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The journey
through
cognizance

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Saturation in the Indian Job Market

India's job market is facing saturation, a challenge where demand for employment far outweighs available opportunities. This issue is primarily driven by an over-concentration of students choosing similar fields of study, especially in science and technology, leading to an overwhelming number of graduates with similar skills. This creates a pool of candidates without distinct skill sets, making it difficult for employers to find the right fit for specialized roles and leaving many graduates unemployed or underemployed.

One major reason for this saturation is the societal preference for fields like engineering and medicine, particularly Computer Science, which is often seen as a pathway to stable, high-paying jobs. This narrow focus causes students to overlook other streams such as humanities, arts, and vocational training, which are often regarded as less prestigious or financially rewarding. The result is a vast number of candidates with comparable qualifications but limited differentiation in their skill sets, which diminishes their employability in a competitive market.

Employers face a dilemma: they have numerous applicants, yet few possess unique or refined skills that align with specific job requirements. Many graduates lack the hands-on experience or creative problem-solving abilities that are often nurtured through a broader, diversified education. Consequently, this oversupply of candidates with similar academic backgrounds leads to higher unemployment rates, as job openings in popular fields cannot accommodate the number of applicants.

Encouraging students to explore diverse fields of study and promoting a culture that values varied career paths can alleviate this problem. By expanding their focus beyond conventional subjects, students can develop specialized skills and explore emerging fields like sustainable energy, psychology, design, or vocational trades. Such diversification would create a more balanced job market and reduce competition in oversaturated fields, ultimately leading to improved employability, a more skilled workforce, and better alignment between graduates' skills and industry needs.



