

Issue 10  
January 2025

# Odysssey



materials, used as pendants in  
one her trademark, and later  
at Picasso museum in Antibes,  
do so—and as she achieved notoriety for her work,  
she often modeled her own pieces in articles about  
her work, featured in magazines ranging from ELLE  
to the Swedish women's weekly Svensk Damtidning,  
as a confident testimony to her own works. These  
were wearable and sensible designs, avant garde  
chic as they were, designed for a strong and inde-  
pendent, modern woman. As she moved to France,  
in 1956—first to Paris, now with a third child and a  
third husband, the African-American painter Walter  
Coleman, with whom she would have a fourth child,  
and flee to Haiti, to avoid political conflicts arising  
from the Algerian War—Torun's artistic designs  
caught the eye of jazz circles and celebrities like Billie  
Holliday, Brigitte Bardot, Ingrid Bergman, and Cona  
Chaplin, among others, who became friends and  
famous fans of her work.

Visianna Torun Bloor H



The journey  
through  
cognizance

# What's Inside

---

1. Brain Drain in India
2. Development in the Research Sector
3. Social Media and Mental Health: A Double-Edged Sword
4. How the USA and China Became Globally Leading Countries
5. Nutrition and Public Health: Beyond Dieting
6. Effective Study Methods: The Neuroscience Underpinning Successful Learning
7. Word Scramble
8. Did You Know?
9. Trivia
10. Credits



# Brain Drain in India

Brain drain refers to the migration of highly skilled professionals, scholars, and talented individuals from their home country to other nations in search of better job opportunities, quality of life, and professional advancement. India, despite being a country of immense talent and one of the largest producers of engineers, doctors, and scientists globally, faces significant brain drain. Many skilled Indians are migrating to developed countries, taking with them valuable knowledge and expertise that could otherwise benefit the Indian economy.

The primary reason for such large-scale migration is the allure of better career prospects and improved living standards abroad. Developed countries like the United States, Canada, the United Kingdom, and Australia offer Indians a combination of attractive salaries, advanced research facilities, better work-life balance, and high-quality education. In contrast, India faces challenges such as limited research funding, bureaucratic inefficiencies, and high levels of competition, leading to fewer available jobs for qualified professionals.

To curb brain drain, India must take proactive steps to create an environment that matches the opportunities available abroad. This could involve increased investment in infrastructure, higher education, and research facilities. By improving job opportunities, increasing funding for innovation, and reducing bureaucratic red tape, India can retain talent and attract skilled professionals from other nations as well. Offering competitive salaries, incentives for returning NRIs (Non-Resident Indians), and supportive policies for young entrepreneurs can also help retain Indian talent. Initiatives like “Make in India” and “Startup India” are promising but need stronger implementation to effectively encourage professionals to stay.

Brain drain poses a significant challenge for India’s growth, yet with the right policies and infrastructure improvements, India can retain its skilled workforce and position itself as a global hub for talent.



## Development in the Research Sector

---

Research and Development (R&D) is the pursuit of new knowledge to create innovative products, technologies, and services that advance society. It encompasses scientific research, technological development, and experimentation, all essential for a nation's growth and competitiveness. In recent years, many countries have focused on expanding their R&D efforts, understanding its role in economic and societal advancement. However, India lags behind in this area, with limited resources and funding dedicated to research and innovation.

One of the primary reasons for India's lag in R&D is inadequate government funding. Compared to developed nations, India allocates a smaller percentage of its GDP to R&D. Developed countries like the United States, Germany, and South Korea invest significantly in R&D, offering substantial funding and advanced facilities to scientists and researchers. In contrast, Indian scientists often face budget constraints and lack access to cutting-edge equipment, limiting their ability to pursue complex research and contribute to global advancements.

