



The

HORIZON

VOLUME 3, ISSUE 3, MARCH 2025

- HOW TO KEEP MOTIVATED WHEN YOU FEEL LIKE GIVING UP
- LONG COVID - THE UNSEEN BATTLE AFTER THE VIRUS
- THE NEUROPHYSIOLOGY OF MEMORIES
- THE GLOBAL DEALERS AMONG US: INSECURITIES

DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

WELCOME TO THE HORIZON



“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.



**DR. MEHUL H. SADADIWALA, FOUNDER,
CLASS OF 2023**

‘The Horizon’ will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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EDITOR'S DESK



“ My name is Divya Dilshara, and I am currently a fourth-year student at Grodno State Medical University. I am excited to be part of the editor desk for 2025, where I can explore my passion for engaging content creation. I focus on lifestyle topics, striving to create articles that resonate with a wide range of readers.

With a strong eye for emerging trends and a commitment to quality, I work collaboratively with writers and creatives to produce informative and visually captivating pieces. My editorial style emphasizes creativity and clarity, ensuring that each story is not only interesting but also meaningful. I am thrilled to contribute to the vibrant community at the ISSS and look forward to bringing fresh ideas to life. ”



**DIVYA DILSHARA,
EDITOR, JAN- MAR 2025**



**OSO JESUTOFUNMI EUNICE,
EDITOR, JAN-MAR 2025**

“ For a successful magazine, there are series of work that is done behind the scenes, from the writers all the way to the editors. I am honored to be a part of the Horizon family in 2025. I aim to foster collaboration among students, encouraging them to share their perspectives and opinions on topics that matter which I believe will enrich the content of this magazine. I really appreciate this role, as it will also help in honing my editorial skills. ”

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

HOW TO KEEP MOTIVATED WHEN YOU FEEL LIKE GIVING UP

Although motivation is essential to reaching our objectives, it frequently wanes in the face of difficulties or disappointments. This blog examines practical methods for staying motivated when things get tough. We explore useful advice that might help you rekindle your motivation and keep moving forward. You may overcome challenges and keep moving forward on your path to success by developing resilience and adopting an optimistic outlook.

WRITTEN BY
RAJINTHA
RAVIKUMAR
CLASS OF 2028

INTRODUCTION

Every one of us has experienced the moment when the burden of our objectives becomes too great, and we consider quitting. It's normal to have moments of uncertainty and exhaustion when working on a personal project, pursuing a professional objective, or aiming for self-improvement. But it's important to understand that these experiences don't define your path. Rather, they present a chance for development and fortitude. Here are a few techniques to help you maintain your motivation when you want to give up.



RETHINK YOUR "WHY"

One of the most effective motivators is knowing why you started in the first place. Spend some time reflecting about your primary motivations. What motivated you to go on this journey? Whether it's a personal passion, a desire for change, or a promise to your future self, reconnecting with your 'why' can rekindle your passion. Write it down and keep it visible—this reminder can be a source of motivation during difficult times.

BREAKING IT DOWN

Feelings of overwhelm can result from setting and achieving ambitious goals. Divide your primary goal into smaller, more doable chores to counter this. These manageable objectives offer a clear path forward and are less daunting. You'll feel a sense of success as you do each chore, which will encourage you to keep going. These little victories are important milestones on your journey to success, so celebrate them.

CREATE A SCHEDULE

One of the most effective motivators is knowing why you started in the first place. Spend some time reflecting about your primary motivations. What motivated you to go on this journey? Whether it's a personal passion, a desire for change, or a promise to your future self, reconnecting with your 'why' can rekindle your passion. Write it down and keep it visible—this reminder can be a source of motivation during difficult times.

BE IN THE COMPANY OF POSITIVE PEOPLE

Your motivation levels can be significantly impacted by the individuals you spend time with. Look for mentors, family members, or friends who inspire and support you. You may keep an optimistic outlook and be reminded of your potential by surrounding yourself with good influences. Talk to them about your objectives; their encouragement can be a great source of motivation when things get hard.

ENVISION YOUR ACHIEVEMENT

Many people who are successful use visualization as an effective approach. Think about what it would be like to reach your goals, how it would feel, what it would mean for your life, and how it would affect people around you. A powerful emotional bond with your goals and a recall of your progress can be formed by this mental vision.



ACCEPT FLEXIBILITY

The road to success isn't always straight. Being adaptable and receptive to change is crucial. Don't be afraid to change your strategy or reframe your objectives if something isn't working or if you run into unforeseen difficulties. Being flexible enables you to change without losing hope, which keeps you moving forward in the face of difficulties.

