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Odyssey



The journey
through
cognizance

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RISE IN OVERCONSUMPTION OF TECHNOLOGY

In today's fast-paced digital world, technology has evolved from being a tool to a status symbol. Owning the latest smartphone, laptop, or gadget is no longer a luxury but a perceived necessity. This mindset has fueled the overconsumption of technology, creating significant social and environmental challenges.

For many, the newest technology represents progress and prestige. Marketing strategies that emphasize innovation and exclusivity further drive the desire to upgrade frequently, even when older devices remain functional. This cycle of consumerism fosters a culture where people feel compelled to keep up with the latest trends, prioritizing wants disguised as needs.

The environmental cost of this overconsumption is alarming. E-waste, or electronic waste, is one of the fastest-growing waste streams globally. Millions of discarded devices pile up in landfills every year, releasing toxic substances like lead, mercury, and cadmium into the soil and water. Unlike organic waste, e-waste takes decades, sometimes centuries, to decompose. Recycling efforts, though increasing, are still inadequate to address the sheer volume of waste produced. Moreover, the production of new technology involves the extraction of rare earth metals and other finite resources, further straining the environment. The manufacturing process itself generates substantial carbon emissions, contributing to climate change. This unsustainable cycle exacerbates environmental degradation while creating social inequities, as low-income communities often bear the brunt of e-waste dumping.

To mitigate the impact, it is essential to shift perspectives. Consumers must move away from the "latest-is-best" mentality and focus on the longevity and sustainability of devices. Manufacturers should prioritize designing products with longer lifespans and emphasize recycling programs. Governments and organizations need to implement stricter regulations on e-waste disposal and incentivize sustainable practices.

The rise in overconsumption of technology is a cautionary tale of modern consumerism. By embracing mindful consumption and sustainable practices, we can break this cycle and protect our planet for future generations. The change starts with recognizing that technology should serve us, not enslave us.



DISCIPLINE AND EMOTIONAL INTELLIGENCE

Discipline and Emotional Intelligence are in a symbiotic relationship, hence intrinsic to each other. Understanding discipline would therefore be understanding its role in a structured approach toward behaviors and actions for the purpose of achieving certain goals. It needs consistency, self-control, and the ability to forgo immediate gratification and look toward long-term benefits.

On the other hand, emotional intelligence is the capacity to know, understand, and control our own emotions and those of others. This trait is often linked to empathy, self-awareness, and the ability to negotiate social complexities effectively.

There is mutual reinforcement between discipline and Emotional Intelligence, too. Discipline would lay the foundation for the construction of Emotional Intelligence through self-regulation and concentration. For example, disciplined routines help to better manage stress and keep one emotionally balanced, hence contributing to better emotional insights and responses.

This relationship can be clearly understood in real life by examining leadership positions where emotional intelligence is what drives the group dynamics, and discipline enables the fulfillment of tasks. A disciplined approach to introspection and continuous learning makes one develop emotional awareness. This improves decision-making ability and further strengthens interpersonal relations.

Discipline and Emotional Intelligence can be improved by adopting structured self-care routines, mindfulness practices, and reflective exercises. This encourages consistency and emotional understanding, leading to holistic development. The interplay of discipline and emotional intelligence will, therefore, lead to harmonious and productive life at both personal and professional levels.



EFFECT OF DRUGS ON NEURAL SYSTEM



Drugs may cause impacts on the neural system, influencing both short-term neural activity and long-term neural health. The neural system, referred to in many places as the nervous system, involves neurons that interact with one another using neurotransmitters. It is through this communication that regulation of diverse functions in the body and even cognitive processes are achieved.

Various types of drugs affect the neural system differently. For example, stimulants increase the release of neurotransmitters, causing alertness and a heightened energy level. Conversely, depressants decrease the activity of the neurotransmitters, causing rest and sleepiness. Hallucinogens alter perception through disrupting the pathways of neurotransmitters.

Drug activity on neurotransmission is rather significant. Cocaine, in particular, and methamphetamine interfere with the normal function of reuptake back into the neuron, significantly increasing neurotransmitter levels and prolonging signaling. Thereby, it causes overactivation, which may also affect the neuron in a highly negative way, potentially with neuroplastic changes and degeneration.

Since the neural system gets accustomed to the presence of these substances, addiction and dependency will form. People then find it hard to experience pleasure without the activation of the reward system, which is essentially driven by the neurotransmitter dopamine dependent on the drug.