Investing more in R&D would yield numerous benefits for India. Increased funding would enable scientists to explore innovative solutions for local issues such as healthcare, agriculture, and environmental conservation, directly improving the quality of life for millions. For example, research breakthroughs in medicine can lead to affordable healthcare solutions for diseases prevalent in India, and advancements in agriculture can increase crop yields, addressing food security challenges. Furthermore, expanding R&D can strengthen India's position in the global market, enabling it to compete with technologically advanced nations and reduce dependency on foreign imports.

A robust R&D sector would help curb brain drain by providing scientists and engineers with better opportunities domestically. If India prioritizes R&D, it can attract skilled professionals to contribute to national development, foster innovation, and accelerate economic growth. Overall, increased investment in R&D is crucial for India's progress, benefiting both its citizens and its standing on the global stage.



# Social Media and Mental Health: A Double-Edged Sword

The rapid growth of social media imposes wide-ranging psychological impacts. Connecting, informing, and entertaining the masses, it is one tool, but a highly challenging one, affecting the mental well-being of a person in wide-ranging ways.

## 1. Comparison Culture and Self-Esteem

Social media surrounds the lives of people with a world of other people's filtered life. Such a culture of comparison brings low self-esteem because the life of others is compared to reels that someone else has recorded for their life. The cultivation of idealized images and stories produces distorted self-concepts and negative body images, especially among the more impressionable youth.

## 2. Fear of Missing Out (FOMO)

Another byproduct of use from social media is the effect known as FOMO—fear of missing out in events, experiences or fun that appear to people through social media as shared events, activities, fun enjoyed by others. Hyperactivated FOMO translates to anxiety and stress: they are prompted to stick in social media so that, not to miss events or participate but to be kept in social contact or in tune that ends up hurting their close social relationships and personal growth.

## 3. Cyberbullying and Its Aftermaths

Social media anonymity and its reach also contribute to cyberbullying, which has severe effects on the mental well-being of the victim. He or she develops anxiety, depression, and heavy losses in self-esteem. These issues are worse when the harassment is done via the web, as its permanence and publicity make recovery worse than traditional bullying cases.

## The Silver Lining of Social Media

Despite these challenges, positive influence on mental health can still be found in social media through self-expression, the community, and access to emotional support. Many are supported by niche communities they either share interests with or by those who understand their problem as well. In this aspect, social media promotes people to talk about such an issue and reduces stigma so it can be discussed open-honestly.

## The Role of Algorithms and Addiction

Algorithms on social media are designed to maximize user engagement. This usually means addictive behavior. Algorithms will favor content that elicits emotional responses, keeping users hooked and increasing screen time. Such addiction can negatively impact mental health by creating isolation from tangible social environments.

## Solutions and Strategies for Healthier Engagement

There has to be some personal and systemic strategies to address the mental health effects of social media. Personal level: these include boundary setting by limiting the time spent on social media, curating feeds, and putting more time into real life. Systemic level: there needs to be stronger anti-bullying measures developed and enforced, as well as user-friendly tools developed for managing time and content exposure.

# HOW THE USA AND CHINA BECAME GLOBALLY LEADING COUNTRIES

The United States and China are among the world's most powerful nations, leading in various sectors such as technology, manufacturing, defense, and trade. The USA is a pioneer in technology, finance, and innovation, home to tech giants like Apple, Google, and Microsoft, while China dominates manufacturing, infrastructure, and is fast-growing in artificial intelligence and green energy technologies. Both nations have achieved their global standing through long-term strategic investments, consistent economic policies, and a strong military presence.

The rise of these countries took decades. After World War II, the United States focused on rebuilding its economy, establishing a powerful military, and fostering innovation. China, on the other hand, opened its economy in the 1970s under Deng Xiaoping, launching rapid economic reforms that prioritized industrial growth and global trade. Both countries have heavily invested in military modernization and possess some of the world's most advanced defense systems, which has reinforced their influence and power.

