce fossil fuel imports by over one lakh crore ultimately saving our forex reserve.
- It will reduce nearly 50 MMT (Million Metric Tonnes) of annual Green House Emissions.
- It will create over six lakh jobs, ultimately boosting the Indian economy.
- It will help in decarbonising the industrial, mobility and energy sector.

According to the *International Energy Agency's* (IEA) most recent projections, the world's energy needs will rise by 25 to 30% by 2040, which would mean that a Coal and Oil-dependent economy would produce more CO₂ that would accelerate climate change. Decarbonising the planet suggests a different world that is powered by clean energy like Green Hydrogen that is accessible, effective, and sustainable.



BOON - CURSE

INSIGHTS - WEB3

- by Sudhanshu

Web3, also known as Web 3.0, is the next evolution of the internet in which decentralized technologies such as Blockchain and smart conventions play a major role. It aims to provide a more open, transparent, and secure internet by eliminating the need for centralized mediators and giving users more control over their data.

Web3 Technologies, such as Ethereum and EOS, enable the creation of Decentralized Applications (Decentralized Apps or D-Apps) that run on a Blockchain Network. Any single entity does not control these D-Apps. Additionally, Web3 technologies allow for the creation of Digital Assets, such as Cryptocurrencies, that can be securely transferred and tracked on a blockchain.

Web3 also has the potential to improve privacy and security on the internet. With Decentralized Storage solutions and Peer-To-Peer Networking, users can have more control over their data and can access it. Overall, Web3 represents



represents a shift towards a more decentralized internet where users have more control over their data, assets, and interactions. It will enable the creation of decentralized platforms that can interact with each other and share data and assets seamlessly and securely. This allows for new decentralized services and applications that are impossible on traditional centralized platforms.

One example of a project based on Web3 technology is Uniswap, a Decentralized Exchange (DEX) built on the Ethereum blockchain. Uniswap allows users to trade Cryptocurrencies without the need for a Centralized Intermediary.

The exchange is built on a smart contract and uses a unique liquidity provision mechanism called an Automated Market Maker (AMM). This mechanism allows users to trade any ERC-20 token listed on the platform, regardless of whether there is a matching buyer or seller. Instead, the AMM Algorithm maintains a liquidity pool for each token and automatically calculates the price based on supply and demand.

Uniswap also allows anyone to add liquidity to a trading pair and earn trading fees as an incentive. This decentralized structure also eliminates the need for a central authority to control the exchange's listing process and ensures no single point of failure.

Uniswap is an open-source project with a vibrant developer community constantly working on upgrades and new features. It's also one of the ecosystem's most widely used decentralized exchanges, with a high trading volume and thousands of tokens listed.

Overall, Uniswap is an example of how Web3 technologies can create decentralized financial services that are open, transparent, and resistant to censorship.

Future Of Web3:-

The future of Web3 is still being determined and largely dependent on how the technology evolves and is adopted. However, Web3 technologies can potentially disrupt and transform many industries and applications, such as Finance, Supply Chain Management, Identity Verification, etc.



BOON - CURSE

In the short term, it is expected that more decentralized applications (D-Apps) will be developed and launched on Web3 platforms, such as Ethereum and EOS, and that more people will start using D-Apps for various purposes, such as Trading, Lending, and Gaming. Additionally, more and more businesses are exploring using blockchain and smart contracts for various use cases.

In the long term, Web3 technologies will become more mature and widely adopted, enabling the creation of new decentralized services and applications that are not possible on traditional centralized platforms. It's also expected that the scalability of the blockchain will improve and the transaction cost will decrease, making it more accessible to the mainstream.

It's also expected that the privacy and security of Web3 will continue to improve and will lead to new ways of managing and protecting personal data. Overall, the future of Web3 is exciting and full of potential, but its success will depend on how well the technology can address scalability, cost, and user experience challenges currently facing the ecosystem.





