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The Teenager Today

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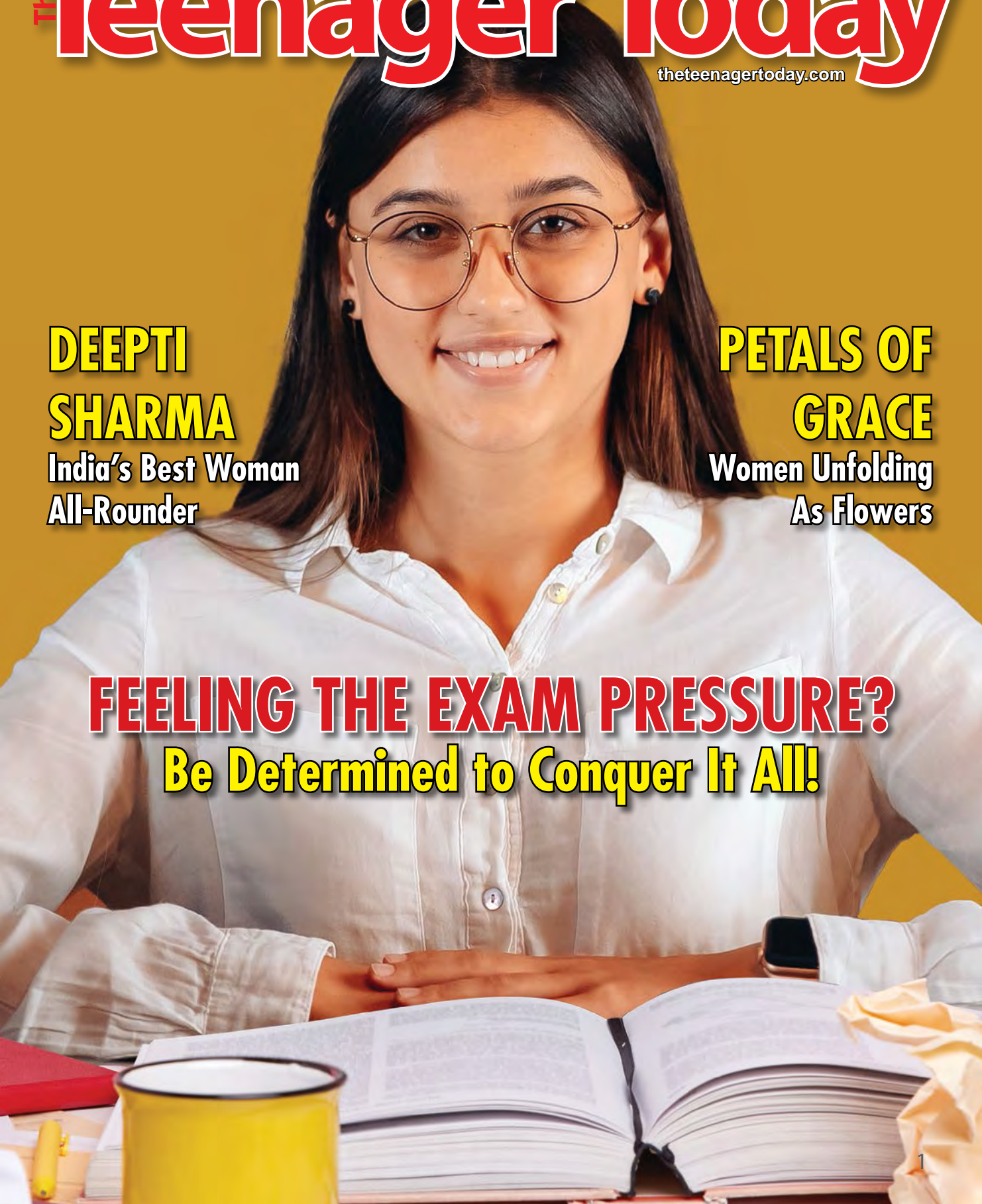
**DEEPTI
SHARMA**

**India's Best Woman
All-Rounder**

**PETALS OF
GRACE**

**Women Unfolding
As Flowers**

FEELING THE EXAM PRESSURE?
Be Determined to Conquer It All!



