

# MILLENNIALS

WRITER'S RETREAT



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# OZONE LAYER

# DYING OZONE, KILLING EARTH

- by Nitish Upadhyay

Every morning when you open the window you can feel the warmth of sunrays falling on your face. The lush green beautiful nature around you, and the existence of life on this earth all is possible due to the sun. Sun, being the prime source of energy can also be the reason for sun cancer and can make you completely blind. It is true and it is due to ultraviolet rays present in emitted sunlight.

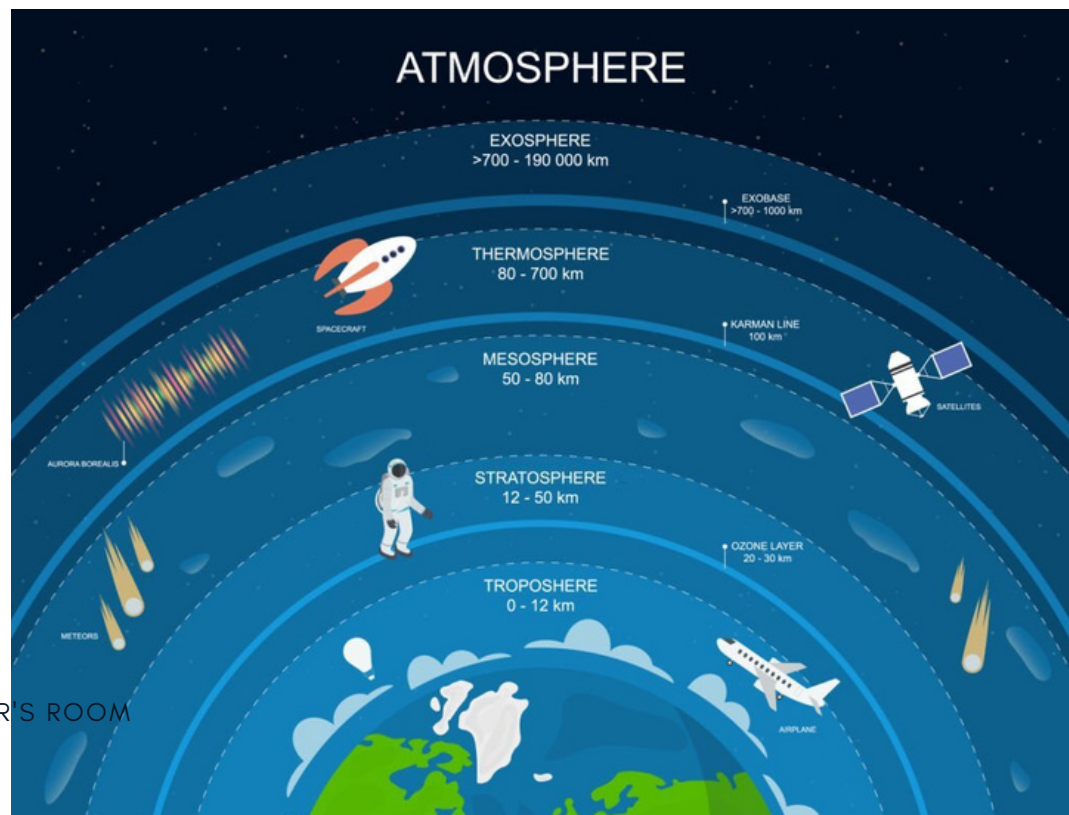
The UV rays severely damage plant and marine life and can cause life-threatening skin cancer and contact in humans. Our Earth was protected from these UV rays by a layer of O<sub>3</sub> molecules called Ozone which is present in the stratosphere approximately 15-35 km above Earth. It can absorb and reflect approximately 99% of UV rays.

In 1985 it was found that the ozone layer was gradually thinning and an ozone hole was found over Antarctica. Approximately 40% of the Ozone layer was depleted and the studies showed found that halons of Chlorine and Bromine .

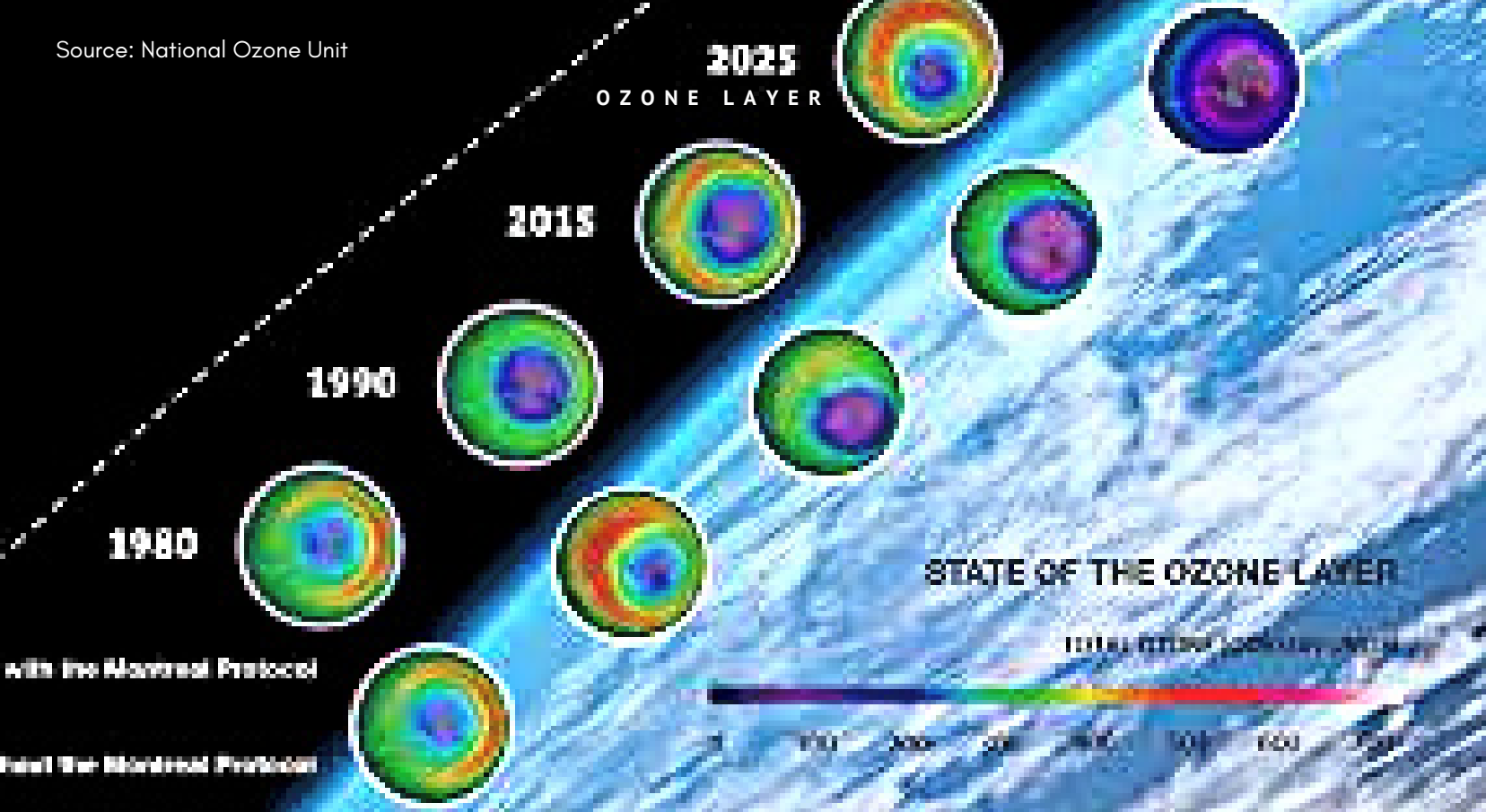
**Earth without the ozone layer is like a house without a roof; Save the ozone layer.**

**Let earth's layer of care remain intact to, Block ultraviolet rays from our list of contact.**

- Neelima Naik







mainly  $\text{CFC}_2$  (Chlorofluoro Carbon) were mainly responsible.