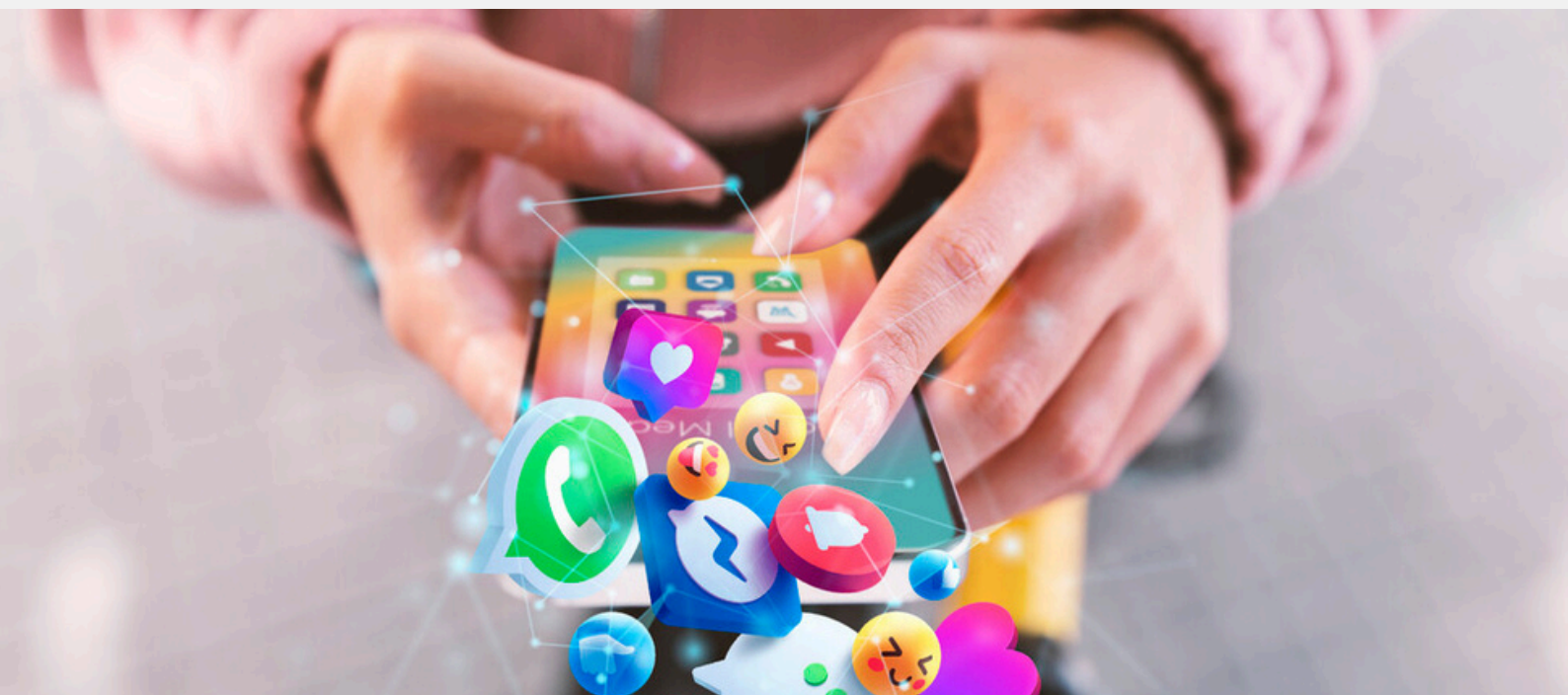
The Problem With Social Media Trends

Social media trends are popular themes, products, or behaviors that quickly gain widespread attention across platforms like Instagram, TikTok, and Facebook. They span across various audiences, from older adults to young children, who are all influenced by the rapidly changing culture of “what’s in.” However, these trends can have concerning effects, especially on younger users, who are often highly impressionable and eager to fit in.

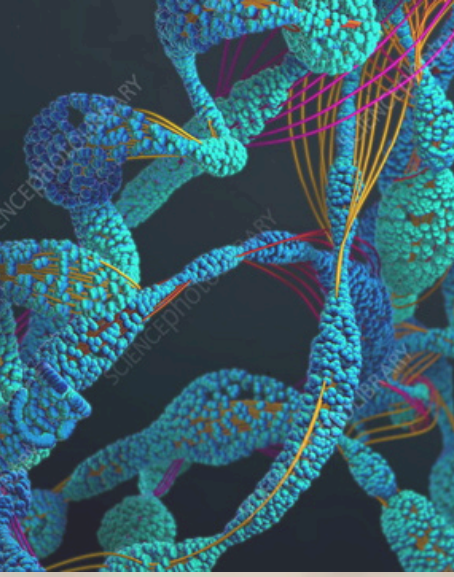
Social media trends create an unrealistic “need” for certain products, clothing, or lifestyles that may not align with actual needs or values. This sets up high expectations and fosters a mindset of overconsumption. Many young people feel compelled to own “trendy” items to appear stylish or relevant, even if those items are not genuinely useful.

A prime example of this is fast fashion, where clothing is produced cheaply to keep up with the latest styles promoted on social media. This rapid production comes at a high cost, often exploiting workers in poor conditions while generating vast amounts of textile waste. The environmental impact is severe, as most fast fashion items are disposed of quickly, filling landfills and polluting ecosystems.

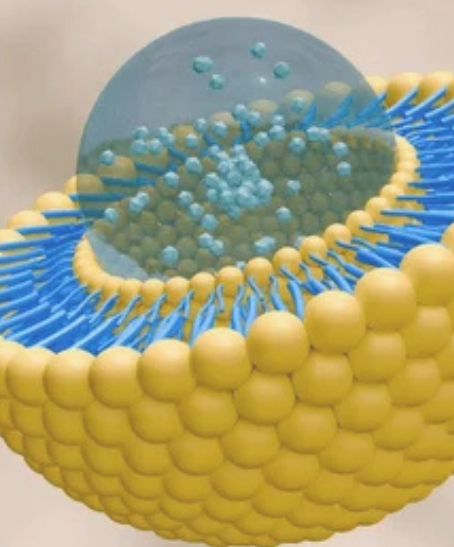
Instead of following every new trend, people should be encouraged to develop a unique sense of style and identity that reflects who they truly are. By rejecting the pressure to constantly buy trendy items, individuals can make more sustainable, thoughtful choices that reflect their personality rather than social media’s ever-changing expectations.