DEVELOP COMPASSION FOR YOURSELF

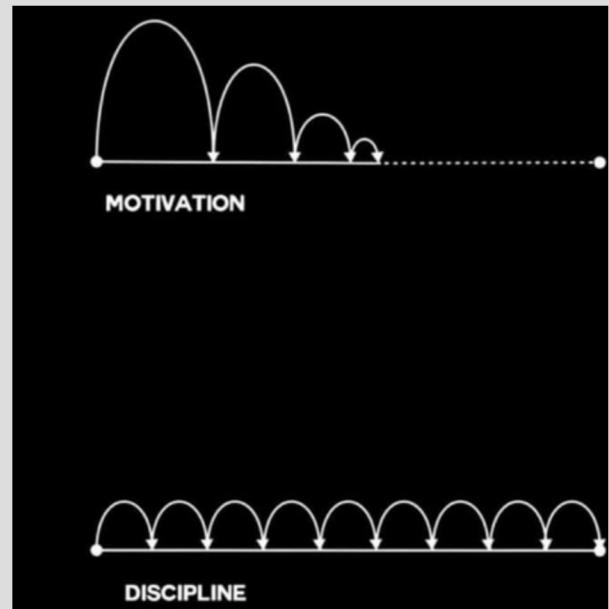
Being hard on oneself is easy when things are tough. Nonetheless, self-compassion exercises are essential for sustaining motivation. Recognise that everyone has difficulties occasionally and that failures are a necessary part of the process. Show yourself the same compassion and consideration that you would show a friend going through a similar ordeal. This mental change can promote resilience and reduce stress

TAKE PAUSES

Taking pauses can be quite helpful when motivation is low. You can rejuvenate your body and mind by taking a break from your work. Take use of this time to rest or do things that make you happy, such reading a book, taking a walk, or spending time with loved ones. Rekindling your excitement can be achieved by returning to your tasks with a new viewpoint.

MAINTAIN A JOURNAL OF GRATITUDE

By cultivating thankfulness, you can change your perspective from what you lack to what you have. You can cultivate a more positive outlook that boosts motivation by routinely recognizing the wonderful aspects of your trip by keeping a gratitude notebook.



LOOK FOR INSPIRATION

Books, podcasts, videos, and even discussions with people who have accomplished comparable objectives can all serve as inspiration. Interacting with motivational material might open your eyes to new ideas and serve as a reminder of the opportunities that await you. It can be quite inspiring to share experiences with people who share your interests, so think about joining organizations or groups that share those interests.

PAY ATTENTION TO THE PROCEDURE

Taking pauses can be quite helpful when motivation is low. You can rejuvenate your body and mind by taking a break from your work. Take use of this time to rest or do things that make you happy, such reading a book, taking a walk, or spending time with loved ones. Rekindling your excitement can be achieved by returning to your tasks with a new viewpoint.

CONSIDER YOUR PREVIOUS ACHIEVEMENTS

Spend some time thinking back on the difficulties you have previously surmounted. You may strengthen your resilience and ability to persevere through difficult situations by reminding yourself of your past accomplishments. Make a list of all your achievements, no matter how tiny, and refer to it whenever you're feeling down.

MAINTAIN AN ACTIVE LIFESTYLE

It has been demonstrated that physical activity improves mood and energy levels, which makes maintaining motivation simpler. Whether it's jogging, yoga, or dancing in your living room, make regular exercise a part of your routine. Engaging in physical activity releases endorphins, which can improve your mood and general health.

ASK FOR ASSISTANCE

Don't be afraid to ask for help if you're having trouble staying motivated. Speak with loved ones, friends, or experts who can provide support and direction. Expressing your emotions can ease the burden and offer fresh insights into conquering challenges.



MINIMISE INTERRUPTIONS

Determine the things that divert you from your objectives and take action to reduce them. Reducing distractions can improve your ability to concentrate on your work, hether they come from social media, loud noises, or other obligations. To increase productivity, designate a specific area for work and set limits during working hours.

CONCLUSION

Remain dedicated to your path, acknowledge your accomplishments, and keep going your future self will appreciate it

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LONG COVID - THE UNSEEN BATTLE AFTER THE VIRUS

The COVID-19 has left an indelible mark on society, but perhaps one of the most affected groups has been medical students. The COVID-19 pandemic has made a considerable consequence and the impact of it on medical students is profound and widespread by affecting their education, mental health, and as well as their daily routine. As future healthcare providers, they encountered atypical obstacles during the pandemic and continue to deal with, lingering effects of Long COVID. This article explores how the pandemic altered the medical students' lives and the unseen battles they fight even now.