The Chlorine (Cl) found in CFCs breaks down Ozone and it occurs in a chain reaction with Chlorine molecules that has the potency to destroy 100000 ozone molecules. The Ozone hole over Antarctica is reinforced by the presence of a solar vortex, a special circulation pattern in the stratosphere above the south pole.

As an effect of Ozone Depletion, humans can directly be exposed to UV rays and this can lead to skin cancer, weak immune system, contracted and sunburn. As to animals, it can both skin and eye cancer to them. In the case of plants, it can erect the development process by affecting the process of photosynthesis and for the marine ecosystem, it can phytoplankton, which are the basis of the food chain in a marine ecosystem.

### Montreal Protocol

Montreal Protocol which is one of the most successful treaties of **UNEP (United Nations**

**Environment Programme)** was ratified by all members of the UN in 1985. Mainly it aimed to phase out the Ozone depleting substances such as  $\text{CFCs}$ ,  $\text{CCl}_4$  (Carbon Tetra Chloride),  $\text{N}_2\text{O}$  (Nitrous Oxide) and halons of Chlorine and Bromine. But HFC (Hydro- Fluro Carbons) which is a transitional alternation of  $\text{CFC}_2$  is a greenhouse gas with 100 - 1000 times more global warming potential. In 2019, Montreal Protocol was amended and called **Kigali Amendment** which is committed to reducing HCFs by 45% by 2024 and 85% by 2036.

### Legal Perspective

United Nations Human Right Council recognises a clean, healthy and sustainable environment as a universal human right and the right to life (under Article 21) under the Constitution of India has diversified the right to survive as a species with quality of life and Article 48-A and 51-A of Indian Constitution is first in the world conferring constitutional status to environment protection. Although with efforts of International Agencies, Ozone is healing and it is estimated that by 2065 Ozone will be replenished.

# A Child's Responsibility

- by Pooja Adarsh

Child... What comes to your mind after hearing it?  
A little bundle of joy!

A miniature of you and your partner who has filled your life with happiness. You name the emotion and there is a higher chance that you might have felt it. Be it one like the ecstasy when you feel him when you hold him or the exhaustion when you have to be awake night after night to take care of him.

That little baby is perfect he doesn't know anything other than being flawless.

It is often said who doesn't want to have this little bundle of joy?

But, Can our mother earth afford more children?

Before a child is planned every facility that will be given to him is planned and the parents sort their finances and other material things. Even a child's career options are decided beforehand. Ironic, but let's talk about whether can mother earth afford even one more child?

Population impacts the environment primarily through the use of natural resources and production of wastes and is associated with environmental stresses like loss of biodiversity, air and water pollution and increased pressure on arable land. The quality of life reduces, the availability of resources per person reduces, the renewable energy is still renewable but conventional energy needs millions of years for formation. Population increases pressure on resources, greenhouse gas emissions, global warming, and waste creation are just a few to mention. This list continues.







The figures related to orphaned and abandoned child is humongous. The data of worldwide orphans is not limited to 1 or 2 million but is around 153 million. Those 153 million children are looking for families and want to be taken care of.

Now talking about Earth can it sustain life for a long period? Will it be as beautiful as it is now? With the present rate of degradation, war, and selfish human motives it will be short-lived. Even though it may have many billion years left, the earth will lose its ability to sustain itself.

Coming to how child and Earth are related, well every child that is brought to Earth has his own share to consume the resources from the earth. Already with the large population of people, the resources of the earth are under threat and they may not end soon but will eventually vanish and the quality of life will be worse than what we have.

When we were kids we were taught to take care of the environment, plant trees, save water etc. but when we grew up we forgot all these while running the race of life. Children are pure hearts, have pure intentions and have the drive to save the environment but they do lack the means. Being adults, we might miss the drive but we have the means to support and save Earth.

So what can be done to deal with this? Not planning a child is definitely one but not the effective one because a child when comes to life brings a lot of experiences and opportunities to unlearn and relearn life. What else? How about when planning a child not just planning his future but also planning the world that we want to offer him? A small effort on a constant basis to improve the environment around us. We don't have to take care of the whole world but when we start with one thing usually it is followed by other supportive actions. It is said prevention is better than cure, Saving Earth is a better option than relocating to Mars.



# LITERACY IS A TOOL OF DEVELOPMENT?





# शिक्षा संग देश का विकास

~ कृष्ण कांत त्रिपाठी

शिक्षा जीवन का आभूषण है, जो मनुष्य के व्यवहार में चार चाँद लगा देता है। मनुष्य के जीवन में शिक्षा का वही महत्व है जो एक भव्य मकान के निर्माण में नींव का होता है। व्यक्ति जितना शिक्षित होता है उसका आचरण उतना ही संयमित और शालीन होता है। शिक्षा, मनुष्य के व्यवहार के साथ ही साथ विचारों का विकास करती है। अगर भारतवर्ष के इतिहास की बात किया जाये, तो यहाँ प्राचीनकाल से ही शिक्षा को महत्व दिया जा रहा है तथा तर्क शक्ति को बढ़ाने हेतु शास्त्रार्थ परम्परा चली आ रही है, जो एक दूसरे के विचारों को जानने और समझने में कारगर साबित हो रही है। आज भी विश्व के जब उत्कृष्ट विद्वानों की सूची बनती है तो उसमें भारतीय विद्वानों का बोलबाला रहता है। कहीं न कहीं भारत के सभ्यता और संस्कृति का मूल शिक्षा ही है, जो हजारों सालों बाद भी हमें अपने इतिहास से जोड़े हुई है।