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DR VANI SUD DHINDSA

It's that time of the year when students start biting their fingernails! With the examination season upon us, it is natural to get stressed as there is an unprecedented pressure that is created by social media due to an information overflow and even a toxic mixture of unrealistic peer and parental pressure.

In today's fast-paced world, information is readily available at the click of a button. This hardly gives time or space for reflection and assimilation of knowledge. In addition, constant comparisons between offline and online also creates a pressure cooker kind of situation for teenagers.

Panic attacks, tantrums, and dark circles around the eyes are some tell-tale signs you may have noticed. You probably remember your exam dates better than your birthday! Parents



* Are you questioning your self-worth?

* Is sleep your worst enemy?

* Has your mealtime become a chore?

* Do you feel that you may not meet the expectations of your parents or social group?

* Do you have difficulty in focusing?

* Are you a time bomb waiting to explode?

You might have other symptoms of stress that are not listed here and that's okay. No two people are born alike. We are all different and cope with stress in different ways.

If you answered 'Yes', to the above questions, it is important to address the matter. Unfortunately, often these stress symptoms

are unspoken. Even if you don't feel pressure from the people who are around you, you may still want to achieve good results to make them proud. However, it is important that your exam results do not define your worth, and that you are not letting anyone down regardless of your performance.

Being a mentor and an educator for over 15 years, I have seen what some of my students go through

FEELING THE EXAM PRESSURE? Be Determined to Conquer It All!

say "STUDY!", but even spelling it is a stress!

Unfortunately, such stress can lead to a stage where you may think yourself to be worthless. It is like a vicious cycle that can negatively impact your performance and score.

So how does one cope in such a situation? First and foremost, sit back, think, and ask yourself:

* Are you alienating yourself from your support peer group and parents?



during this time. Here are some tips to provide relief from stress before exams:

Love Yourself: Think about yourself. Write a list of all your positive traits and why others like you. We are all different. You may prepare for exams differently from your peers, and that's okay. Stay away from toxic message groups or competitive friends circles. This is extremely important to build your self-esteem.



A career in finance is exciting and rewarding, and usually, very lucrative. If you have a head for numbers and a passion for financial planning, the financial sector might be the perfect fit for you.

What's this career about?

Finance is all about managing money. It is a vast field with many different job opportunities. Here are some of the most common:

Financial Analysts provide guidance to businesses and individuals making investment decisions; they often assess the performance of stock market investments, real estate, bonds, and other investments.

Investment Analysts assess and recommend investment decisions, often for a fund or investment company.

Commercial Bankers work for commercial banks and provide financial services (e.g. loans, lines of credit, etc.) to businesses.

Certified Public Accountants (CPAs) prepare tax returns and advise individuals and businesses on tax planning, ensuring compliance with tax laws and regulations.

Personal Finance Advisors help individuals with budgeting, saving, investing, and other financial goals.

These jobs only scratch the surface of the finance sector. There are many other options for those who love working with numbers and want to pursue a lucrative career.



LOVE NUMBERS?

Pursue a Career in Finance!

Finance jobs can be quite stressful. You are responsible for making critical decisions that could have a major impact on your company's bottom line. That kind of pressure can be tough to handle day in and day out.

It's worth noting that the world of finance is always changing. You must always keep up with the latest changes in tax codes and regulations so that you can advise your clients accordingly. You also have to stay prepared for sudden economic downturns that happen from time to time, and can have serious implications for businesses and individuals alike.

How do I get there?

There are various options available in the courses of study. A bachelor's degree in business administration, finance, accounting, economics or a related area, is the minimum requirement to enter this field. Increasingly, a master's in business administration (MBA with specialization in Finance) or Masters in Finance & Control (MFC) is preferred.