WORLD OF WORDS

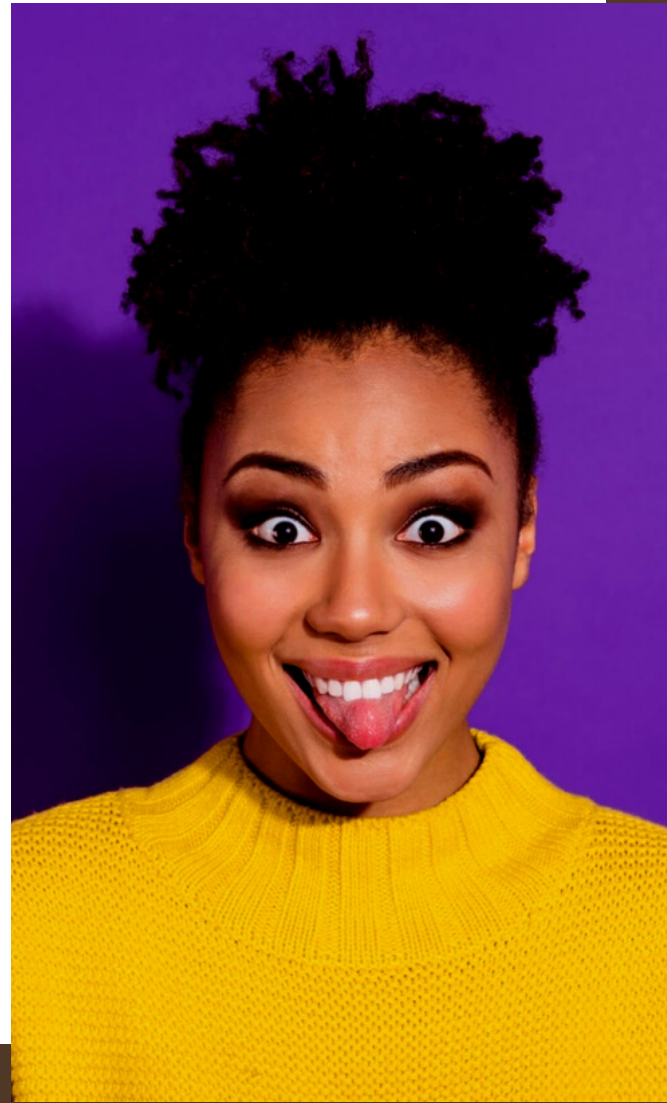
PROTRUDE

(v) pru'trood

- by Ravisha

The word "protrude" is derived from the Latin verb, *protrudere*, which means "to thrust forward." It first appeared in English language usage around the 16th century. Protrude is used when something sticks out beyond or above its normal boundaries. When used in reference to people, it implies an awkwardness or clumsiness of movement. *For example*, if someone were to walk into a room and stick their chest out excessively, this would be considered a form of "protruding".

The word is used metaphorically when referring to a person's ambitions or goals; for instance, if someone had big dreams and their ambition was standing out from everyone else, it could be said that their dreams are "protruding" from the rest of the crowd.





कविशाला

वक्त की उलझन

नहीं समझ आ रहा मुझे,
ये वक्त इतना क्यों ढल रहा है?
सब कुछ तो ठीक चल रहा है न,
फिर सब इतना क्यों बदल रहा है?
मनमें बनी हुई है उलझन एकअर्से से,
वो एक ही सवाल मेरे जेहन में अब तक चल रहा है,
क्या चुभेगी मेरी खामोशी किसी को मेरे जाने के बाद भी?
है सवाल वही, हर दफा सिर्फ जवाब बदल रहा है।



अबतो फकत बदल चुकी है सारी ख्वाहिशें भी मेरी,
ये कौन सा डर है जो मुझे अब भी निगल रहा है?
मंजिलों के बाद भी देखता रहा हूँ मैं रास्तों को अक्सर,
ये मैं ही हूँ या मेरे साथ कोई और चल रहा है?
साहिलों से दोस्ती का ये नायाब तोहफा मिला है मुझे सौरभ,
हालात ऐसे हैं कि आग बुझगयी है और पानी जल रहा है,
नहीं समझ आ रहा,
ये वक्त इतना क्यों बदल रहा है।।

