

# The Teenager Today

January 2024 ₹45

**Are You  
Ready to  
Face Your  
Future?**

**Change  
Your Life...  
One  
Resolution  
at a Time**

**NAVIGATING  
NEW BEGINNINGS**

**Voices of Hope for the Coming Year**

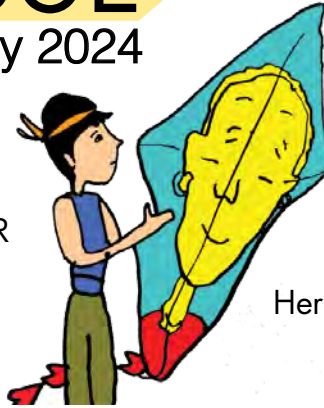


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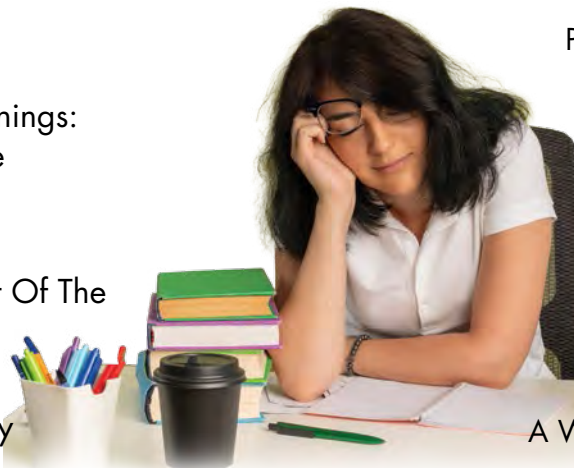
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A White Blank Sheet



DR NAVNIIT GANDHI

**D**ear teenagers,  
This open letter to you can be the key with which you can open several doors — doors leading to success, and a fulfilling life.

Let me ask you a few questions:

*DO you think that you are a capable, smart and a meritorious teenager?*

*ARE you ready to face life head-on and embark on your journey towards the future?*

*DO you think that you are better than several others you know in your network?*

*DO you want to succeed in life?*

*DO you dream of a life that gives you complete happiness?*

*DO you wish to travel around the world? Have a wonderful house and live happily with a loved one?*

*HOWEVER, are you feeling a bit unsettled and confused now? Perhaps, even a bit confused?*

*ARE you afraid of facing the future?*

If the answer to most or all of the above questions is YES, then this letter is certainly meant for YOU!

You must be learning a lot these days; observing, listening and processing a lot of information, and the source of this info could be:

\* Your parents telling you that you are simply the BEST and that your place shall be amongst the stars! Or reversely, some telling you that you are STUPID, useless and that you won't accomplish much in your life.

\* Many ideas must be forming and desires taking birth from the K-dramas or content appealing to you on OTT platforms.

\* You must be observing a lot happening in the lives of your peers, classmates and friends.

\* You must be watching your favourite actors or sports stars and role models living luxurious lifestyles, making you envious of them.

A lot must be going on in your minds, isn't it? *What to*



*do? Which decisions to make? Some of you must be worried of failing too; of not making it big or of not getting it all in life.*

The key to success in your personal and professional life is: **IDENTIFY AND BREAK THE ILLUSIONS!**

Some of the common ILLUSIONS you must break free from are:

★ YOU are neither the BEST, nor STUPID and USELESS. Most of us are never in either of these two extremes. All of us are somewhere in between!

★ You will not be a WINNER always. FAILURE is a reality none of us can avoid. Everybody fails or will fail at some point of time or the other or even very often.

Struggles are REAL and inevitable, whether you like them or not.

★ The world isn't perfect — and can never be; nor will ever be. Mostly, things will not be fair; life will not be fair. It rarely happens that a person gets his or her due. Usually none of us get what we each deserve. Yes, merit too does not always triumph. And we do not get in proportion to the capabilities we have.

★ People and situations will never turn out to be as they seem or as you think they are.

★ Not much will always remain the same either. Your relationships will change; your own likes and dislikes will change and phases and seasons will change in life.

If you do not harbour the aforesaid illusions, you are likely to succeed better and faster, for you will neither waste time in brooding, nor in getting up after you stumble and fall.

