

WORDS VERSE



Scientific epiphany

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AIS MV, Alumna

With chemicals and potions

Galaxies, stars, black holes
Coldness of the end poles
It is all about the science
Such a beautiful reliance
Who are the white dwarves
Part of a story; true or false
They do exist, but in the sky
Miles away from us high

Trust me it is really fun
Once everything is done
Science can make us cry
But it can also make us try
Do not forget the aliens
Who are the only villains
Who are cute and scary
Important for scientific fiery

What about Jupiter and Mars
Live hidden amongst the stars
Spot a constellation in the sky
Promise to must give it a try
Dare to leave the sky away
And come to the lab's way
Experiments and explosions

Science can make us learn
How the stars and fire burn
And how to control our mind
When we have no way to find
Science is enemy and friend
It is a vital source of amend
Without a sense of end
Today's most advanced trend.

(Diya is currently pursuing BTech in Computer Science from Manipal University, Jaipur)

FIND SPOT

My

➔

Stop circling. Start shopping

NO MORE CANCELLING WEEKEND PLANS FOR "NO PARKING" .
FIND MY SPOT SCANS IN REAL TIME TO SHOW YOU AVAILABLE
PARKING SPACES IN YOUR FAVOURITE MALL . SCAN THE QR
CODE AT THE PARKING SLOT AND PARK HASSLE FREE

NOW AVAILABLE ON IOS AND ANDROID

REAL TIME
SPACE
DETECTION
POWERED BY
SENSORS

ENLISTING
OVER50
MALLS

GPS TRACKING
SYSTEMS ALLOWS
USERS TO NAVIGATE
TO THE NEAREST
PARKING SPOT

PREBOOK
YOUR PARKING
SLOTS

Disclaimer: Real scientific principles. Fictional ideas with a potential future.

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The standards of wellness



Continued from page 1

Navigating wellness... ...a balanced approach

At the end of the day, it's easy to be swayed by online trends and purchase a 48 USD face mask without questioning its ingredients or benefits. But true wellness requires a critical approach. A 2021 study by the Global Wellness Institute found that only 31% of consumers thoroughly research wellness products before purchasing, highlighting the need for more informed decisions. Ask your-

self, "Will this product genuinely improve my health?", "Will getting my nails done really alleviate my anxiety?" The reality is that wellness is highly individualised. What works for one person may not work for another. Intermittent fasting might be perfect for your favourite YouTuber but could be harmful for you. Research from the Mayo Clinic indicates that personalised health approaches like listening to your body, understanding its limits, and figuring out what works for you are crucial. Remember, taking a mudbath or drinking green juice for breakfast

won't necessarily resolve your health issues. The wellness industry has become a gamble with studies, showing that over 40% of wellness products lack substantial scientific backing. Consumers must tread carefully, critically assessing each trend before making decisions in the name of self-care.

While the wellness industry continues to evolve, consumers must remain vigilant. By approaching wellness with a discerning eye, one can navigate the industry's pitfalls and focus on what matters - your health, your terms. 🇮🇳