## शिक्षा का बदल रहा है स्वरूप

परिवर्तन प्रकृति का नियम है, इसी नियम के तहत वक्त के साथ शिक्षा के प्रारूप में भी बदलाव जारी है। पूर्व में शिक्षा का उद्देश्य नौकरी और जीविकोपार्जन के बजाय आत्मविवेक को तर्कसंगत करके विद्वता हासिल करना होता था। जबकि आज शिक्षा का मूल ध्येय ही बेहतर रोजगार पाना हो गया है। हालाँकि वक्त के साथ साथ चलना ही बुद्धिमता मानी जाती है। इसीलिए वक्त के माँग के हिसाब से शिक्षा में बदलाव भी अति आवश्यक है। परन्तु रोजगार के लिए अर्जित की गई शिक्षा भी रोजगार दिलाने में सक्षम नहीं हो पा रही है क्योंकि जब शिक्षा का लक्ष्य सिर्फ और सिर्फ रोजगार का साधक हो जाता है तो फिर कहीं न कहीं हम शिक्षित होने से वंचित रह जाते हैं क्योंकि शिक्षा से विद्वता और विषय में निपुणता अर्जित नहीं कर पाते हैं।



## शिक्षा के साथ कौशल ज्ञान है जरूरी

पुरानी शिक्षा पद्धति और आधुनिक शिक्षा पद्धति में बदलाव तो हुआ मगर जैसे बदलाव की आवश्यकता थी वैसा नहीं हो पाया। इक्कीसवीं सदी में जबकि विज्ञान अपने स्वर्णिम युग में चल रहा है हर क्षेत्र में तकनीकी विकास हो रहा है ऐसे में जब हम शिक्षा के नाम पर केवल डिग्रीधारी बन रहे हैं तो कहीं न कहीं हम स्वयं के साथ ही साथ देश को भी पीछे ले जा रहे हैं। क्योंकि शिक्षित समाज देश के विकास का सबसे शक्तिशाली पहिया होता है, जो देश को विकास पथ पर तीव्र गति से आगे ले जाता है। जबकि वर्तमान भारत के शिक्षा पद्धति का बात किया जाए तो गाँव से लेकर शहर तक शिक्षित तो बहुतायत में मिल जायेंगे लेकिन उनको किताबी ज्ञान के अतिरिक्त अन्य कौशल ज्ञान शून्य मिलेगा। जिसका परिणाम है कि शिक्षित बेरोजगारों की संख्या दिन प्रतिदिन बढ़ती चली जा रही है।

## तकनीति ज्ञान साबित हो सकता है मिल का पत्थर

मानव के मशीन बनने के युग में जब मनुष्य मशीन का ज्ञान नहीं रखेगा तो कहीं न कहीं वह वक्त से बहुत पीछे छूट जायेगा। वर्तमान समय में जबकि सबकुछ तकनीति के साथ चलता जा रहा है ऐसे में आवश्यक हो जाता है कि हम भी तकनीकी को अपनाएं और अपने शिक्षा पद्धति में बड़ा बदलाव करके बच्चों को किताबी ज्ञान के बजाय आधुनिक तकनीकी से कौशलपूर्ण ज्ञान प्रदान किया जाये। जिससे वो तकनीकी क्षेत्र में बेहतर जानकारी रखें और रोजगार पाने तथा रोजगार के अवसर बनाने में कामयाब हों। आने वाले वक्त में जबकि इंसानी कार्यों को भी मशीनों के सहारे किया जाने लगेगा ऐसे में भारत के युवाओं के लिए यह अति आवश्यक हो जाता है कि



अपने आपको इस ढंग से तैयार रखें कि अपने कौशल के बल पर किसी भी नये फील्ड में अपने आपको आवश्यकता के हिसाब से ढाल लें और ये तभी संभव हो सकता है जब हम शिक्षा को डिग्री और प्रमाणपत्र का आधार मानने के बजाय कौशल पूर्ण हों तथा तकनीकी विकास से अपडेट हों।

## भविष्य में रोबोट से कैसे बचाएं नौकरियाँ?

जैसे-जैसे तकनीक से काम आसान होगा, नौकरियों पर मार बढ़ती जायेगी, लेकिन ऑटोमेशन उन नौकरियों में नहीं लागू किया जा सकेगा, जहां पर क्रिएटिविटी, आपसी सहयोग और सोच-विचारकर फ़ैसले लेने की ज़रूरत होगी। लेकिन इसके लिए आवश्यक है कि हम अपने आपको अभी से भविष्य की चुनौतियों से लड़ने के लिए तैयार रखें। आईआईटी मद्रास के 'प्रोफ़ेसर अशोक झुनझुनवाला' कहते हैं कि "आज ज़्यादातर शिक्षण संस्थानों में युवाओं को भविष्य की चुनौतियों से निपटने के लिए नहीं तैयार किया जा रहा है।"

हालांकि हाल के रिपोर्ट को देखा जाये तो हालात धीरे-धीरे बेहतर हो रहे हैं। कुछ स्कूलों में वर्चुअल लैब के ज़रिए पढ़ाई की जा रही है। इंटरनेट जैसी तकनीक की मदद से दूर-दराज़ के बच्चों को नई तकनीकी से रूबरू कराया जा रहा है। भविष्य की चुनौतियों से निपटने के लिए ये अच्छी शुरुआत है। आज का भारतीय युवा तेज़-तर्रार है। वो बदलावों को तेज़ी से अपनाता है। उसे भविष्य की फिक्र है। जब ऑटोमेशन की वजह से एक सेक्टर में नौकरियां कम होती हैं, तो भारतीय युवा दूसरी दिशा का रुख कर लेते हैं। वो नई चीज़ें सीखने को राज़ी हैं। यदि उन्हें बेहतर ढंग से शिक्षा और सुझाव देकर उनका सर्वांगीण विकास किया जाये तो कहीं न कहीं वो भविष्य में बेहतर कर सकते हैं, जो उनके स्वयं के साथ ही साथ समाज और देश के विकास में भी काफी मददगार साबित होगा।।





# WORLD OF WORDS

# SPIFFING

(adj) spi-fing

- by Ravisha

Spiff signifies a dandy or someone elegantly dressed in the middle of the nineteenth century, but no one appears to have been able to untangle the threads of which sense came first, what impacted what, or where the word originated. Later in time, the word began to denote a person who is well dressed in an elite society. By the later 19th century, the sense of spiff changed to sniffling denoting extraordinary or to say, splendid in a general sense. *"That's a perfectly spiffing idea".*





# STILL



# STILL True colours

- By Panchi Changkakoty

It was already too late when Aparna realised that she was too broken to build any kind of healthy adult relationship in her life. She got divorced, lost all her friends, her family members abandoned her and she lost what was left of her innocence.

With a lot of courage, Aparna decided to go visit a therapist. She wanted help to come out of her anxiety and depression. As she started talking to her therapist, she revealed to her about her early days, her family mainly and why she had turned out to be the person that she is today.

## **Aparna in her own words...**

Ever since I was able to realize things as a child, every morning I would wake up to my parents arguing and

yelling at each other. At times when things turned really wild, my father would slap my mother so hard across her face leaving imprints of his fingers on her skin and deep emotional scars on my mind. Warm tear drops will roll down her cheeks and hit the rice grains which she would silently go on to pick one by one with her hands pretending as if nothing happened. She would pose in front of me and my brother like there is nothing to worry about, everything is fine. But her silence spoke volumes to my young mind and most importantly sent a deep message about domestic violence, paralyzing me with fear, and discouraging me to stand up against any form of abuse from my partner in future.