Be PREPARED, therefore, that there are millions who are as capable as you are. Yet somehow, all of us do manage to find a place of our own; a place where we stand and from where we take off. Do not think that you are special or that you deserve the best. No, there are





# Namya Joshi

## A Vibrant Edupreneur

ARYA KUVESKAR

Here's another *naari shakti* inspiration from the fields of Ludhiana: sixteen-year-old Namya Joshi. She's an ambitious, passionate, and incredibly energetic girl who loves to play *Minecraft*. In addition, she is a student at Ludhiana's Sat Paul Mittal School and Microsoft's official Minecraft Student Ambassador.

When she observed her pals struggle with their studies back in 2018, she thought, "Why not mix in some *Minecraft* gameplay with the lessons?" Namya, then in Class 6, hurried home to the drawing board and completed her first render — an Egyptian civilization. Her project was well appreciated. She calls her parents, grand-parents and principal her backbone. No doubt we can say that she is a support system to herself as she says, "If I cannot support and motivate myself nobody else can!" Her motto: "Stay true to yourself, yet always be open to learn, work hard and never give up your dreams, even if nobody else believes."

A pioneer in the development of a new way of teaching and learning, a student Minecraft mentor and

Then 13-year-old Namya Joshi with Microsoft CEO Satya Nadella at Microsoft's Future Decoded technology summit in Bengaluru in 2020.



a public speaker, this goodness ambassador leverages technology to help make education accessible, effective and responsive to the needs of students. She has attained ACE1 and ACE2 certifications from Adobe and received the Trendsetter badge by completing all the certifications. She believes in #EachOneTeachTen, and with this motto she has trained teachers and students in her region, country and across the globe on the power of *Minecraft*, makecode,

Python and other ICT Tools using Skype, Teams, Zoom or Google Meet.

In January 2021, she was chosen to be the recipient of the 2021 Pradhan Mantri Rashtriya Bal Puraskar. In addition to having a blog of her own, the extraordinary seventh-grader just started a YouTube channel. Namya was an Ambassador for SDGs for Children after winning the National Minecraft Competition in 2018.

Namya teaches us that age is never a deciding factor in life decisions. The finest outcomes will come from following it fervently,

diligently studying it, and with trust. Namya is one of the rare diamonds of this generation of youngsters who have made the most of technology and their abilities. In addition, she has brought pride to the country, her parents, and other loved ones. May she be an example for many more generations to come.

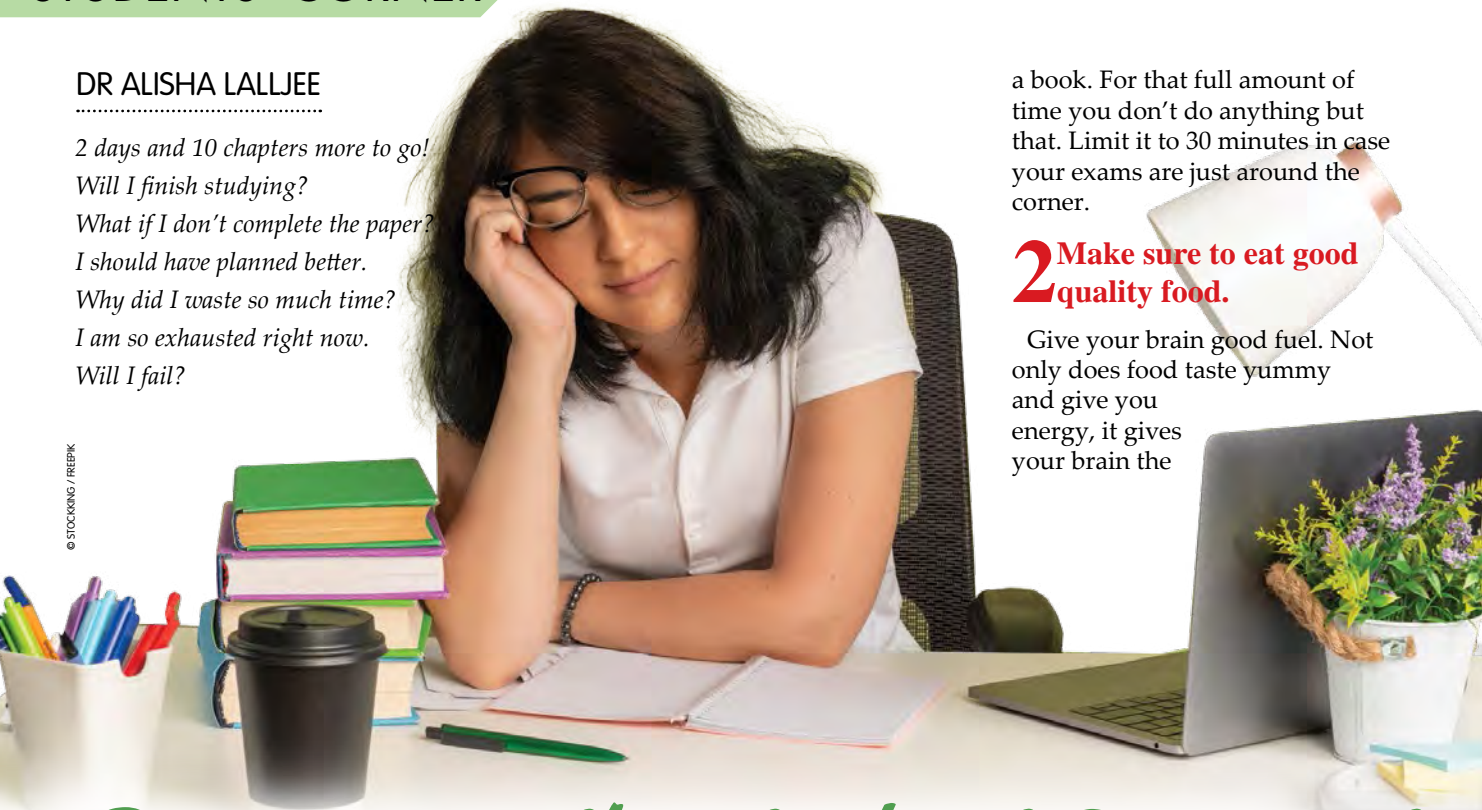
**Arya Kuveskar** is a 15-year-old, Class 10 student of St Charles High School, Mumbai.