WRITTEN BY
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CLASS OF 2025

INTRODUCTION

The COVID 19 pandemic was first reported in Wuhan, China in December 2019, and has rapidly spread all over the world in months. So, when the pandemic stuck in early 2020, medical students found themselves facing an unprecedented shift in their education as well as their daily routine. In the early days, education model quickly shifted from offline to online. While this shift aimed to ensure continuity in education, it also introduced a myriad of challenges.

LACK OF HANDS-ON EXPERIENCE

The rapid transition to online learning coupled with the lack of preparation from the educational system, leads to have a great impact in student's academic performance and clinical exposure. In terms of clinical exposure, most students all over the world have been suspended from internships, while in some areas with staff storages they have the ability to continue clinical work. So almost all the students, struggled with the lack of hands-on experience, which is crucial in medical training. The absence of face-to-face interactions with patients and instructors led to feeling of isolation and disconnection. So many struggling to gain the knowledge through the clinical exposure which they have been missed throughout the pandemic period.



MENTAL HEALTH CHALLENGES

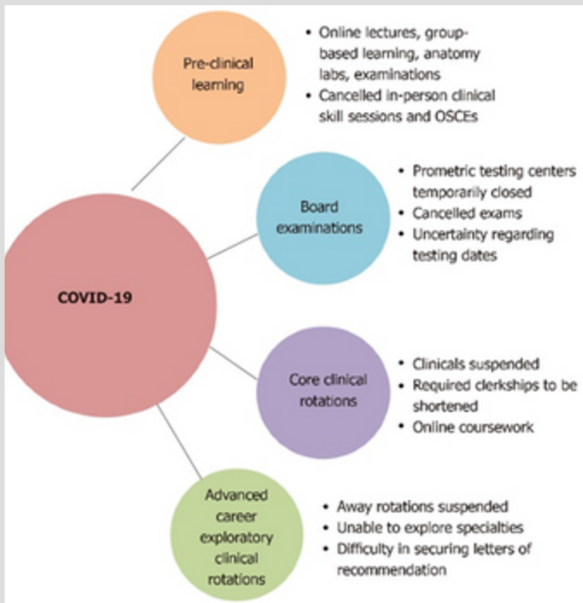
The COVID 19 pandemic had led to severe education disruption mainly in the lives of medical students. The mental health of medical students took a significant hit during the pandemic. The pressure to excel in a demanding field, combined with the uncertainty of the virus, created a perfect storm of anxiety and stress. As the researchers have found that medical students are at high risk of anxiety and depression symptoms compared to general population and other students. The stigma surrounding mental health issues in the medical field made it difficult for students to seek help. Unfortunately, this has been a silent battle that many continue to face.

IMPORTANCE OF CONCENTRATION

Despite the challenges, many medical students demonstrated remarkable resilience. They created study groups online as they were unable to

meet each other face to face, not only that but also, they created peer support networks and engaged in community health initiatives, such as volunteering at vaccination centers. These efforts not only helped them stay connected but also reinforced their commitment to serving others during a crisis.

The students used digital platforms and social media, by innovating the ways to adapt their learning and share resources and study materials. This adaptability emphasized their determination to succeed, and how they determined to overcome the struggle they have faced during the pandemic.



MOVING FORWARD

As we continue to navigate the aftermath of the pandemic, it is crucial to prioritize mental health support for medical students. Institutions must recognize long lasting effects of Long COVID and the stresses which was associated with clinical studies.

CONCLUSION

The journey of medical students during the pandemic indicates their remarkable resilience and perseverance. While the unseen battles of Long COVID persist, their experiences highlight the need for a more supportive and understanding educational environment.

According to the results of the research projects, a year after the forced introduction of online learning due to the COVID-19 pandemic showed the stability of the burnout and mental health of students compared with the initial period of the pandemic. It also indicates that the support from medical school was negatively associated with the level of burnout and dissatisfaction with the new online learning format. And the same time, the perceived comfort of the new learning format, loneliness and procrastination were positively associated with the level of burn out. And such deterioration in education caused by the pandemic, such as the possibility of mastering the necessary competencies, communication at various levels, and changes in the knowledge assessment system, were positively associated with the level of academic burnout, dissatisfaction with learning during the pandemic, and a general deterioration in medical education and learning efficiency.



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THE NEUROPHYSIOLOGY OF MEMORIES

This article includes concepts of memories, how brain is able to preserve and recover information and past experiences, how memories are formed, stored and recalled, and what this means for understanding conditions like Alzheimer's disease and Dementia.

WRITTEN BY
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MISKIN
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INTRODUCTION

What are memories?