Alternatively, one can go for the Chartered Financial Analysts (CFA) programme offered by the Institute of Chartered Financial Analysts of India (ICFAI). This Programme focuses on four core areas: Corporate Finance, International Finance, Investment Management and Financial Services. Offered on a distance-learning basis, this course is divided into four modules: Foundation, Preliminary, Inter and Final. CFA programme can also be done as a regular campus course for two years.

Continuing education is vital for finance professionals and experience may be more important than formal education for some finance positions.

What skills do I need?

- ✓ Sound understanding of financial markets.
- ✓ Good listening and communication skills.
- ✓ Strong numerical and analytical ability.
- ✓ Attention to detail.
- ✓ Ability to work independently.

MONICA FERNANDES

Ode to the Letter "T"

The tongue's terrible tendency to tell tall tales totally tarnishes traditional transcommunication theories. The tempestuous tirades traceable to the tongue testify to the traumatic tactics this tiny tissue tab takes. Thousands that take the time to think, try to tame the tumultuous torrent the too talkative tongue trills. Temporarily, the tide turns. Towering tempers turn to tenderness. Then, tragically, the trend tapers. The tongue trips, teeters, then tumbles; the temptation to trifling twaddle triumphs.

Take time to tabulate this timeless truth: to train the tongue takes tremendous talent, trust. Theology teaches that trust thrives through toil. Therefore, throttle the testy tongue! Terminate the trivial topics that tinge the talk! Trim the trashy, tasteless terms that transgress truth! Trounce the trite themes, the thoughtless tattling!

Theoretically, the tantalizing target: the true, tactful, temperate tongue, torments those that tackle the task. To tell the truth, thrilling triumph throngs the tracks through the tough, tenacious thwarter through trifling talk!

Pun Time



* Sleeping comes so naturally to me that I can do it with my eyes closed.



* I have a few jokes about unemployed people, but none of them work.

* I went to buy camouflage trousers yesterday, but couldn't find any.

* Is it ignorance or apathy that's destroying the world today? I don't know and don't really care.

* I tried to sue the airline for losing my luggage. I lost my case.



Funny Headlines

- * Crash Courses For Private Pilots.
- * Red Tape Holds Up New Bridges.
- * Filming In Cemetery Angers Residents.
- * Federal Agents Raid Gun Shop, Find Weapons.
- * Bodies Needed To Look After Graveyard.

Paraprosdokians

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising and humorous.

* Where there's a will, I want to be in it.

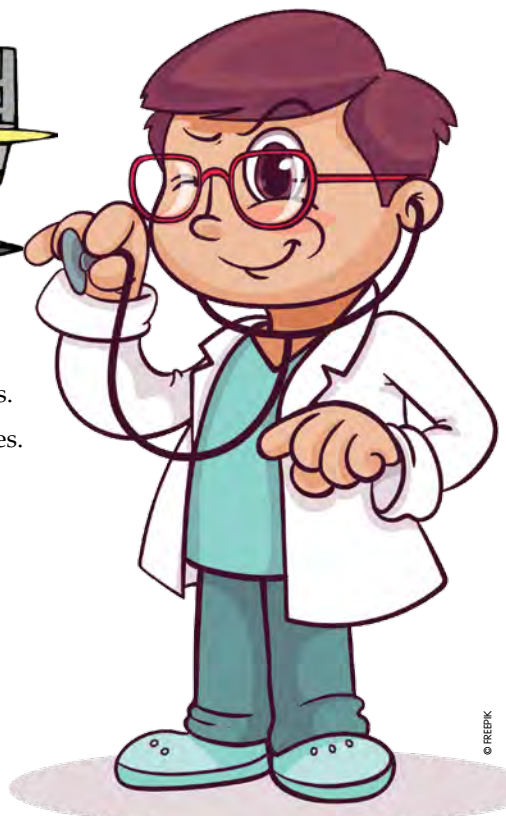
* Since light travels faster than sound, some people appear bright until you hear them speak.

* If I agreed with you, we'd both be wrong.

* To steal ideas from one person is plagiarism. To steal from many is research.