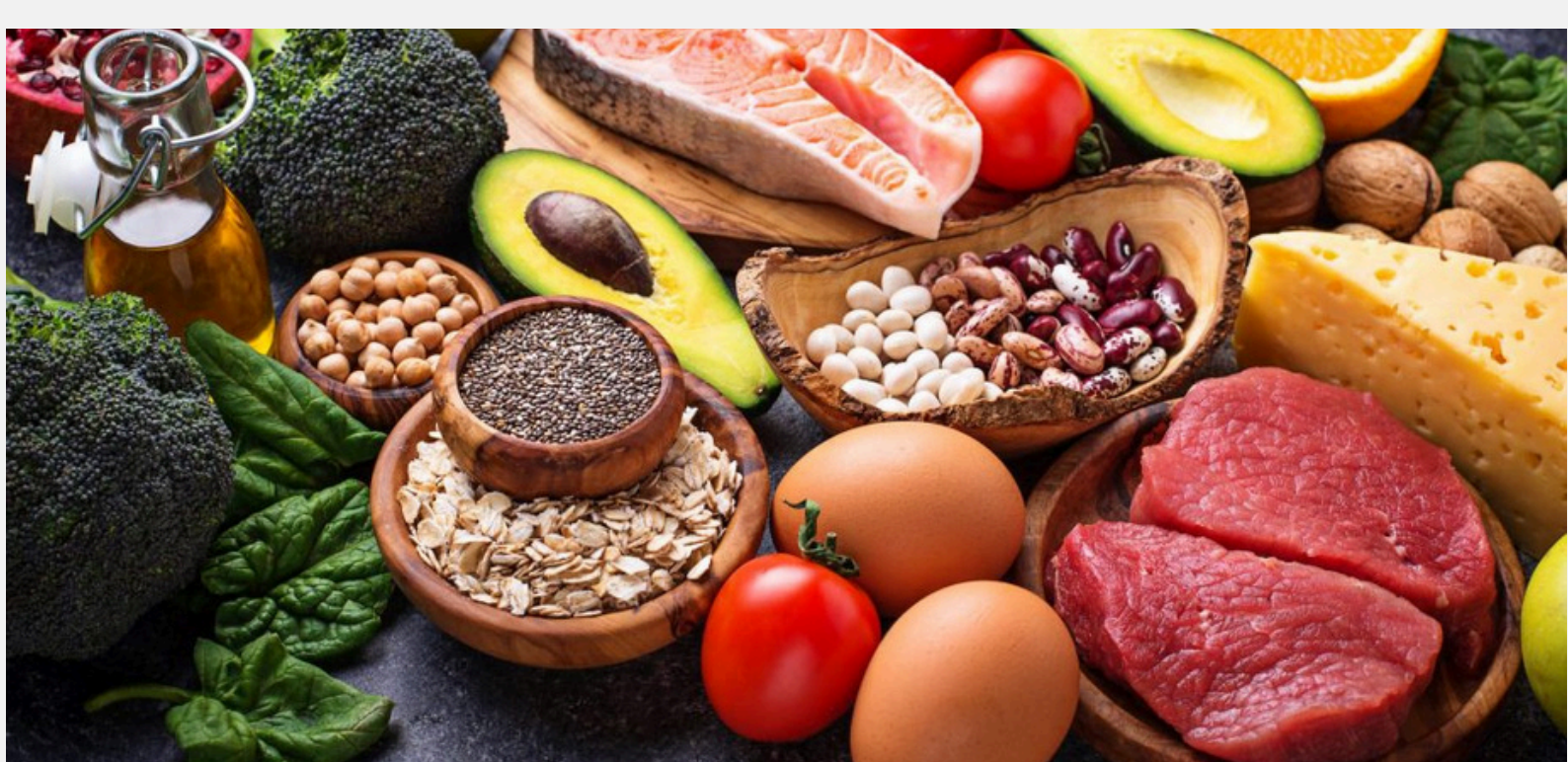
Citizen support has also played a critical role in their success. Both Americans and Chinese have shown unwavering dedication to national growth, innovation, and economic development. In contrast, India often grapples with fragmented public support and regional challenges that slow down nationwide progress. Additionally, the tax systems in the USA and China are comparatively lenient on income, especially in ways that incentivize investment and entrepreneurship.