Can you imagine this horrific abuse became so normal for a five-year-old me that every morning I would wake up to hurls of abuse, yelling at each other, hitting, crying and whatnot? My maternal grandparents were indifferent to the abuse their daughter was receiving from her husband, I guess. My mother would say that they didn't have a choice. My grandparents were impoverished. They couldn't afford to take care of a single mother and her child. But I strongly disagreed with my mother on this. My mother was an educated woman, she could have easily left my father and fetched a job for herself hence saving us from the abuse.

As for my father, he would pose as a flag bearer for all





## STILL

domestic violence victims. Our relatives, neighbours, and family friends would feel sorry for him, cursing my mother, cursing me and my brother for not being supportive enough towards our father. I was really confused. When parents are in a toxic relationship, they don't realise that their children are affected the most. Most Indian women don't leave their abusive partners and choose to remain in such unhappy marriages due to fear of society, and financial dependency for their kids and themselves but what is the point of staying in such toxic relationships when your partner despises, abuses and beats you like that? My mother would say that we need both our parents to have a stable life in future, but I disagree with that. An unhappy home is the worst living nightmare for a child. It scars their young minds and souls forever.

### **Trust issues and fear of relationships**

I started developing trust issues. When two of my closest people had double faces, one angry, abusive, sad face inside and the other posing as a perfect couple on the outside, **how could I trust others?** I could not develop healthy relationships with my husband later on. I started despising men just because I saw my father behaving as a misogynist with my mother or the way my grandparents would keep my mother suppressed. I started getting night-

-mares, I couldn't concentrate properly in school, and my grades went down. I had to drop a year. I had no friends in school as I had difficulty approaching people. I started developing self-esteem issues because my needs were never addressed properly. My parents were too busy being angry at each other and were forever sad. I dreaded coming back home from school every day as I feared watching my mother cry and my father beating her to death sometimes.

I never saw all four of us going out on picnics or sitting together as a family and having a real bonding moment. All I remember is abuse and pretend.

As I started growing up I will always be either sad, angry or just terrified. Mental health is still taboo in our society and I had no one to talk to about what was going on in my home. My parents have grown bitter over the years but the abuse is absent now. There is always an uncomfortable silence at home.

I took a job in a different city after graduation as I could no longer bear the environment in our home. I closed myself up over the years. I am way too careful about meeting new people now. When a guy approaches me I push him away or abandon the connection completely. **Relationships terrify me now.**







# कविशाला

# तू क्यों है अब रुका हुआ

जब निश्चय है कुछ करने का, लहरों से आगे बढने का,  
तू क्यों है फिर ठहरा हुआ, अब वक्त नहीं है डरने का,  
आ चल, तू अब कदम बढ़ा..

अपनी राह पकड़ तू चल, मंजिल को तेरा कद दिखा,  
चाहिए क्या खुद को तुझसे, खुद को पहले ये बता,  
ये मुश्किलें, ये खामियां रहेंगी साथ उम्र भर,  
वो हारने की राह पर तू सबको जीत कर दिखा,  
आ चल, तू अब कदम बढ़ा..

तू सैकड़ों की भीड़ में बस एक शक्तिमान है,  
तेरे सामर्थ्य से अभी तू खुद भी तो अंजान है,  
तू खुद को अपने पास कर,  
तू खुद से खुद की बात कर,  
तू सीने की सैलाब को,  
लहू के अपने साथ कर,  
आ चल तू अब कदम बढ़ा..

रोक मत तू खुद को अब, तू धीरे धीरे बढ़ते जा,  
तू मंजिलों की पर्वतों पर आगे आगे चढ़ते जा,  
कुछ पल चुरा कर वक्त से, तू वक्त अपने संग कर,  
फिर वक्त के बहाव में तू धीरे धीरे बहते जा,  
आ चल तू अब कदम बढ़ा..  
तू क्यों है अब रुका हुआ..

- सौरभ



# FACTUAL FACTS





# THE DEATH TREE

A kind of flowering plant belonging to the spurge family is known as the manchineel tree (*Hippomane mancinella*). It can be found from tropical Southern North America to Northern South America, and its natural range spans.

Due to the apparent resemblance of its fruit and leaves to those of an apple tree, the name "manchineel" is derived from the Spanish *manzanilla* ("**small apple**").

The name "**Arbol de la Muerte,**" which translates to "**tree of death,**" is the name of the plant in Spanish. According to *Guinness World Records*, the manchineel tree is the deadliest tree on earth. Whereas the Florida Institute of Food and Agricultural Sciences found that, contact with or eating of any part of the manchineel tree is extremely harmful and may result in death. Standing under the tree in the rain can cause your skin to burn and blister since the tree is so poisonous.

The tree produces a milky, sticky liquid that drips from the bark, leaves, and even the fruit and can cause serious burns that resemble blisters if it comes in contact with flesh. The most significant responses are believed to be brought on by phorbol, a chemical compound that is a member of the diterpene family of esters, despite the fact that the sap includes a range of toxins.





# TENSION & SUICIDE

# इक्कीसवीं सदी: तनाव और आत्महत्या

~ कृष्ण कांत त्रिपाठी

मनुष्य का अस्तित्व प्रकृति की सुंदर रचना है में से एक है क्योंकि मनुष्य के पास सोचने, समझने और भावनाओं को प्रकट करने की शक्ति है। और जिस सरूप से सृष्टि का विकाश हो रहा है उस रूप से इक्कीसवीं सदी विकास के दृष्टिकोण से सबसे महत्वपूर्ण है, क्योंकि मानव ने मंगल पर भी जीवन ढूँढने में बहुत हद तक कामयाबी हासिल कर लिया है। परन्तु मंगल पर जीवन ढूँढने के दौड़ में मानव ने जीवन का मंगल खो दिया है।

अकसर बचपन में निबंध पढ़ाया जाता था कि "विज्ञान वरदान है या अभिशाप" तब हम सभी के सामने सपनों का एक भविष्य होता था, वो भविष्य जिसके दुर्गम रास्तों से हम अनभिज्ञ होते थे और तब हमें यही लगता था कि विज्ञान सृष्टि के लिए वरदान है। लेकिन वक्त के साथ जब हमारा बौद्धिक विकास हुआ और अब जब हम अपने सपने को साकार होते देख रहे हैं तब महसूस हो रहा है कि, असल में विज्ञान के विकास ने