* I didn't say it was your fault, I said I was blaming you.

* In filling out an application, where it says, 'In case of an emergency, notify...', I answered 'a doctor'.



Monica Fernandes is a freelance writer from Mumbai, and the author of a book for teens titled *Towards A Fuller Life*.

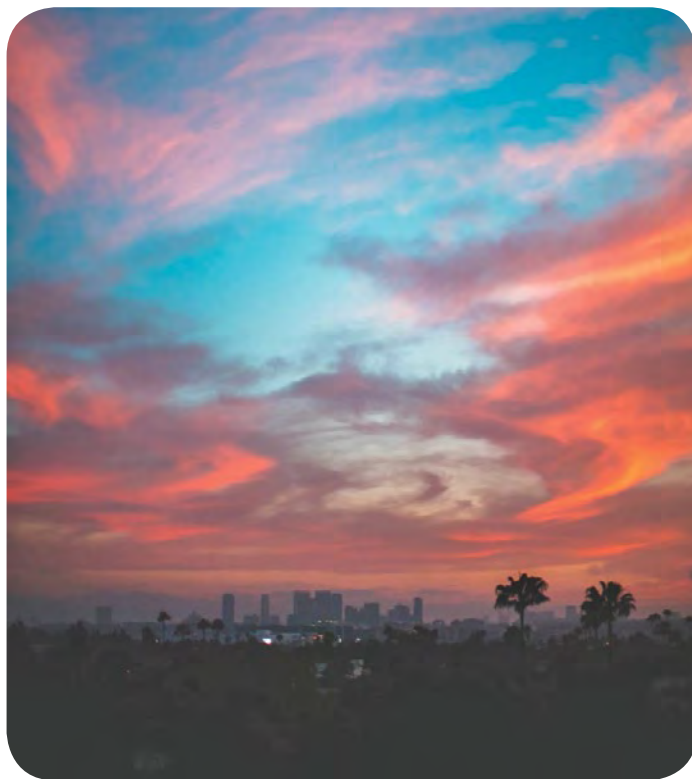




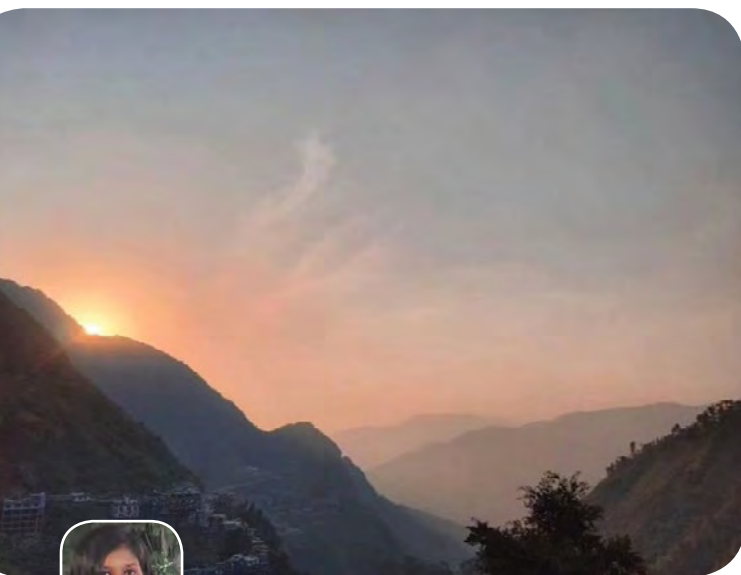
Photos of the Month



Anshuman Raj Gupta (16)
Scholar's Forum, Lucknow



Avdhesh S. Vishwakarma (15)
Aragami Convent School, Mhasala, Wardha



Meghana Jaiswal (18)
Chetana College, Bandra (W), Mumbai



Naina Jha (14)
St Joseph's Convent High School,
Jethuli, Patna

TTT Photo Pik Contest

Calling all young photographers to unleash their creativity through captivating clicks!