The Role of Biomolecules in Nutrition

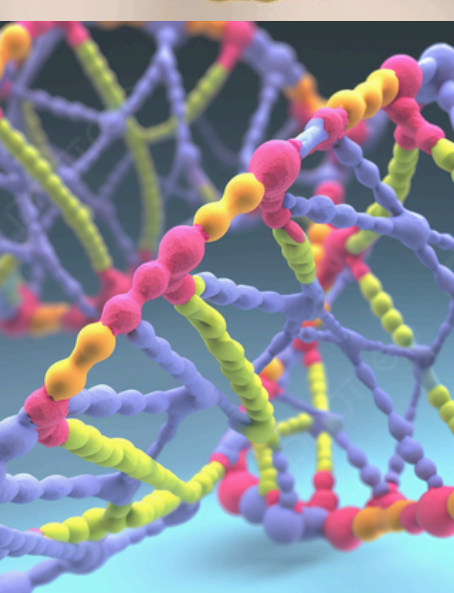


Biomolecules of nutrients play significant functions in nutrition and affect a lot of biological processes required to maintain health. These comprise lipids, carbohydrates, proteins, and nucleic acids, which are of paramount importance in our diet and daily functions.



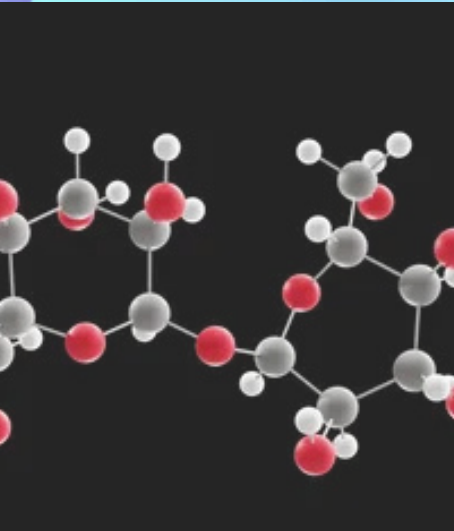
Lipids have been generally classified as fats. These components are quite crucial in keeping the energy stored, protecting some organs in the body, and insulating it. They also allow the absorption of fat-soluble vitamins, that are A, D, E, and K, and cell membrane constituents play a deciding role in their cell structure and signaling. While good fats, or essential ones like omega 3 and 6 must be added to our diets as the human body cannot prepare them, over dosages also have risks so their administration must ensure an optimum degree.

The most significant source of fuel to the body are carbohydrates. They get eventually broken into glucose and provide energy that cells consume in cellular respiration. Additionally, there is the provision of carbohydrates within the diet, which would be in sugars, starches, and fibers each playing its different role. Sugars and starches supply the energy immediately through their digestibility. In contrast, the fibers contribute positively in their non-digestibility for healthy digestion while controlling the elevation of the blood sugar level and assistance in lowering feelings of hunger, thus serving as one of the ways to reduce weight under control.



Proteins are required for growth, repair, and the general maintenance of tissues. Made up from amino acids, proteins serve as enzymes that catalyze biochemical reactions, hormones which guide physiologic functions, and antibodies that provide immunity against destructive invaders. A diet that contains adequate amounts of different proteins will supply all the necessary amino acids, those that cannot be produced by the body itself, to perform these essential functions.

Nucleic acids are not usually thought of as being a part of nutrients but are essential since they contain genetic material of every living cell. DNA carries the genetic code of life, while RNA is a messenger for transcription and expression of such codes. Even though their dietary intake is far from as important as proteins and carbohydrates, nucleic acids play an essential role in the biosynthesis of important molecules and in cellular transactions concerning energy.



In conclusion, these biomolecules nourish our bodies collectively, ensuring that we function optimally by regulating energy, growth, maintenance, and overall metabolic balance. A careful balance of these nutrients supports not only survival but also promotes a healthier, more active lifestyle.

IS MATHEMATICS THE LANGUAGE OF THE UNIVERSE?