DR ALISHA LALLJEE

*2 days and 10 chapters more to go!  
Will I finish studying?  
What if I don't complete the paper?  
I should have planned better.  
Why did I waste so much time?  
I am so exhausted right now.  
Will I fail?*

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a book. For that full amount of time you don't do anything but that. Limit it to 30 minutes in case your exams are just around the corner.

## 2 Make sure to eat good quality food.

Give your brain good fuel. Not only does food taste yummy and give you energy, it gives your brain the

# Dealing with Student Burnout

How often have you asked yourself these questions? Students often feel that the syllabus is very limited and that they can finish it in a single reading, until they actually sit with their books and realize that it's a completely different story. Planning and organization play a key role here. Most students underestimate their time and this leads to them fumbling last minute. It is also said that students generally start studying the subject they like the most. It is suggested that you start with the subject that you find the most difficult.

Learning certain strategies to retain information better is very important. How do we learn the colours of the rainbow? VIBGYOR is the word that helps us recollect all the colours quickly. In the same way, students need to form certain strategies to grasp lessons better.

Academic burnout is very common, it is also on the rise when a student is less prepared. This is because the anxiety of being underprepared adds to the burnout and fatigue.

## Tips to help you deal with academic burnout and conquer demotivation

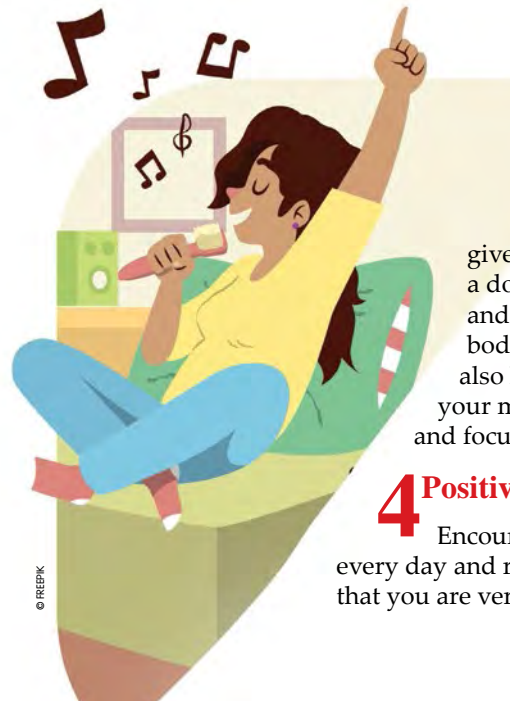
### 1 Make time for things that make you happy.