- सौरभ



STILL



भारत 2023 INDIA

~कृष्ण कांत त्रिपाठी



अयं निजः परो वेति गणना लघुचेतसाम्।
उदारचरितानां तु वसुधैव कुटुम्बकम्॥

पूरी धरती को ही परिवार मानने की परिकल्पना तभी संभव है जब आपका हृदय सागर सा विशाल हो। भारत का हृदय कितना विशाल है इसका समृद्ध इतिहास इस बात का प्रमाण है। भारत प्राचीनकाल से ही संपूर्ण विश्व का मानवीय मूल्यों और प्रकृति संरक्षण के लिए मार्गदर्शन करता रहा है। आर्थिक और भौगोलिक आधार पर हम विश्व में भले ही सर्वश्रेष्ठ न हों मगर मानवीय मूल्यों के संदर्भ में हमारा स्थान प्रथम है। संपूर्ण विश्व में भारत ही एकमात्र ऐसा देश है जहां प्रकृति की अलग अलग रूप में पूजा होती है। ऐसे में जब संपूर्ण विश्व तमाम वायरस और ग्लोबल वार्मिंग जैसे अनेक प्राकृतिक आपदाओं से जूझ रहा है, तो इन समस्याओं से उबरने के लिए उपाय भी किसी प्रकृति संगत राष्ट्र से ही मिल सकता है और संपूर्ण विश्व में भारत से ज्यादा प्रकृति संगत कौन हो सकता है। ऐसे में जब भारत को विश्व पटल पर वैश्विक संदर्भ में अपने विचारों से अवगत कराने के लिए जी 20 जैसा शानदार मंच मिला हो तो इससे बेहतर मौका और क्या ही हो सकता है।

क्या है जी20 सम्मेलन?

जी20 दुनिया की 20 सबसे बड़ी अर्थव्यवस्थाओं का अंतर्राष्ट्रीय समूह है, जिसमें 19 देश और एक यूरोपियन संघ शामिल है। इसकी स्थापना दुनिया में आई आर्थिक अस्थिरता के बाद 2008 में किया गया था। जिसका उद्देश्य वैश्विक अर्थव्यवस्था में प्रणालीबद्ध महत्वपूर्ण औद्योगिक और विकासशील अर्थव्यवस्थाओं को एक साथ लाकर वैश्विक स्तर पर महत्वपूर्ण मुद्दों पर चर्चा करना है। जो वैश्विक अर्थव्यवस्था के विकास एवं वित्तीय एजेंडा को सही दिशा प्रदान कर अंतर्राष्ट्रीय सहयोग को बढ़ावा देने में मदद करता है। जी20 सम्मेलन में प्रतिनिधि के तौर पर 19 देशों के प्रतिनिधि शामिल होते हैं और एक यूरोपीय संघ

“One Earth, One Family, One Future,”

शामिल होता है। नेताओं के शिखर सम्मेलन में, 19 देशों के नेताओं और यूरोपीय संघ के नेता शामिल होते हैं और मंत्री स्तर की बैठकों में, 19 देशों के वित्त मंत्री और उनके केंद्रीय बैंक के गवर्नर तथा यूरोपीय संघ के वित्त मंत्री और उनके केंद्रीय बैंक के गवर्नर शामिल होते हैं।

इसके अलावा स्पेन स्थायी अतिथि है, जो प्रत्येक वर्ष आमंत्रित होता है और आसियान देशों के अध्यक्ष; दो अफ्रीकी देश (अफ्रीकी संघ के अध्यक्ष और अफ्रीका के विकास के लिए नई साझेदारी के प्रतिनिधि) और एक देश जी20 के अध्यक्ष द्वारा आमंत्रित किया जाता है, आमतौर पर वे अपने ही क्षेत्र से होते हैं।

इससे पहले इस वैश्विक मंच की अध्यक्षता फ्रांस, जर्मनी, चीन, अर्जेंटीना जैसे विकसित देश कर चुके हैं। 17 वें जी20 शिखर सम्मेलन का आयोजन 15 और 16 जुलाई 2022 को बाली { इंडोनेशिया } में सम्पन्न हुआ और 'जी20' 2023 के 18 वें शिखर सम्मेलन की अध्यक्षता प्रधानमंत्री श्री नरेंद्र दामोदरदास मोदी को सौंपा गया। जिसमें भारत 30 दिसम्बर 2023 तक जी20 का अध्यक्ष बना रहेगा। 18वां जी20 राष्ट्राध्यक्षों और शासनाध्यक्षों का शिखर सम्मेलन 9-10 सितंबर 2023 को नई दिल्ली में होगा। यह शिखर सम्मेलन मंत्रियों, वरिष्ठ अधिकारियों और नागरिक समाजों के बीच पूरे वर्ष आयोजित होने वाली सभी G20 प्रक्रियाओं और बैठकों की परिणति होगी।

कैसी है भारत की तैयारियां?