HOW TO ENTER: E-mail your original pics to editorial@theteenagertoday.com along with your name, date of birth, school/college & place, postal address, Instagram/Facebook id and a photo of yourself.

ELIGIBILITY: Open to youth up to the age of 19.

WINNERS: Four lucky winners and their photos will be featured in The Teenager Today. They will also receive a 1 year subscription to The Teenager Today.

India's elusive snow leopard population at 718, reveals survey

India is home to 718 snow leopards, accounting for roughly 10-15% of the big cat's global population. Conducted by the Wildlife Institute of India (WII), the Snow Leopard Population Assessment in India (SPAI) Programme was carried out from 2019 to 2023 as part of the Population Assessment of the World's Snow Leopards (PAWS), a global effort to determine the snow leopard's numbers.

The survey covered approximately 120,000 sq kms of snow leopard habitat across the trans-Himalayan region. After camera traps identified 214 individual snow leopards, surveyors analysed leopard trails and other data to estimate the animal's population at 718. Ladakh, with 477 individuals, is the leading snow leopard habitat in India, followed by Uttarakhand (124), Himachal Pradesh (51), Arunachal Pradesh (36), Sikkim (21), and Jammu and Kashmir (9).

The snow leopard is classified as vulnerable by the International Union for Conservation of Nature (IUCN). In India, it is given the highest wildlife protection status. Its numbers in the wild face multiple threats, from habitat loss and poaching to infrastructure development.

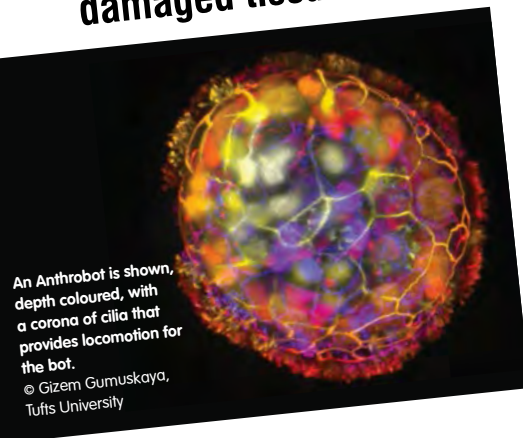
Understanding the precise population of the snow leopard is important because of its role as the apex predator in the Himalayan ecosystem. Its population can indicate health of the ecosystem and help identify potential threats to its habitat, and shifts caused by climate change.



In a recent Instagram post, NASA shared a stunning image of Earth's horizon taken from the International Space Station (ISS). The photograph, captured by astronaut Andreas Mogensen, shows a bright golden glow arching above Earth, along with an auburn-coloured band against a starry sky. This phenomenon is known as an airglow. The atmospheric glow occurs when sunlight energises atoms and molecules in Earth's upper atmosphere, causing them to emit a soft radiance visible from space.



Tiny robots made from human cells heal damaged tissue



An Anthrobot is shown, depth coloured, with a corona of cilia that provides locomotion for the bot.
© Gizem Gumuskaya, Tufts University

Researchers from Tufts University and Harvard University's Wyss Institute have developed tiny robots made from human cells, called anthrobots, which can repair damaged neural tissue.

The anthrobots are self-organising structures composed of tracheal cells (cells from the respiratory system). The researchers cultured spheroids (small balls) of human tracheal skin cells in a gel for two weeks. They were then transferred to a less sticky solution for another week, making the cilia (the small hairs on the cell surface) migrate to the outside of the spheroids, enhancing their movement. The cilia act as oars, steering the anthrobots in different shapes and directions.

The scientists placed several anthrobots in a small dish, where they merged to form a superbot. The superbot was then placed on a layer of neural tissue that had been injured. Within just three days, the neural tissue had fully recovered with the help of the superbot, revealing the anthrobots' healing abilities.

The scientists hope that in the future, anthrobots made from a person's own tissue, could be used for various medical purposes, such as clearing arteries, breaking up mucus or delivering drugs.

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58/23rd Road, TPS III, Bandra (West), Mumbai 400 050, Maharashtra