Overall, a high standard of living also makes these nations attractive. The USA and China offer citizens good healthcare, education, and infrastructure, further contributing to economic stability and citizen satisfaction. India, with its vast potential, can learn from these models, investing in sectors beyond traditional industries and fostering unity and participation. Prioritizing these aspects can pave the way for India to strengthen its position on the global stage.



# Nutrition and Public Health Beyond Dieting

---



Nutrition in the current context refers to weight management, mainly due to the larger dieting culture. However, nutrition's scope and impact on public health far outweigh the confines of dieting: it integrates physiological and socio-environmental factors into a proper understanding of well-being.

## **The complex web of nutrition**

Nutrition is not just a matter of individual choice but is biologically as well as socially determined. Food choices depend on the availability in the marketplace, cultural and social determinants, socioeconomic status, education, and so on. This complexity means that focusing only on caloric intake or dietary restrictions will miss the wider picture of achieving overall health and avoiding disease.

## **Nutrition-Related Health Crises**

Globally, we are witnessing a rise in nutrition-related health crises, including obesity and diabetes, among millions of people. These conditions are not only individual lifestyle choices but also have socio-economic and environmental determinants. The rise in these non-communicable diseases has created a public health challenge that calls for more than just dieting practices at the individual level.

## **Community and Policy-Driven Solutions**

Such crises regarding nutrition require a new change towards community and policy-oriented solutions. Governments, as well as health care departments, need to enforce policies such that equal access to nutrient-dense foods is assured and misleading food marketing should be regulated. Education should be conducted regarding the correct, sustainable practice of nutrition. By developing environments supporting the healthy lifestyle choice of consumers, we can curb these health crises.

## **Going Beyond Dieting Culture**

Ultimately, this requires a move beyond dieting culture toward a holistic understanding of nutrition and public health. It requires an acknowledgment of the interdependence of health outcomes and social conditions.

In a word, a paradigm shift from dieting individualistically toward an approach that's much more all-inclusive towards different socio-economic backgrounds support from communities and policy intervention would do the trick in better and more efficiently handling matters on nutrition in public health. We can only cultivate healthier communities and stronger people taking our perspective way beyond the narrow-minded tradition of dieting.

---

# EFFECTIVE STUDY METHODS

## THE NEUROSCIENCE UNDERPINNING SUCCESSFUL LEARNING

A better knowledge of neuroscience in recent years has clarified efficient study methods that improve memory and learning. Here are a few techniques that have scientific support:

### **Spaced Repetition**

Repetition of information at progressively longer intervals is known as spaced repetition. Utilizing the "spacing effect," a psychological phenomena, this approach improves retention over cramming by reviewing topics at regular intervals. Information can be consolidated and moved from short-term to long-term memory by the brain.

### **Active Recall**

The goal of active recall is to improve memory while learning. Instead of merely going over your notes, test yourself on the content. This engages various cerebral pathways, strengthening the memory trace and enhancing retention. Your brain is forced to recover knowledge by this procedure, which improves your memory for it later.

### **Interleaving**

Instead of concentrating on one subject for a long time, interleaving is combining several subjects or practice methods within a study session. Because interleaving replicates real-life applications where solutions aren't repeated, it helps students get a better understanding and the flexibility to solve problems under a variety of circumstances.

### **Role of Sleep**

Sleep is essential for consolidating memories. The brain organizes and retains new knowledge while you sleep deeply, removing unnecessary information to create space for learning. By preserving new memories and fusing them with preexisting knowledge, getting enough sleep promotes improved concentration, creativity, and problem-solving skills.