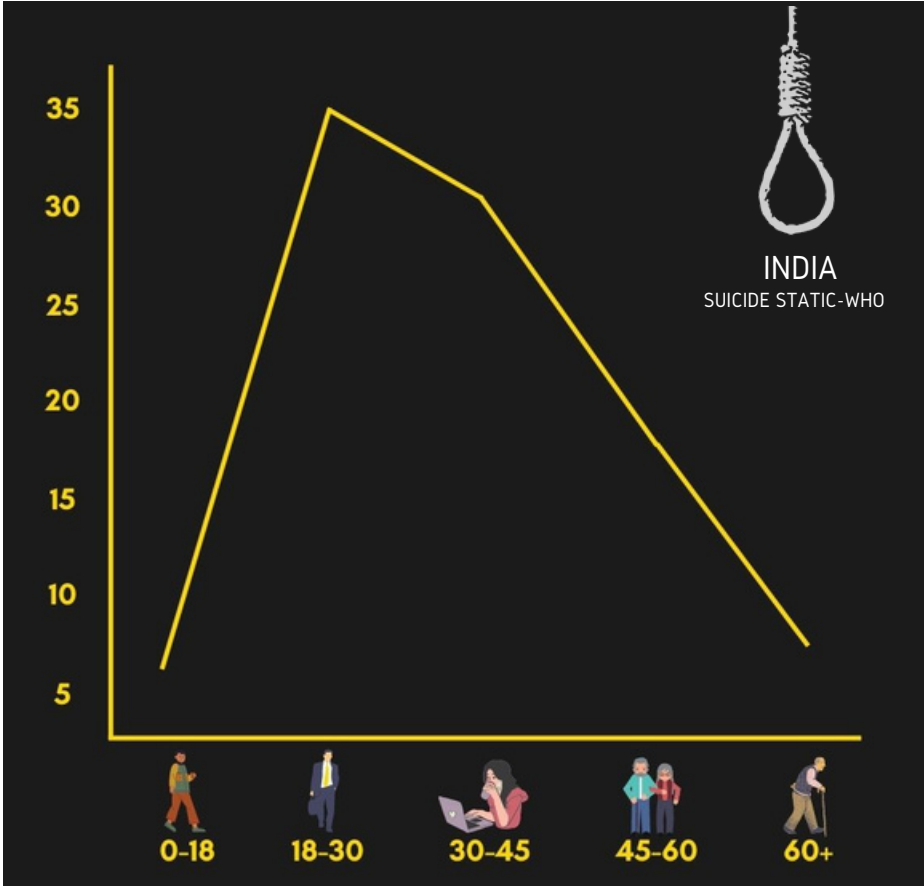
मनुष्य को भी मशीन बना दिया है, केवल इतना ही अंतर है की मशीनों के पास महसूस करने और बयाँ करने की क्षमता नहीं है और मनुष्य में है। परन्तु भागदौड़ भरी जिंदगी ने मनुष्य के इस महसूस करने की शक्ति का इस कदर क्षरण कर दिया है कि वह अपने भाव प्रकट करने की क्षमता को गंवा बैठा है। वही मनुष्य जब दिन भर के भाग दौड़ भरी जिंदगी के बाद रात के अंधेरे में अपने वर्तमान, भविष्य और अतीत के ख्यालों में डूबता है तो अंदर ही अंदर घुँटन महसूस करता है।

इस बनावटी समाज के अनुसार मनुष्य अपने आप को ढाल तो रहा है मगर जब वह एकांत में होता है तब क्या ? महँगे मोबाइल फोन, मेहगी गाड़ी, अच्छी वेतन वाली नौकरी, अच्छा मकान, देर रात क्लब पार्टी से कुछ पल के लिए दिन में खुशी पायी जा सकती है पर जब वह एकांत में होता है उसे अपने अकेलेपन का अहसास होता है। इस निराशा से बरपुर हो जाता है की वह खुदखुशी के लिए प्रेरित हो जाता है।

ताजा आंकड़ों की माने तो विश्व स्वास्थ्य संगठन (World Health Organization) की रिपोर्ट के मुताबिक दुनिया में हर साल लगभग आठ लाख लोग आत्महत्या करते हैं।







जिन्दगी सस्ती  
है साहिब

जीने के तरिके  
मंहगे है

- गुलज़ार

जिनमें से 21% आत्महत्याएं भारत में होती है। हमारे देश में शायद ही कोई दिन ऐसा बीता होगा जब किसी इलाके से गरीबी, भुखमरी, कुपोषण, बेरोजगारी, कर्ज जैसी तमाम आर्थिक तथा अन्य सामाजिक दुश्चारियों से परेशान लोगों के आत्महत्या करने की खबरें न आई हों। भारत में हर चार मिनट में एक आत्महत्या की जाती है। मंत्रालय की ओर से संसद में दी गई जानकारी के मुताबिक देश में युवाओं में आत्महत्या का रुझान बढ़ रहा है। जिन राज्यों में विकास का स्तर अच्छा है और शिक्षा के मामले में आगे हैं, वहां भी आत्महत्या के मामले खतरनाक ढंग से आगे बढ़ रहे हैं। लोकसभा में रखे गए आंकड़ों के मुताबिक देश में 18 वर्ष से लेकर 30 वर्ष के लोग सबसे ज्यादा आत्महत्या कर रहे हैं। देश भर में ऐसे लोगों की संख्या 35.06% हैं। 18 वर्ष से कम उम्र के लोगों की बात करें तो ऐसे लोगों की संख्या 6.91% है। इसके साथ ही 30 वर्ष से लेकर 45 वर्ष के उम्र के बीच के लोगों में भी अवसाद ज्यादा घर कर रहा है और इस उम्र के लोगों में भी आत्महत्या के मामले आ रहे हैं। आत्महत्या करने वाले कुल लोगों में ऐसे व्यक्तियों की संख्या 31.83 % है। देश में 45 से 60 वर्ष की उम्र के लोगों की संख्या भी अच्छी खासी है। जो जिंदगी से निराश होकर आत्महत्या के रास्ते पर चल पड़ते हैं। ऐसे लोगों की संख्या 18.28 % है। देश में 60 वर्ष से ज्यादा उम्र के लोगों की संख्या 7.92% है।

यानी की प्रत्येक आयुवर्ग के लोगों में अवसाद की बीमारी सामान्य रूप से बढ़ती चली जा रही है, प्रत्येक आठवाँ मनुष्य किसी न किसी कारणवश अवसाद का शिकार है और इनमें से हर चौथे मिनट पर कोई न कोई आत्महत्या कर रहा है। सामान्य सा दिखने वाला यह रोग धीरे धीरे महामारी में बदल रहा है। ऐसे में यह जरूरी हो जाता है कि व्यक्ति सोशल होने के बजाय सामाजिक बने और समाज में व्याप्त कुरतियों का विरोध करें तथा सुसंगठित समाज का निर्माण करें जहाँ अवसाद को मजाक का विषय समझा जाने के बजाय गंभीरता से उसका निवारण किया जाए। जिस दिन मनुष्य अपने अवसाद के कारण को किसी से खुलकर बताने का हिम्मत जुटा लेगा, उसी दिन उसके आत्महत्या की संभावना लगभग खत्म हो जाती है लेकिन इस के लिए जरूरी है कि हम ऐसा माहौल बनाये कि अवसादग्रस्त व्यक्ति यह यकीन कर सके कि उसका अवसाद उसके उपहास का कारण नहीं बनेगा क्योंकि उपहास उसे और ज्यादा आत्महत्या के लिए प्रेरित करता है। अतः हम सभी यदि अवसाद को एक गंभीर बीमारी के तौर पर देखकर इसके लिए संवेदनशीलता बरतते हैं तो बहुत हद तक अवसाद से हो रही आत्महत्या को रोक सकते हैं।

# REVIEW





# Book Lovers

-By Mehak

Every book is a special journey that one takes in their lifetime. Sometimes we live several lives through the characters of these books and travel, live, laugh & love through them vicariously. One such journey is this book called Book Lovers. These are writer Emily Henry's three famous books, which are widely loved by readers. Book Lovers tells the story of Nora Stephens as she struggles through her life and career and how she has to move out of her comfort zone to explore her vulnerabilities.