Set aside a time where you only do things you really like. It could be watching a good movie or reading

nutrients it needs. Do not starve because you need to be in shape or because you do not have time to eat.

### 3 Get some exercise.

Moving your body has a host of benefits. It can help you sleep better,

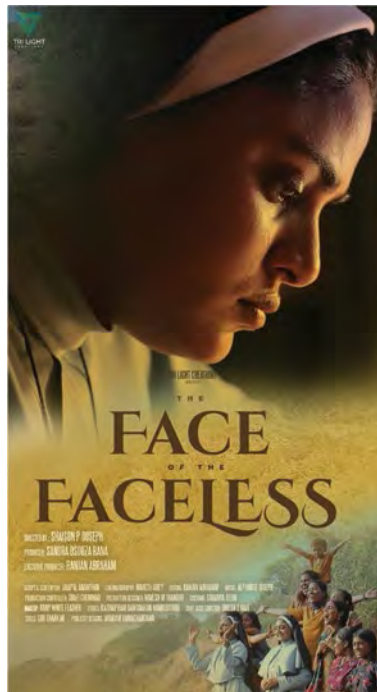
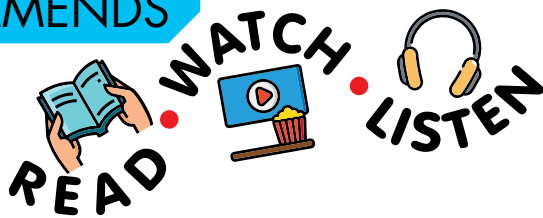


gives you a dopamine boost, and keeps your body healthy. It also helps you clear your mind to think and focus better.

### 4 Positive self-talk.

Encourage yourself every day and remind yourself that you are very capable



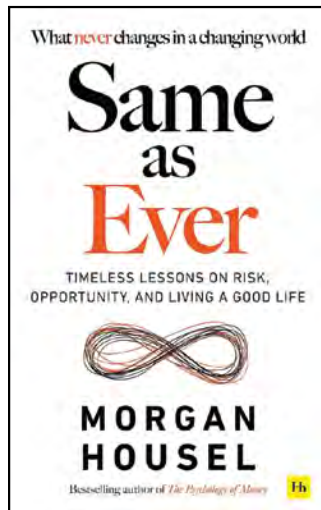


## MOVIE

**The Face of the Faceless (2023)**

The true-to-life story of a young nun, Sr Rani Maria, who worked to empower tribals in rural Madhya Pradesh, and her subsequent murder for her work among the vulnerable. This film is not about religion — don't let its posters lead you. This is director Shaison Ouseph's first film, and what a powerful debut! Sr Rani Maria is played by Vincy Alosious, a rising star from Malayalam cinema. Sandra Rana, Dean - XIC Mumbai, is the producer of this film that has received 30 awards internationally.

— Mohan Sivanand



## BOOK

**Same As Ever**

*Timeless lessons on risk, opportunity and living a good life*

This book from best-selling author Morgan Housel is a powerful tool to help you navigate the uncertainty of the future. Knowledge of the things that never change is more useful than an uncertain prediction of an unknowable future. Through 23 engaging stories and concise examples, Housel gives a master class on optimizing risk, seizing opportunity, and living your best life to achieve the greatest success — not merely financial comforts, but most importantly, a life well lived.



## PODCAST

**The Tastes of India with Puja Darshan**

A bi-weekly, bilingual (primarily Hindi) Indian cookery podcast to help you cook without being in front of a computer/TV to watch the recipes. Just plug in your headphones and get cooking! Also featuring interviews with chefs and food writers, the podcast takes you the length and breadth of India and connects different cultures through tasty Indian cuisine.



## MUSIC

**Pari – Siddhant Goenka**

Indie artist, Siddhant Goenka, defied budget constraints to craft India's first AI-driven motion picture music video. Devoting 65+ hours after just four months of self-taught AI mastery, Siddhant ingeniously brought realistic characters to life, eliminating the

need for actors and sets. With a core strength in music, lyrics, and vocals, he seamlessly integrated soul-touching music with AI-generated visuals. Siddhant's three-minute cinematic masterpiece, Pari, showcases his musical prowess and the limitless possibilities that arise when artistic innovation meets determination.