### **Associative and Visual Approaches**

Making visual aids, such as mind maps or diagrams, can improve understanding and memory. Associative learning makes use of the brain's innate method of information organization by connecting new information to previously learnt material or vivid imagery. By serving as mental cues, these linkages enhance recall.

### **The Pomodoro Method**

The Pomodoro Technique uses set work intervals, usually lasting 25 minutes, interspersed with brief pauses. This technique makes use of the brain's inherent energy cycles to help sustain focus and avoid burnout. Regular pauses enhance focus and restore mental clarity.

These neuroscience-based methods demonstrate the effectiveness of strategic learning. By using them, study habits can become more productive and efficient, enhancing academic achievement and fostering lifelong learning.



S C R A M B L E

P

R

C

## FOOD & CUISINES

1. SAPAT - \_\_\_\_\_
2. STOOTIR - \_\_\_\_\_
3. CHCGONI- \_\_\_\_\_
4. ZIZAP - \_\_\_\_\_
5. RGUEBR - \_\_\_\_\_
6. ACOT - \_\_\_\_\_
7. GANALSA - \_\_\_\_\_
8. LLTIROTA - \_\_\_\_\_
9. YIRNIAB - \_\_\_\_\_
10. ODOENLS - \_\_\_\_\_

### Answers

1. PASTA
2. RISOTTO
3. GNOCCHI
4. PIZZA
5. BURGER
6. TACO
7. LASAGNA
8. TORTILLA
9. BIRYANI
10. NOODLES



# DID YOU KNOW?



Africa's Sahara Desert is larger than the entire United States

Australia is home to a lake that is naturally bright pink, called Lake Hillier.



Bolivia is home to a breathtaking pink lake called Laguna Colorada

# GENERAL TRIVIA



## GEOGRAPHY

1. Which mountain range separates Europe and Asia?
2. Which island is the largest in the world?
3. What is the highest waterfall in the world?
4. Which desert is the hottest in the world?
5. What is the name of the largest volcano in the world?

Answers:  
1. The Ural Mountains  
2. Greenland  
3. Angel Falls  
4. Lut Desert  
5. Mauna Loa



## POLITICS

1. What is the highest court in the United States?
2. Who was the first Secretary-General of the United Nations?
3. Who was the first woman to hold the position of President of Brazil?
4. Which country is home to the political party known as the "Workers' Party" (PT)?
5. Who was the first woman to serve as the U.S. Secretary of State?

Answers:  
1. The Supreme Court  
2. Trygve Lie  
3. Dilma Rousseff  
4. Brazil  
5. Madeleine Albright

## TECHNOLOGY

1. Which company developed the first commercial web server?
2. What was the first mobile phone to use a touchscreen interface?
3. Which protocol is commonly used for sending emails over the internet?
4. What is the name of the first widely successful social networking site launched in 2003?
5. Which company created the first portable laptop computer in 1981?

Answers:  
1. CERN (European Organization for Nuclear Research)  
2. The IBM Simon Personal Communicator  
3. SMTP (Simple Mail Transfer Protocol)  
4. MySpace  
5. Osborne Computer Corporation (Osborne 1)



## PHYSIOLOGY

1. Which component of blood is responsible for transporting oxygen?
2. What is the name of the process by which the body maintains a stable internal environment?
3. Which structure connects muscles to bones?
4. Which part of the eye is responsible for adjusting the amount of light that enters?
5. What type of joint allows for rotational movement, such as the shoulder joint?

Answers:  
1. Haemoglobin  
2. Homeostasis  
3. Tendon  
4. The iris  
5. Ball & Socket



# THANK YOU



## CREDITS

**Content by:**  
Aindri Singh  
Amrita Mukherjee

**Designed by:**  
Amrita Mukherjee  
Aindri Singh

Send in your essays for the next edition at [odysseypace@gmail.com](mailto:odysseypace@gmail.com)