जी20 की अध्यक्षता मिलने से भी ज्यादा जरूरी है विश्व की उम्मीदों को पूरा करना, ऐसे में यह आवश्यक हो जाता है कि भारत वैश्विक समस्याओं के संदर्भ में ज्यादा से ज्यादा चर्चा करवाए और उनका समाधान ढूँढें। हालांकि भारत सरकार ने जी20 के संदर्भ में सामाजिक जागरूकता के लिए अलग अलग स्तर पर जागरूकता अभियान शुरू कर दिया है जिसके तहत मैराथन और मंथन शिविर का आयोजन किया जा रहा है, वहीं कॉलेज और विश्वविद्यालय स्तर पर युवा चिंतन शिविर का आयोजन किया जा रहा है। जी-20 सम्मेलन में अनेक सांस्कृतिक कार्यक्रम, नेताओं और अधिकारियों के भ्रमण के अलावा महत्वपूर्ण



बैठकें आयोजित की जाएंगी। जिसमें खासतौर पर दिल्ली की ऐतिहासिक धरोहर को केंद्र में रखा जाएगा। विदेशी मेहमान प्रतिनिधियों को इन धरोहरों पर भ्रमण भी कराया जा सकता है। जिसमें प्रमुख रूप से यूनेस्को वर्ल्ड हेरिटेज लिस्ट में शामिल दिल्ली के स्मारक हैं।

G20 सम्मेलन और भारत की चुनौती

G20 का गठन हीं वैश्विक समास्याओं के समाधान के उद्देश्य से किया गया था, ऐसे में जब दुनिया वैश्विक मंदी, द्विपक्षीय युद्ध (रूस - यूक्रेन), ग्लोबल वार्मिंग और तमाम अन्य समस्याओं से जूझ रही है तो ऐसे में भारत से पूरे विश्व की उम्मीदें बढ़ गई हैं। इसीलिए दुनिया के सबसे बड़े लोकतान्त्रिक देश के लिए अभी सबसे बड़ी चुनौती है दुनिया की उम्मीदों पर खरा उतरना। दुनिया को उम्मीद है कि वसुधा को परिवार मानने वाला राष्ट्र वसुधा पर

आई आर्थिक अस्थिरता के अलावा कई दूसरी चुनौतियों को लेकर उस संकट का समाधान करने में अहम भूमिका निभाएगा। इसीलिए जी20 का थीम भी भारत की पहचान "वसुधैव कुटुंबकम- एक धरती एक परिवार एक भविष्य रखा गया है।" अब देखना होगा कि G-20 शिखर सम्मेलन आयोजन को भारत द्वारा कितना खास बनाया जाता है।

भारत के परिपेक्ष्य से क्यों है महत्वपूर्ण?

भारत के नजरिए से देखा जाए तो जी20 भारत के लिए वैश्विक पटल पर अपना धाक जमाने का सुनहरा मौका है। जब दुनिया की सशक्त अर्थव्यवस्थायें एकत्रित होकर भविष्य के रास्ते का निर्धारण कर रही होंगी ऐसे में पूरे विश्व की निगाहें भारत के भावी कदम पर होंगी। शायद इसीलिए गणतंत्र दिवस के पूर्व संध्या पर देश के नाम संबोधन में राष्ट्रपति द्रौपदी मुर्मू ने जी20 के महत्व को समझते हुए कहा कि "इस साल भारत जी20 देशों के समूह की अध्यक्षता कर रहा है। विश्व-बंधुत्व के अपने आदर्श के अनुरूप, हम सभी की शांति और समृद्धि के पक्षधर हैं, जी20 की अध्यक्षता बेहतर विश्व के निर्माण में योगदान के लिए भारत को अत्यंत महत्वपूर्ण भूमिका प्रदान करती है।"

ऐसे में ये कहना कतई अतिशयोक्ति नहीं होगी कि भारत का राजनीतिक नेतृत्व कहीं न कहीं इस मौके की

नज़ाकत को समझ रहा है और वो इस मौके को भुनाकर पुनः विश्व पटल पर अपने नेतृत्व का लोहा मनवाने में कामयाब होगा।

क्या विश्वगुरु बनने का सपना हो पायेगा साकार...