But not all drugs affect the neural system detrimentally. Many drugs, for instance, antidepressants and antipsychotics, are designed to manipulate neurotransmitter levels that help those affected by mental health conditions. The therapeutic drugs are exactly controlled to correct the imbalances in the neural system, thus bringing about improvement of the welfare without the disabling effect normally associated with misusing drugs recreationally.

Summing it up, drugs have a complex alteration in the neural system; whatever changes are helpful if used as therapy, others especially that of recreational misuse turn harmful and can lead to addiction.

HANDWRITING AND CREATIVITY

HOW ARE THEY RELATED?

Creativity is considered the driving force that will lead the innovation and self-expression movement. In this regard, handwriting seems somewhat old school and an impediment toward the modern progression of information technology. Handwriting, after all, is an element that plays a critical role during the creativity process. As a mediator, it relays ideas from the psyche to a concrete expression.

Handwriting is both a cognition and a motor skill. Physical acts of writing trigger the brain to respond in ways that the mechanical action of typing does not; the regions connected with memory, thinking, and the processing of language are therefore engaged. It is that intricate dance of mind to hand that nurtures the process of deep reflection and idea development-the creative stuff. Handwriting does not allow for uniformity the way typing often does: styles and flourishes express aspects of personality, and therefore, are a canvas of personalization for ideas. Thus this individuality will better help enhance creative flow because the notion of ownership is provided with physical form given to manifestations of thoughts and emotions.

Psycho-emotionally speaking, handwriting has that feature of rooting. Less is the amount of tension causing a concentrated train of thoughts, which will be much present in a hand-written student who, by reaching their head and understanding complex matters, can come out better in ideas and works for creativity. With technology on the rise, however, the tie between handwriting and creativity endures. Technology can sometimes lead to disconnection because, unlike digital tools, there is a tactile and personal sense in writing. On the other hand, hybrid usage-technology for efficiency but handwriting for creative purposes-would maximize productivity as well as inventiveness.

In its essence, handwriting fosters a deep marriage between thought and expression, enriching the creative process. Thus, the value of handwritten writing endures as a formidable tool in the age of digitalization, encouraging authentic personal expression and cognitive interaction.



Subhas Chandra Bose An Unsung Hero



Subhas Chandra Bose, a revolutionary leader and staunch nationalist, remains one of the most enigmatic figures of India's freedom struggle. Revered for his courage, vision, and unwavering commitment, Bose's legacy has often been overshadowed by more prominent Congress leaders. Yet, his contributions and ideals continue to resonate as a testament to his patriotism and unyielding spirit.

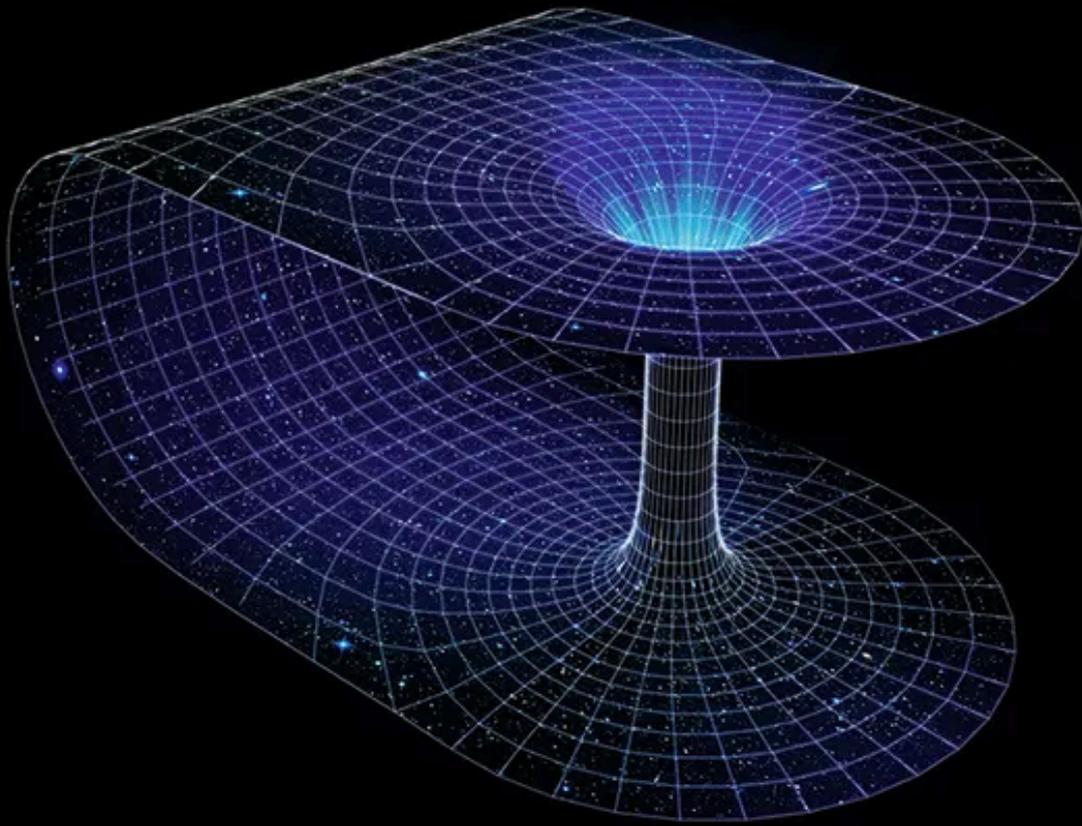
Bose's death in 1945 under mysterious circumstances has fueled decades of speculation and debate. Official reports claim he perished in a plane crash in Taiwan, but many believe he survived, potentially continuing his fight in secrecy. This ambiguity has overshadowed his monumental efforts, leaving a void in India's historical narrative.