Mathematics is often referred to as the “language of the universe” because it provides a structured, logical framework to describe natural phenomena. Through numbers, equations, and patterns, mathematics captures the laws governing the cosmos, from the vast motions of galaxies to the smallest atomic interactions. This universality of mathematics allows scientists to make predictions, test hypotheses, and explain the intricacies of the world in ways that words alone cannot.

Nearly every subject, in some form, intersects with mathematics. Physics, for example, is essentially applied mathematics; it translates natural laws into formulas, allowing us to understand forces, motion, and energy. Chemistry, too, relies on mathematics to quantify elements and calculate molecular interactions. Even subjects that seem unrelated to math, such as biology, use mathematical models to explain population growth, genetic patterns, and ecological dynamics.

Although math can be challenging and is often disliked by students, it has its own appeal. Solving problems can be highly satisfying, offering a sense of accomplishment when one reaches the correct answer. Math games, puzzles, and real-world applications showcase its creative side, allowing people to see it as more than just rote calculations. Concepts like symmetry, geometry, and probability offer insights into everyday life, nature, and even the arts, revealing the elegance of mathematical principles.

Mathematics translates the workings of the universe into a format we can interpret and apply. Its ability to describe everything from the orbit of planets to the structure of atoms underscores its role as the fundamental language of nature. While math can be intimidating, embracing its universality and relevance can lead to a deeper appreciation of how interconnected and structured the world truly is.



The Chemistry of Human Emotions



We have emotions as a dominant driving force that will move our responses, decision making, and interactions with what's around us in life. Emotions are merely attached to complicated biochemical phenomena. By deciphering such processes, we get the intriguing look into chemistry for what makes a human behave emotionally.

The Brain and Neurotransmitters

Behind an elaborate web of neurons are found in the human brain lies the central part for handling the regulation of emotionality. Chemical messengers used within the brain in connection with the transmission among these neurons are referred to as neurotransmitters. Of these, serotonin, dopamine, and endorphins are mood regulators. Serotonin regulates the balance of mood and happiness. When imbalanced, it causes depression. Dopamine is often related to pleasure and reward, thus encouraging survival-related behaviors. Endorphins are natural painkillers in the body; they create euphoria in the event of stress or pain, like the "runner's high" after extreme physical activity.

Hormones and Emotions

Apart from neurotransmitters, hormones also play an important role in influencing our emotions. The chemicals which affect how we react to the stimulation and how we will be interacting with others include adrenaline, cortisol, and oxytocin. Adrenaline is also known as the fight-or-flight hormone; it triggers when a person's body perceives danger and prepares for immediate response. Cortisol is actually the primary stress hormone but it helps manage stress but too much of it results in anxiety and depression. Oxytocin is famously known as the 'love hormone' as it develops social bonding.

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Chemistry of Feelings in Everyday Life

Emotions are chemically based, hence grounded, and always express themselves in physical feelings. This chemical flow may be why a warm embrace causes one to feel elated or why stress knots up one's stomach. Every action of our lives utilizes these biochemical processes; the chocolate eaten elevates the level of endorphins, exercise elevates the levels of serotonin, and the warm embrace can raise oxytocin levels. The phenomenon of winter blues, which arises due to reduced sunlight, reduces serotonin.

Implications for Mental Health

Understanding the chemistry of emotions is important in mental health. It provides some insight into mood disorders, which can be very educational in terms of providing content for therapeutic approaches. These approaches include pharmacological interventions that alter neurotransmitter activity or behavioral therapy that changes emotional responses. Examples of such approaches include how antidepressants generally focus on serotonin levels while behaviorist therapy focuses on thought patterns that influence emotions.

In a nutshell, the chemistry of human emotions is an orchestra played in intricate harmony with neurotransmitters and hormones that are played in the human brain. It is this intricate play which helps

NEURODEGENERATIVE DISEASES: THE CHEMISTRY BEHIND NEURON DAMAGE

Neurodegenerative diseases such as Alzheimer's, Parkinson's, and Huntington's disease are characterized by the progressive degeneration of the structure and function of the nervous system. Chemistry in neuron damage involves alteration of protein structures, oxidative stress, and imbalance of neurotransmitters.