Nora Stephens is in a way the 'It Girl', 'That Girl' or the 'boss lady', she has her life sorted out, has a great skincare routine, a great apartment and is in love with the life she has built in New York. She has a job that she is passionate about and has her younger sister whom she loves and adores and wants to protect at all costs. Her character is quite well-written, it was easy for the writer to fall into the trap of cliché with Nora's character but she manoeuvres her way through Nora's character development beautifully. She is strong and independent but at the same time she has a vulnerable side to her which is heavily guarded and that aspect is beautifully portrayed. The other characters embellished around the main character are just as beautiful.

If the review has to be summed up, then it can be said that it's a beautiful journey. But, then there's so much more to it. Emily Henry has done a delicate and brilliant job with this book. As our main character, Nora is a literary agent, we can find many book quotes and references, it is in a way a book inside a book. The journey of this book is a complete sensory experience,



the way the various feelings, smells, changes of seasons and sights are explained is marvellous.

As it is necessary to do these days, I must give this warning that despite everything this book is a book about love. Without giving much away, this book has the enemies-to-lovers trope, where Nora Stephens meets her arch nemesis, Charlie Lastra, outside of work situation and something begins to brew. This being said, I was afraid that it will lead to some cringe cliché situations but this book does not delve into those. Rather, the book is a mature take on the contemporary dilemmas one faces in modern life, the importance of family and work-life balance.

More than anything else, this book is brilliantly written. The writing style is one which propels one to read more. This book is filled with some heart-wrenching and some heart-crushing quotes. There's at one point reference to the famous quote from the classic Wuthering Heights. The love towards books has been shown to be a genuine one and nothing seems to be forced and everything makes sense. This is one thing which leaves one thinking about the book even long after it is read. For anyone looking for a great summer read this is the book one should pick up. Emily Henry does not disappoint.

# BIOGRAPHY

An abstract graphic design featuring a central figure composed of overlapping, semi-transparent shapes in a vibrant color palette of red, orange, yellow, green, blue, and purple. The figure has a rounded head and a wider, more complex base. Several thin, black, hand-drawn lines are scattered around the figure: one loops around the right side of the head, another curves along the left side of the neck, and a third is positioned near the top left. The background is a light, neutral tone.





## BIOGRAPHY

# EK ECOKAARI

ecokaari

HUMANISING FASHION

-By Ravisha

Small acts make big difference, but what if you dedicated your life to making this difference? Could anyone dare to make a fabric from plastic packages which is degrading the environment heavily at lightning speed? Mr. Nandan Bhat, the founder of EcoKaari is the daredevil who put behind him a high-paying corporate job for his love of nature.

So, how did he set up this? He built a team of a liked minded people, craftsmen, artists, production and Management. The idea was to upcycle plastic garbage into beautiful handwoven cloth utilising charkhas and handlooms with the support of low-income women and adolescents. This serves immediate two important issues, employment for women and young teenagers and the production of eco-friendly utilities. The cloth weaved from this upcycled plastic would subsequently be utilised to create everyday utilitarian goods like purses, fashion accessories, home décor, and workplace stationery. Straightway, this low maintenance yet time-consuming mechanism enshrined the hopes of saving the environment and providing a better chance and means of income to the Kaarigars, the craftsmen. And, this is how EcoKaari came to be.

How Eco- friendly utilities can help the system and us back? The fabrics that today's clothing and fashion industries uses, are a higher chance of using toxic chemicals to fabricate their fabrics and as a consequence when they are disposed off mindless these chunks ill-treat the resources and mix with them, just like bits of pieces are seen on water resources or the chemical waste is mixed with the reservoirs. This contaminated water is often used by farmers to produce the grain and pulsed for us. Just like Karma, the toxic chemical that once was worn by us, directly or indirectly, is now eaten by us, causing severe health issues. Here is what eco-friendly products do, they keep nature blooming and produce less or no waste that can be reusable.



Products sold at [ecokaari.org](http://ecokaari.org)

close.

# EMERGING MARKET

F*	Bid price	Bid yield	Day's chge yield	Mth's chge yield	\$
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# FINANCE & INVESTMENT

BBB-	117.25	3.24	1	-0.20	2.28
BBB-	123.75	3.10	2	0.23	2.13
BBB	120.81	2.17	2	-0.55	1.21
BBB	141.94	2.86	5	-0.41	0.97
XCH	36.50	40.67		0.28	38.75
BB	135.06	4.44	-0	-0.05	1.88
BBB	162.31	4.13	-0	-0.18	0.96
BB+	153.63	4.34	-0	0.38	1.17
BBB	116.88	4.61	0	0.02	2.05
BBB	135.38	5.41	-0	0.09	1.12
BB+	110.00	5.87	-0	0.02	1.59
BBB	113.00	3.59	-0	0.01	0.05
A-	99.94	3.64	-0	0.11	-0.15
BB+	102.00	4.52	0	0.09	-0.01
BBB	105.63	4.69	0	0.01	0.10

close.

M

D

PS

UK

04/21

2.00

09/20

12/40

4.2

04/13

0.6

04/16

2.0

02/21

3.6

02/41

4.7

on close.

ds: Local market standard An

at 12.5 per cent payable by r

# BOND INDICES

## Markit iBoxx May 5

Overall (£)	1093
Overall (\$) †	3262
Overall (€)	2276
Global Inflation-Lkd †	97
Gilts (£)	33
Corporates (£)	703
Corporates (\$) †	2111
Corporates (€)	1196
Treasuries (\$) †	156
Eurozone Sov (€)	263
Pan-Asia unhedged	54

Euro Corporate (€)

321

Euro Emerging Mkts (€)

16

Eurozone Gov't Bond

247

# CREDIT INDICES



# WINT WEALTH

-By Gaurav

Something very new and something which in its name itself is interesting is emerging in recent trends. Wint wealth is a platform which raises money for **NBFCs (Non-Banking Financial Companies)**. These NBFCs issue bonds to raise funds and the ticket size for the bonds is large like Rs. 2 lakhs, 5 lakhs or 10 lakhs. For retail investors, it is a huge amount. So, they were not able to invest directly in NBFCs.

An investor can invest through Banks and Mutual Funds, nevertheless, they add their margin before investment, thus the actual cost of the fund increase and when returns are received they do keep their share of profit so returns are reduced. Wint, here emerged as a platform making it convenient for retail investors to invest in NBFC bonds as the ticket size is reduced to Rs. 10000. Wint invests in senior secured bonds.

Now talking about what are bonds and senior secured bonds?