As a member of the Indian National Congress, Bose faced significant opposition and hostility. His radical approach to achieving independence clashed with the more moderate strategies advocated by leaders like Mahatma Gandhi and Jawaharlal Nehru. Despite being elected Congress President twice, Bose resigned in 1939 due to ideological differences and the lack of support from senior Congress members. His vision of a militarized struggle and alliances with foreign powers like Japan and Germany drew criticism, further alienating him from the mainstream freedom movement.

Bose's leadership of the Indian National Army (INA) had a profound impact, particularly among marginalized communities, including Indian Muslims. His secular approach and inclusive leadership fostered unity, proving instrumental in garnering widespread support across religious and regional lines. Bose's efforts to integrate all sections of Indian society stand in stark contrast to the divisions that eventually led to Partition. Many historians speculate that if Bose had been an active leader post-independence, his influence might have averted the catastrophic division of India and Pakistan, as his secular and nationalist ideology had the potential to unite the diverse populace.

Subhas Chandra Bose remains an unsung hero, overshadowed by his contemporaries but unmatched in his determination to see India as a free and united nation. His life and ideals continue to inspire generations, urging a reevaluation of his pivotal role in India's freedom movement.

WORM HOLES



A wormhole is a hypothetical structure connecting disparate points, It can be visualized as a tunnel with two ends at separate points in spacetime. Wormholes are consistent with the general theory of relativity, but whether they actually exist is unknown. Many scientists postulate that wormholes are merely projections of a fourth special dimension, analogous to how a two-dimensional (2D) being could experience only part of a three-dimensional (3D) object.

For a simplified notion of a wormhole, space can be visualized as a two-dimensional surface. In this case, a wormhole would appear as a hole in that surface, lead into a 3D tube, then re-emerge at another location on the 2D surface with a hole similar to the entrance.

The entire idea is constructed on some special results of general relativity field equations by, Physicist John Archibald Wheeler, in 1957. The problem of transport through wormholes would occupy Wheeler for several years to come. While he would conclude that this was not a problem, that not even light signals could travel through a wormhole, he ultimately abandoned the idea of modeling particles with gravitational and electromagnetic fields around 1970.

If this problem could be conquered, the possibility of short-circuiting the enormous distances between stars makes wormholes attractive for space travel. Because the tunnel links moments in time as well as locations in space, it also has been argued that a wormhole would allow travel into the past, this would make time travel not just a dream in the unforeseeable future.