चुकी भारत एक विविधताओं वाला देश है, यहां कहावत प्रसिद्ध है कि "कोस कोस पर पानी बदले चार कोस पर वाणी" अर्थात् लगभग प्रत्येक तीन किलोमीटर पर पानी और बारह किलोमीटर पर भाषा बदल जाती है। जहां इतनी ज्यादा विविधताएं हों जायज़ है कि वहां की समस्याएं भी भिन्न होंगी, ऐसे में वैश्विक स्तर पर अपने आपको स्थापित करने के लिए यह आवश्यक है कि हमें अपने समस्याओं के बजाय वैश्विक समस्याओं के संदर्भ में सोचना होगा। यदि भारत आगामी वर्षों में वैश्विक चुनौतियों को तथ्यात्मक तौर पर विश्व पटल पर लाने तथा उन चुनौतियों से निपटने का मार्ग प्रशस्त करने में कामयाब हो जाता है तो अवश्य ही भारत को विश्व गुरु की उपमा हासिल करने से कोई नहीं रोक पायेगा। भारत के लिए यह सुनहरा मौका है कि विश्व का नेतृत्व करने के लिए मिले इस मौके को बेहतर ढंग से भुनाए, और आगामी वर्षों में वैश्विक समस्याओं के समाधान में एक नेतृत्वकर्ता की भांति अहम भूमिका निभाए।





INDIAN WOMEN & EQUALITY

a topic of discussion

- by Tejendra
Kumar Meena



Sanskrit Sloka

त्रनार्यस्तुपूज्यन्तेरमन्तेतत्रदेवताः ।
यत्रैतास्तुनपूज्यन्तेसर्वास्तत्राफलाक्रियाः ॥

Hindi Translation

जहांस्त्रियोंकाआदरहोताहै, वहांदेवतारमणकरतेहैं।
जहांउनकाकाआदरनहींहोती, वहांसबकामनिष्फलहोतेहैं।

English Translation

Where women are honoured,
divinity blossoms there.
And where they are dishonoured,
all actions remain unfruitful

This is not just a sacred verse, it crux of Indian believes today's women. The sloka's is an age old verse but still relevant in contemporary scenario. Scholars like Vidushi Gargi and braveheart revolutionary Jhansi Ki Rani have not only left their mark in the male-dominated society but also brought equality and progressiveness to the female generations to come.



In the contemporary time, *Bhavna Kant* (first woman fighter pilot) to *AvniLekhra* (Indian Paralympian) not only they have defied the male-dominated conservative society also they have established that women in any field are not lesser than men, although it is a different matter that not everyone gets a chance to be as lucky as these two are.

In rural India where there is no dearth of talented women, if something is missing, that is equal platform where they should be given equal opportunities as men and perspective of looking them as delicate or helpless must be changed. There are women like *Ruma Devi* in rural India who have not only formed a separate identity by making handcraft among the patriarchal society but she has also become a source of inspiration and respect for rural women. Although there is a reality in the other corners of rural India where women are constantly falling behind, they are facing harsh discrimination on aspects like Child Marriage, Dowry Death, Female Feticide, and being economically helpless. Hope just like there is a morning after every dark night, in the same way the women of the rural India will also break the all shackles and one day will speak proudly.

*“We can also touch the sky,
we need freedom”*





FACTUAL FACTS

THE MUSICAL PILLARS

FACTUAL FACTS



An ancient structure in Hampi recognised for its outstanding architecture and unrivalled craftsmanship is the *Vittala Temple* or *Vitthala Temple*. One of Hampi's biggest and most well-known landmarks, it is recognized as such. The temple is situated close to the banks of the Tungabhadra River in the north - eastern region of Hampi.

One of the Vittala Temple's main attractions is the Ranga Mantapa. The enormous mantapa's 56 acoustic pillars are its most famous feature. Due to the melodic notes they release, these musical pillars are also known as SAREGAMA pillars. When the pillars are gently patted, musical sounds begin to erupt.

Seven more pillars surround each major pillar on either side. The 7 pillars' 7 corresponding musical instruments produce 7 distinct musical sounds. Whether a string, wind, or percussion instrument is used, the notes that come from these pillars sound different. Even the British rulers of India were astounded and curious to understand the significance of the musical pillars. They removed two of the Vittala Temple's musical pillars to see whether anything was inside the pillars that were causing the emission of musical notes to appease their curiosity and solve the riddle of the wonderful pillars. Inside the pillars, however, they discovered nothing.