Bonds are debt instruments where the issuer (the borrower) is obligated to pay fixed or floating interest rate and the principal during a fixed period of time. Bonds happen to be of two types, i.e. Unsecured bonds and Secured Bonds. Unsecured bonds are not backed by any security, i.e if the NBFC goes bankrupt the recovery of the amount will be tough. On the other hand, Secured bonds are one that is backed by sufficient securities. So, if the company winds up, you have a higher chance of getting back your principal amount. Senior Secured Bonds, they have secured bonds the repayment of which will be prioritized in the case of winding up of the company.

Let's look into the Pros and Cons of it:-

## PROS

1. Wint wealth offers a return of around 9 -11 % whereas the most that you can earn by investing in FD would not exceed 7%.
2. Wint Wealth provides a return in a short duration i.e 2 years. In the case of FD, the same would take around 5 years.
3. Wint Wealth works under the guidance and regulations issued by SEBI and RBI, so it is a trusted platform for investment.
4. Some of the bonds of the Wint platform are listed on the stock markets. This gives liquidity to the instruments.

## **CONS**

Wint has a lot of attractiveness yet it holds some cons to be considered

### **1. Credit Risk**

A lot of times, the investors are scared that their investments might get to zero if the start-up winds up. In many cases, unsecured bonds have landed these investors in huge losses. Wint Wealth removes this risk by letting only those companies on their platforms that have excess security pools cover their raised funds. You can even go for Amortizing bonds, under which you can easily retrieve your principal amount in instalments in a specific period of time.

### **2. Liquidity Risk**

Although you can buy these bonds whenever they are available, you might face issues when you want to sell them. This is because these bonds don't have much liquidity at times, even when they are listed on the stock exchanges. The best way to deal with it is to invest only that amount that you can hold for a period of time. Wint assists in this by providing good returns in a short period of two years or even one year. Through this, the investors don't have to wait for earning their interests and the principal amount.

### **3. Fraud Risk**

No one knows when fraud can happen to someone. There have been many instances when people have been conned with lakhs of capital. Similarly, people are not 100% confident in these bonds. Wint offers the full safety of these bonds through different practices. First of all, any and all the bonds are cherry-picked by them. Wint only brings those companies that have low leverage.

A Low leverage company means that it has a low debt-to-equity ratio. This means that when the company ends its operations, it will be able to pay off the debts through its equity.



**unlocking fixed-income assets earlier  
only accessible at high amounts**



# TECHNOLOGY

The background of the page is a vibrant, futuristic digital landscape. It features a glowing city skyline with various skyscrapers in shades of blue and purple. In the center, a hand is shown holding a glowing, spherical object composed of many small points of light. To the left, the profile of a person's face is visible, looking towards the right. The overall scene is filled with vertical lines of light, glowing particles, and a sense of depth and movement, creating a high-tech, cybernetic atmosphere.



# “NEW TECHNOLOGY” IS THE “NEW VILLAINS”

By- Sudhanshu



## TECHNOLOGY

**Today** we are using the latest tech company devices like; Apple, Tesla, Microsoft, Samsung, etc., no matter which tech company's devices you are using. If your device has rechargeable batteries, it means they are using cobalt. Without cobalt, their batteries wouldn't last that long or even catch fire. But we don't even know that the cobalt used in these batteries comes from the world's poorest country “Congo Republic”. Today, more than 70% of cobalt comes from the “Democratic Republic of Congo” (DRC). Day after day, the price of cobalt is increasing, but the economic condition of DRC is still the same. DRC is still one of the poorest countries in the world. So here are the points like, where is all the money going? Who is getting the profits from cobalt? And how did the New Tech become the New Villains?

Suppose one day you will start digging in your backyard and find some minerals. This news spread all over the world, then someday, the government will take your backyard somehow. But the question what if your whole town found that mineral inside their house or outside the home? What is the action of the government in this situation? And remember that your country is poor, and the government is full of corrupted people. Now tell me the answer. Leave your response and listen to what happens with DRC. When the world finds the news that DRC is full of Cobalt. International tech companies went “as greedy as a hog”. And they know how to manage the DRC very smoothly. They offer an enormous amount to the government for the blindfold. Big cash with a good gesture to the police to pass the Cobalt outside the country. Arms and money to rebel groups to manage the cobalt refineries and provide them security from those who speak against them. Hey, Do you think that companies like Tesla, Microsoft, Apple, etc., do all these things? No, dude, you are wrong. These companies never do these illegal kicobalt, no equipment for the safety of the people digging the mines, and no help for the people who become sick





from the side effect of cobalt. Somehow, we think the people of DRC are dumb; why don't they ask these questions? So do one thing: Search for a very needy person needs of stuff, but their allies can. These big companies sent their partners to run cobalt mines. So directly or indirectly, you can understand where all the money going.

DRC is one of the poorest countries in the world. And finding cobalt is big news in their life. This is something more than a miracle for them. Until they don't know what is going to happen next. Allies set up their cobalt refineries and announced that come with the sack of cobalt and take the money. People think that this is a simple and reasonable rule. But no laws to set the price of who wants to do any work to fulfil the needs. Then offer him any kind of work like; cleaning or something and at the end of the day give him money sorry a little extra money but never provide him regular work or enough money to fulfil his needs. Now you will see he never asks you for any safety equipment or other extra stuff. This is exactly what is happening to the people of DRC. Next, the big and significant problem of cobalt mines is child labour. Approximately 40,000 children between the ages of 6 to 13 are working in the cobalt mines. Many of them get severe injuries at an early age like; Thyroid problems, poor eye

vision, heart disease, breathing issues, etc., and even sometimes death. Many pregnant women work in the mines to fulfil basic needs, but they get severe illnesses. When they're giving birth to babies, you imagine how the babies can survive in this condition: inhaling the cobalt radiation, drinking poisonous water, etc.

We are sitting in our house scrolling the smartphones, riding tesla on the road, and thinking how smart we are. Yes, you are smart, but knowing the world about isn't make you smart. We are talking about green energy sources, and we care about climate, but what about the people dying regularly from our green energy? Are they not part of our environment?

This is a dark truth of our high-tech world. I am not saying stop buying a smartphone and electric vehicles. I want you to be aware of your world. Have you ever heard of #NoCongoNoPhone. I bet only 2% of people may know this hashtag. Just all the trends and hashtags why you guys don't set the trend for DRC people so they can get good medical facilities, better education for their children, and safety equipment for all the people working in the mines. They are also part of this earth you try to save from their blood-stained cobalt.





# UNCOMMON ORIGINS OF COMMON EXPRESSION

## SPICK-AND-SPAN

Sailors have given many words being used in English language. This is one more phrase deriving from our seafaring past- (spic-and-span). It alludes specifically to shipbuilding; a spic was a spike or nail, and a span was a plank, or perhaps a shaving, of wood. This phrase was originally slick-and-span new, meaning that every nail and every piece of wood was new in other words, that the ship was brand new from stem to stern. (i.e., from front to back or top to bottom)

A more elaborate explanation is this: a new sailing ship, arriving directly from the shipyard, might still have some wood shavings visible on the deck, and the heads of the nails or spikes used in its construction might still have an eye-catching shine - all evidence of the perfect, spic-and-span, condition of the new ship.