— Verus Ferreira



## World's smallest flowering plant can be astronauts' food source

Scientists are exploring the potential of watermeal, the smallest flowering plant on Earth, as a source of nutrition and oxygen for astronauts.

The research, conducted at the European Space Agency's (ESA) ESTEC technical centre in the Netherlands, involved subjecting the tiny aquatic plants to hypergravity conditions aboard ESA's Large Diameter Centrifuge (LDC), which can simulate gravity levels up to 20 times that of Earth for extended periods.

Watermeal (*Wolffia*) is a rootless, stemless plant that floats on bodies of water, particularly in Thailand and other Asian countries. Each watermeal plant is extremely small, roughly the size of a pinhead. Its simplicity and rapid growth rate make it ideal for studying the effects of changing gravity levels on plant development. Watermeal is a prolific producer of oxygen through photosynthesis, and a rich source of protein. Part of the local diet in Thailand, it is consumed in various forms as in soups, salads and fried eggs. 100% of the plant can be consumed, so it holds promise in terms of space-based agriculture.



## NASA's snake robot aims for space

NASA is testing a futuristic robot resembling a snake that can autonomously navigate unexplored areas on Moon and Mars. Its design is inspired by the shape and working of the Indian python and is conceptualised by Indian-origin engineer, Rohan Thakker, who works in the Jet Propulsion Laboratory at NASA.

The robot, named EELS (Exobiology Extant Life Surveyor), is "intelligent and flexible and can cross harsh terrains. It can explore crevices and caves and even swim underwater. The robot will help in search for life on other planets," says Thakker, who did his B.Tech. in Mechanical Engineering from Nagpur's Visvesvaraya National Institute of Technology (VNIT).

EELS has been tested on an artificial Martian terrain and glaciers and can be used for search and rescue operations during disasters too. Using stereo cameras and lidar sensing, the robot can create a 3D map of its surroundings to understand its environment before navigating through it.

## Green noise: the new secret of sound sleep

White noise has long been favoured for its ability to drown out distractions and lull us into a peaceful sleep. However, there's a new entrant in the world of sleep sounds — green noise — the soothing rustle of leaves, the gentle flow of a forest stream, or the harmonious chirping of birds. White noise can be a whirring fan, radio or television static, humming air conditioner, etc.

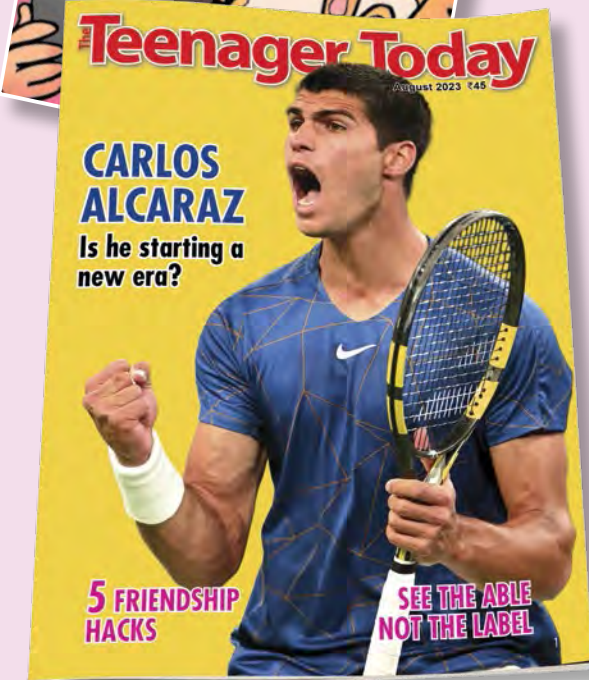
Green noise encompasses all audible frequencies like white noise. However, unlike white noise, green noise emphasises lower frequencies, creating a sound that is softer and more soothing than the harsher, static-like sound of white noise. It is non-intrusive and reminiscent of peaceful natural settings.

Green noise can be beneficial for sleep because of its

calming properties and ability to mask background noises that might disturb sleep. It can also be used to enhance focus and concentration, especially in noisy environments. It also finds application in relaxation and stress reduction techniques, and in managing tinnitus, a condition characterised by ringing in the ears.







# Gift The Teenager Today and lift a life

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