BOOK REVIEW

The Norwegian Wood

- by Mehak

MURAKAMI



NORWEGIAN
WOOD

One of the most impactful novels for the uninitiated into the world of Haruki Murakami's writings is *the Norwegian Wood*. For me like many others, this was my first Murakami novel and it quite literally blew my mind and introduced me to a genre of Japanese literature that I had no idea existed. This is a simple story of love and loss, which is told through the lens of Toru Watanabe.

The story begins with Toru Watanabe being a thirty-seven-year-old man who is travelling on a plane to Germany and upon hearing a specific song his memory takes him back to the time when he was a college student who had just come to Tokyo from his hometown.

"Despite your best efforts, people are going to be hurt when it's time for them to be hurt."



The atmosphere of the college is set in the backdrop of college protests going on and students being actively involved in the happenings around them. He's a lonely fellow who has a hard time making friends easily and he somehow manages to become friends with his roommate. During this time, he meets Naoko in Tokyo. Naoko is the girlfriend of Kizuki, who was Toru's best friend back home. Kizuki had committed suicide when they were in school. Thus, meeting Naoko in Tokyo gives Torua an outlet for his pent-up emotions and they can relate to each other's losses. This helps them forge a strong bond.

The story then takes an important turn and they are yet again alone, both Toru and Naoko. The loss that they had endured at a such young age impacts the persons they become and ultimately takes a toll on their mental well-being as well. Throughout the story, we find how they lose and find each other over and over again but how they love each other so much that they cannot let each other suffer because of their own issues.



ABOUT THE AUTHOR

Haruki Murakami is a well-known Japanese author. His most vivid and poignant works are focused on the themes of alienation, surrealism, and nihilism, and most of them are international best-sellers. He has received several awards, including the World Fantasy Award, the International Short Story Award, the Franz Kafka Prize, and the Jerusalem Prize. Some of his great works are *The Wind-Up Bird Chronicle*, *What I Talk About When I Talk About Running*, *Blind Willow, Sleeping Woman*, and *Kafka on the Shore*.

Some of the other characters in the novel are quite well-written as well. They present a contrast to the darkness around Naoko and Toru and hold the story together. One such character is Midori, another one of Toru's love interests, she is quite extrovert and vibrant, despite the loss she suffered. The writer has presented the readers with a difference in points of view of dealing with loss. But any which way, Murakami has discussed well how the loss we endure shapes us. Another character is Nagasawa, he's also a fresh contrast to Toru's glum personality. He's outgoing and confident. Nagasawa introduces Toru to the many aspects of life in Tokyo like parties, women and sex. He has quite an influence on Toru, although Toru hates him and his ways, a little.

The book is quite descriptive about mental health issues and topics like suicide. The author has discussed in vivid detail, the impact love and loss can have on somebody. At the same time, the writer has also emphasised the importance of good friends and loved ones, who can become pillars of strength in utmost difficult situations. The moral issues of right vs. wrong are also taken in a very subtle and artistic manner. At many points, readers are left to interpret the story for themselves as the writer leaves enough room for that.



The writing and the story are both quite gripping and hook the readers till the end. Although the ending as many have said is quite anti-climatic and leaves much to the imagination and interpretation of readers. The story though has a lasting impact and it stays with the readers for a long. It's an essential first book if one wants to enter into the magical world of Murakami.