Lal Singh,  
Retd Chief Engineer(IMS)





# SPORTS



# A DARK CLOUD HANGS OVER INDIA

By Vishwajeet



When 130 billion Indians were celebrating the 75 years of Our independence on 15 Aug. It was time when every Indian was full of high Josh and waving tricolour everywhere while celebrating the HAR GHAR TRIANGA under Azadi ka Amrit Mahotsav. Just after it news came that broke the heart of every Indian. The news was "FIFA suspended the All India Football Federation for undue interference by a third party." a first since the Federation was formed in 1937. It's very shameful for India worldwide.



**ALL INDIA  
FOOTBALL  
FEDERATION**

As a sports fan and a writer, it's my duty to aware you and put some highlights about this news and also try to make you under what circumstances FIFA suspended the Indian football federation.

We know very well that our youngsters are doing their best to perform at the global level but due to dirty politics makes it more and more difficult for Indian sports to get global recognition. Now it seems that "where there is dirty politics, there is a degradation". All Indian football federation has faced this humiliation because they didn't conduct a timely election and why it failed due to a delay in finalising its constitution. And this happened Just because of political interference and prevented the proper functioning of the federation. Prafull Patel who has been the president of the federation for 12 years i.e 3 times continuously and didn't want to conduct and

further elections. Meanwhile, FIFA had given several warnings to India for conducting an election time but it doesn't happen. Finally, on 18 May apex court had to step in and created a committee of administrators considering the national sports development code of India and took the presidency from Praful Patel.

# FIFA

## **Bone of contention**

The job of the committee was to finalize the constitution, conduct an election and manage the day-to-day affairs of AIFF. Committee has decided on the electoral college of AIFF which consists of 36 representatives from the football association and the same 36 representatives of eminent football players 24 males and 12 female football players who played at least one international match and retired at least 2 years before. But FIFA and AFC didn't like the composition of this electoral college it was different from their design of the electoral college. FIFA opposed the inclusion of individual sportspersons in the AIFF general body, saying it violates the FIFA Statutes 2022. FIFA wanted 25% of former players as members. And this was the cause of friction between FIFA and AIFF. The issue escalated so much that FIFA decided to ban AIFF. Suspension means no Indian team, club or country can play or host any international matches. Sadly India will lose the hosting rights of the FIFA U-17 Women's World Cup which is going to be held on 11 Oct 2022 in Odisha. Not surprisingly India is not the only country which gets suspension by FIFA, Pakistan, Kenya, Chad, Zimbabwe already got a suspension. Also, you get surprised that even the Indian Olympic Association and Board Hockey of India already got suspension warnings from IOC and IFJ respectively for not conducting a timely election and interference of another party in the body.

## **Is there is a ray of hope?**

A senior member said That CoA had agreed to FIFA's demands to conduct an election without eminent players, after hours of this agreement the ban was announced. So it is possible that after the agreement is final, FIFA may remove this ban soon. And FIFA U -17 women's world cup can be conducted timely. Let Finger crossed that this matter resolve as soon as possible and there is no more humiliation faced by our India.







# QUICK BITES



# भरवा परवल

-कल्पना त्रिवेदी

## सामग्री -

मूंगफली 2 चम्मच, लाल मिर्च पाउडर 1 चम्मच,  
सौंफ 1/4 चम्मच, धनिया पाउडर 1 चम्मच,  
खसखस 1/4 चम्मच,  
बिरयानी मसाला 1/4 चम्मच,  
प्याज़ 1 पीस, आमचूर 1/2 चम्मच,  
अदरक 1 टुकड़ा, मिल्क पाउडर 2 चम्मच,  
लहसुन 4-5 कली, बेसन सेका हुआ 1 चम्मच,  
हरी मिर्च 4-5,  
हरी धनिया बारीक कटी 2 चम्मच,  
खांड 1 चम्मच, हल्दी 1/2 चम्मच

## बनाने की विधि -

मिक्सी के जार में मूंगफली, सौंफ, खसखस डाल कर पीसें फिर इसमें प्याज़, अदरक, लहसुन, मिर्च और थोड़ा पानी डाल कर पीसें फिर पेस्ट निकाल लें अब इसमें बाकी मसाला हल्दी, लालमिर्च, धनिया पाउडर, बिरयानी मसाला, आमचूर, मिल्क पाउडर, बेसन, हरा धनिया खांड, नमक डाल कर अच्छे से मिक्स करें अब परवल को छीलकर बिच से चीरा लगा कर उसमें मसाला भरें। अब कुकर में 3 चम्मच तेल गर्म करें जीरा डालें फिर परवल डालें। बचा हुआ मसाला डालकर चलाएं 1 1/2 कप पानी डालकर 2 सीटी आने तक पकाएं फिर रोटी या भाकरी के साथ सर्व करें।







# TRAVEL WITH OWR



# LAOS

## HEAVEN FOR BACKPACKERS



The Republic of Laos is a landlocked nation with a small population that is located comfortably in Southeast Asia. The nation is well-known for its breathtaking nature, which includes tall mountains, verdant rainforests, sparkling rice fields, and slopes covered in tea leaves. This nation of lotus eaters is made all the more charming by its distant tribal townships, historic Buddhist caves, rich cultural heritage, café culture in the cities, magnificent colonial architecture, and tranquil stupas.

Laos offers a wealth of activities, including taking in the country's stunning natural scenery and learning about its many different cultures. Laos is also known as the "backpackers' paradise" since it provides the ideal experience for those looking for adventure. If you wish to explore one of the largest caves in the world, you should travel to Vang Vieng. Alternatively, you may just swim and relax in the turquoise lagoon of Tham Poukham Cave.

### **BEST TIME TO VISIT**

The months of November through February are the ideal times to visit Laos. This time of year offers some of the nation's most vibrant festivals together with lovely, cool, and dry weather. But for some reason, August is the busiest month for travellers.







## **PLACES TO VISIT IN LAOS**

Si Phan Don (4000 ISLANDS)- Champasak, Buddha Park- Vientiane, That Luang- Vientiane, Wat Phu- Champasak, The Plain Of Jars- Xiangkhoang Plateau, Bolaven Plateau Waterfalls, Wat Xieng Thong- Luang Prabang, Mekong Riverside Park, Nong Khiaw, Pathet Lao caves, Tham Kong Lo- Khammouane, Phonsavan, Vieng Xai, Wat Sisaket-Vientiane, Bokeo, That Ing Hang Stupa- Savannakhet, Kuang Sii Waterfalls- Luang Prabang, UXO Laos Visitor Center, Elephant Village- Luang Prabang, Mount Phousi- Luang Prabang, Patuxai Park, Xieng Ngeun Temple, Haw Phra Kaew, World Peace Gong, Lao National Museum, Tham Chang Cave, Tham Nam Water Cave, Tham Poukham Cave, Kaeng Nyui Waterfall, Haw Kham (Royal Palace), Wat Chanthaburi, Wat Phou Salao, Ban Tong Night Market, Nam Ngum Dam, Cave of the Monkeys and many more.

# 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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