S C R A M B L E

P

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UNSCRAMBLE-FOOD

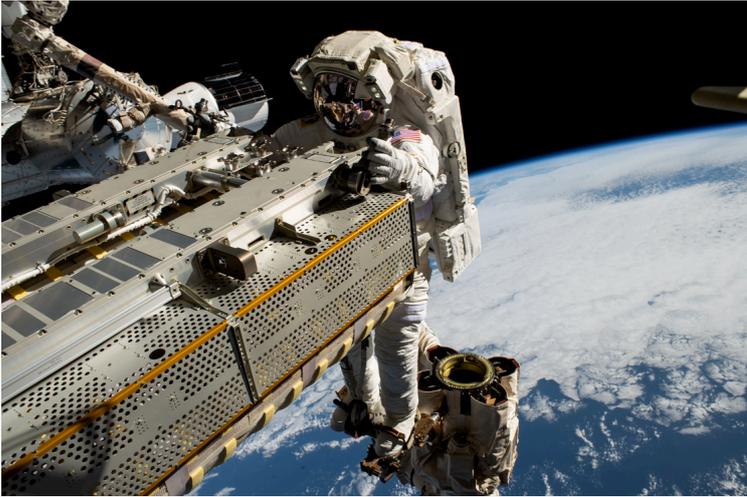
1. bgurer - _____
2. paast - _____
3. sisuh - _____
4. bbkea - _____
5. yrcur - _____
6. utipoen - _____
7. nsia ggeron- _____
8. gasghi - _____
9. mnera - _____
10. hop - _____

Answers

1. Burger
2. Pasta
3. Sushi
4. Kebabs
5. Curry
6. Poutine
7. Nasi Goreng
8. Haggis
9. Ramen
10. Pho



DID YOU KNOW?

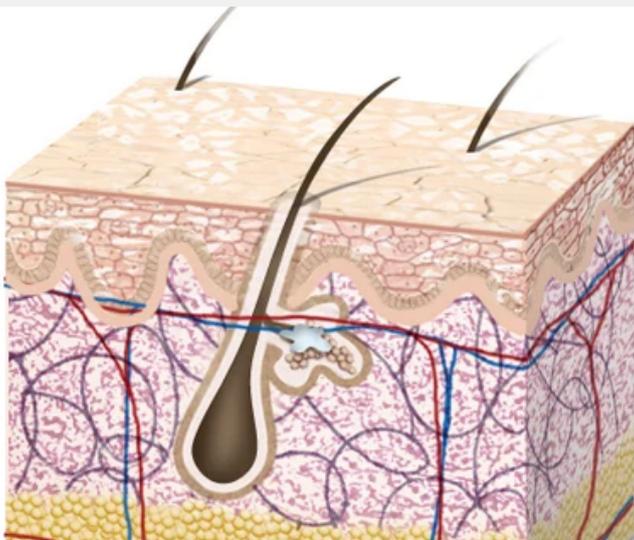


Nasa Computers Run on Outdated Tech!

Many NASA spacecraft, including the Mars rovers, use processors and operating systems considered obsolete on Earth due to their proven reliability in harsh conditions.

India Has The Largest Electoral Roll

India's electoral roll includes over 900 million eligible voters, making its elections the largest democratic exercise in the world.



Humans can shed upto 1.5 pounds of skin annually.

Your skin constantly renews itself, and the outer layer is entirely replaced roughly every month, contributing to the dust in your home

GENERAL TRIVIA



GEOGRAPHY

1. By how much does the Mt. Everest grow every year?
2. Which is the world's deepest freshwater lake?
3. By how much is the Pacific Ocean shrinking every year?
4. Which is the largest island?
5. How many countries does the Equator run through?

Answers:
1. 4mm
2. Lake Baikal
3. 11 inches
4. Greenland
5. 13

POLITICS

1. Which country has the longest written constitution?
2. Which country has the oldest parliament?
3. Which is the world's most expensive election?
4. Which is the world's first political cartoon?
5. How many countries does the UN recognise?

Answers:
1. India
2. Iceland
3. US 2020 Presidential Election
4. Benjamin Franklin's "Join or Die"
5. 193



TECHNOLOGY

1. When were passwords invented?
2. Which was the first Smartphone?
3. What was Wi-fi inspired by?
4. How much does the internet weigh?
5. What was amazon almost called?

Answers:
1. 1960s
2. IBM's Simon
3. Star Trek Actress
4. Around a strawberry
5. cadabra

PHYSIOLOGY

1. How many times do your eyes blink in a day?
2. How many grams of iron does your body normally have?
3. What is the surface area of human lungs?
4. Which is the smallest bone in your body?
5. How many miles does the human blood travel in one day?

Answers:
1. About 20,000 times
2. 3-4 grams
3. Around 70 sq. meters
4. Stapes in your ear
5. About 12,000 miles



THANK YOU



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