SPIRITUAL

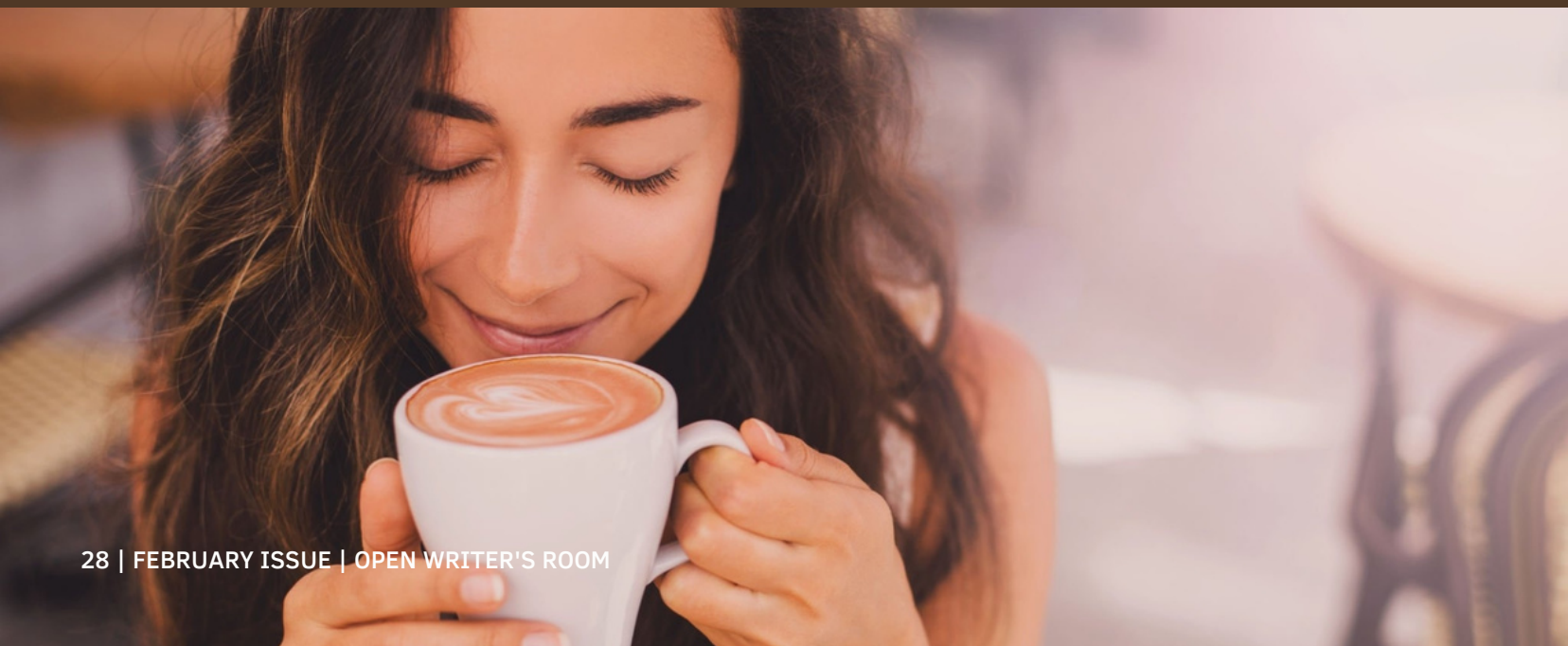
THE MINDFUL EMOTIONS


- by Pooja

Emotions are a beautiful way of expression. Some emotions are felt by us and we keep to ourselves but some emotions we choose to share. What emotions to be shared, how to be shared and with whom to be shared becomes important.

Emotions can be labelled as good and bad. Some of the good emotions are joy, happiness, excitement, gratefulness etc. Expressing good emotions is easy and is always encouraged and celebrated. The same cannot be said about the emotions that are labelled as bad emotions.

Emotions such as anger, sadness, resentment and frustration etc. are the emotions that are mostly labelled as bad by society. They are coined as emotional wastes and are discarded and disregarded which is wrong, they are meant to be felt as much as good emotions. Bad emotions are meant to be felt with the same spirit. But we have drawn a line between them Good and Bad and we forget that they are natural. The bad feelings are felt because we are violated in some way, if we are aware that we feel something bad then we do a deep digging into the mind and soul will bring us to notice some unlikable activities that make us aware and uncomfortable.





Expression of emotions should always be encouraged in a healthy way, whether it is good or bad. Of course, we cannot share everything that we feel and also we should choose with whom we want to share our emotions. A lot of emotional clutter can be cleared if only we sit with ourselves and feel what we are feeling. We will know the reason, why are we feeling certain emotions. If possible to do something about it, we should do it. And if we cannot do anything about it then stressing ourselves is not worthwhile anyway.

However, to deal with bad emotions it is always advisable to allow some time. What we think is important right now, will lose its value in a few days, or months. Also diversion of mind and including activities which one loves help to unwind the emotions and bring peace back. These activities are different for everyone. Some of them are a cup of coffee, walks in nature, getting involved with colours, writing the emotions on paper and reading it later helps too, playing a musical instrument anything might work. Dealing with emotions and accepting them is much more helpful than using escape mechanisms.