Such proteins are significant contributors to neurodegeneration because they lead to the toxic structures' aggregation, disturbing the neurons' normal functions and intercommunication. Cellular stress leads to mitochondrial failure, hence death of the neurons by these proteins.

Oxidative stress is another very important biochemical process in neurodegeneration. High free radicals bring lipid peroxidation and DNA damage to the neurons. The oxidative atmosphere further increases the protein misfolding and inflammation and encourages neurodegenerative processes. Overpowered glutathione is one of the mechanisms of the body's antioxidants, which indicates a myriad of biochemical factors interconnecting in the damaging of the neuron.

The damage is perpetuated by continuous cycles of inflammation, due to oxidative stress and protein aggregation. Activated microglia, the brain's immune cells, produce inflammatory cytokines that can degrade neuronal health, thereby closely linking inflammation with the onset and progression of neurodegenerative diseases.



In addition, mutation in specific genes like APP for Alzheimer's disease and exposure to toxins significantly play a role in predisposition and progression. Such understanding creates avenues for the development of therapeutic strategies in fighting neuron damage.

The main focus of current research has been on therapies that decrease misfolded protein aggregates, enhance antioxidant defenses, and modulate neurotransmitter balance. Innovations such as gene therapies, small-molecule drugs, and monoclonal antibodies promise to change the treatment landscape. However, the intricate interplay of genetic, environmental, and biochemical factors poses a great challenge, and thus more research is needed to be effective.

S C R A M B L E

P

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FLOWER NAMES

1. AEDVRLNE - _____
2. YENOP - _____
3. HDLAIA - _____
4. GENBIAO - _____
5. FL DFAODI - _____
6. PY PPO - _____
7. IVLTEO - _____
8. LIPTU - _____
9. UTL SO - _____
10. ADSIY - _____

Answers

1. LAVENDER
2. PEONY
3. DAHLIA
4. BEGONIA
5. DAFFODIL
6. POPPY
7. VIOLET
8. TULIP
9. LOTUS
10. DAISY



DID YOU KNOW?



Sharks existed before trees

Sharks have been around for about 400 million years, while trees appeared approximately 350 million years ago.

Sea otters hold hands while sleeping

They do this to avoid drifting apart in the water while they rest.



Your nose can remember 50,000 different scents

The human nose is more powerful than we often realize!

GENERAL TRIVIA



GEOGRAPHY

1. What is the only sea without any coastlines?
2. Which desert is known as the "Sea of Sand"?
3. Which country has the most volcanoes?
4. Which river is considered the sacred river of India?
5. Which island nation is the only one that straddles the equator and has land in all four hemispheres?

Answers:
1. Sargasso Sea
2. The Rub' al Khali
3. Indonesia
4. The Ganges River
5. Kiribati

POLITICS

1. Which country is governed by the "Ayatollahs" and follows a theocratic system?
2. Which political leader introduced the policy of Perestroika and Glasnost in the Soviet Union?
3. Who was the first U.S. president to be impeached?
4. Who is considered the "Father of the Indian Constitution"?
5. Which treaty established the European Union (EU) in 1993?

Answers:
1. Iran
2. Mikhail Gorbachev
3. Andrew Johnson
4. Dr. B.R. Ambedkar
5. The Maastricht Treaty



TECHNOLOGY

1. Which tech giant is known for its slogan "Think Different"?
2. Which programming language is known for its use in statistical computing and graphics?
3. Which company developed the popular game Fortnite?
4. Who is known as the "Father of the Internet"?
5. What does "URL" stand for in web technology?

Answers:
1. Apple Inc.
2. R
3. Epic Games
4. Vint Cerf
5. Uniform Resource Locator

PHYSIOLOGY

1. What is the name of the fluid that cushions joints?
2. Which type of blood cell is involved in immune response?
3. What is the main component of the cell membrane?
4. Which hormone regulates blood sugar levels?
5. What is the name of the protective layer around the heart?

Answers:
1. Synovial
2. Lymphocyte
3. Phospholipid
4. Insulin
5. Pericardium



THANK YOU



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