UNCOMMON ORIGIN OF COMMON EXPRESSION

Take a Rain Check

- by Ravisha



The expression “*take a rain check*” is believed to have originated in the late 19th century when baseball games were often postponed due to rain. Patrons of the game would receive a voucher or ticket, which they could use to attend another game on another day. This voucher was referred to as a rain check.

Today, the expression has become synonymous with politely declining an invitation or offer but expressing interest in taking part at a later date. It is used when someone does not want to take advantage of something available right now but would like what that thing offers at some point in the future.


For example, if you are offered a free meal but cannot accept it at that time, you can say “I’ll take a rain check” to indicate that you would like to accept the offer at some point in the future.



SPORTS

BEHIND THE LOGO

- by Vishwajeet



The National Basketball Association, also known as the NBA, has had four different official logos since its inception in 1946. The first logo was designed by Alan Siegel and unveiled in 1969. It featured a basketball with the letters “NBA” surrounding it. Jerry West, a Lakers basketball player who inspired the logo, is the face of the NBA. The logo's colour scheme (red, white, and blue) appealed to the NBA's viewers' patriotism and served to establish the league as America's choice for professional basketball. Including one of these players in the creation of the NBA logo was a sensible idea and an important design element of the NBA logo. This iconic design is still seen today on many apparel items and other merchandise.

In 1971, the second logo was introduced which featured an orange basketball with red trim set against a blue background, along with the NBA lettering underneath. This logo lasted until 1986 when it was replaced with a more modern look: a black silhouette of Jerry West dribbling a basketball surrounded by white stars and the NBA name written out at the top of the circle.



This logo was used until the 2017-18 season when it was retired in favor of a new design. The current logo, which still features Jerry West dribbling a basketball, is set against a red, white and blue backdrop. It also carries over the stars from the previous logo and adds some new elements such as three stars on each side to represent the past, present, and future of the NBA. This bold design has been well received by fans and continues to serve as an iconic representation of professional basketball in North America.



TRAVEL WITH OWR

A Science Fiction World

Socotra Island is an isolated archipelago located in the Arabian Sea, off the coast of Yemen. The main island is part of the Republic of Yemen and has a population of around 50,000. The four smaller islands are part of Socotra Governorate.

Because of its unique natural environment, Socotra was named a World Natural Heritage site by UNESCO in 2008 and came to be regarded as the "*Galapagos of the Indian Ocean*." There are more than 800 plant species on Socotra, including the amazing dragon's blood trees, and about 40% of them are unique to the island.

Socotra Island





How to Reach in Socotra:

Socotra may be reached in two different ways. One can take a plane to Yemen's capital, Sanaa. The second option is to take a direct flight from Dubai. Every Monday, a flight departs Abu Dhabi, Dubai, at 10 a.m. for Socotra, but visitors cannot book them online since they must go via an agency, which will also arrange the Visa. Because of Yemen's continuing civil war, travelling via Sanaa is not an option, therefore check for trips from other countries.

Things to Visit:

Arher beach, Diksam plateau, Zahik beach and sand dunes, Wadi dirhur canyon, Wadi difarhou natural pool, Shouab beach & dolphins, Socotra dragons blood trees, Bottle tree Socotra, Socotra cucumber tree, Frankincense tree, Detwah lagoon, Qalansiyah beach, Hoq cave, The mountain lake of homhil.

Best Time to Visit:

The ideal time to visit is from October to May, with the peak months being October, November, and February. The best time to trekking and enjoy

outdoor activities in Socotra is during these months since it's neither too hot nor too wet. Wildlife will thrive at this time of year.

Animal populations are even more astonishing, with Socotra being the only place where over 90% of the archipelago's reptile species can be found. It has been described as "the most alien-looking place on Earth". It is unquestionably a scenery that a tourist will not encounter anywhere.

Despite popular belief, it is not extremely difficult to travel to Socotra. To go there, there are some planning logistics you must comprehend, but this page will explain them everything to you so you may appreciate this extraordinary, mind-blowing location on earth.



Publisher



Note From Founder & Editor

Expression of emotion is best communicated when it is written down without fear of judgements. Upstanding in your beliefs is what makes a person different from the herd. Arising above the all odds is what Open Writer's Room celebrates and cherish. With the successful completion of OWR's millennials. We thank our readers and writers who stayed constant part of our work and passion.

We at Open Writer's Room publish your write-ups without understating any language or word limit. So what are you waiting for? Contact us now and know more about it.

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