Memories form an important aspect of human life. It plays a huge role in our day-to-day activities, including learning, development and survival. If we do not have memories of the past, carrying out daily activities in the present and future would be a very difficult task. Not only does memories recall certain incidents and people, it also links various other emotions that were attached to it in the past. Memories and emotions are strongly bound together, and positive memories produce a sense of joy and happiness. Scientifically, 'memory' refers to the psychological process of acquiring, storing, retaining, and later retrieving information. Human memory is the power of the brain, which involves the ability to both preserve and recover information and past experiences.



THE DIFFERENT TYPES OF MEMORIES

Think about this? Why is it that we can remember the birthdays of our loved ones, but don't remember all the ingredients of a bag of chips we read some time back? This is because different types of memories are stored by the human brain for different spans of time.

Memory can be classified into 3 separate types:

- Short term memory
- Long term memory and
- Sensory memory.

Short term memory: Involves the information that we are currently thinking about, and it generally lasts for about 20 to 30 seconds, and most of these memories are forgotten after this time period.

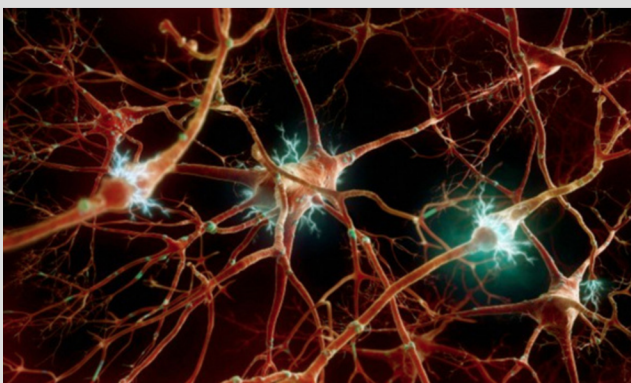
Long term memory: refers to the type of memory that is constantly stored in the brain. For example, the birthdays of our dear ones, and the road to our house. Long term memory is also called unconscious memory because memory can be retrieved at any time when required.

Sensory memory: stores the information gathered by the human senses. Seeing a STOP sign while driving or hearing a bell ring at school are both instances of sensory memory. They typically last only for less than a few seconds.

THE FORMATION OF MEMORIES IN THE BRAIN

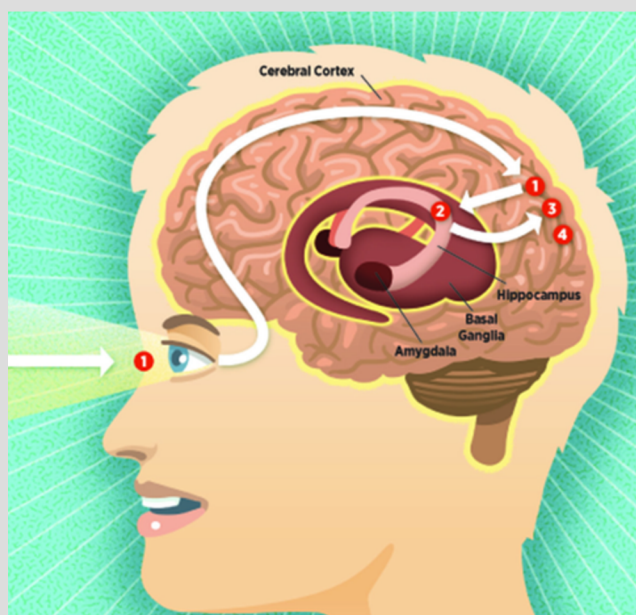
The reason why we cross the road when the traffic light is green and stop when it turns red, is because this memory has been stored in our brains and recalled when needed. So, the question arises- how do these memories even form in the first place? When we learn something or gain an understanding of something, we form connections between neurons (brain cells) in the brain. This occurs due to the work of the synapses present in between the neurons. These small gaps between the neurons play an important role in the process of memory formation. When a change in the electrical charge of one neuron occurs, it activates the release of certain chemicals called neurotransmitters across these synapses. These chemicals are then absorbed by the neurons on the other side of the synapse, which then generate an electrical charge in that cell.

This process forms 'circuits' in the brain, and this process is repeated whenever a memory is synthesized. Ultimately, the human brain modifies itself with each new memory. When neurons constantly stimulate other neurons, they form stronger interconnections, therefore it becomes easier for them to stimulate each other with time. During the time in which neurons rarely communicate, their connections decrease, and communication between neurons may come to a halt.



WHERE ARE MEMORIES STORED?

Memories are stored in different areas of the brain. Explicit/definite memories and facts and information are stored in the hippocampus, neocortex and amygdala. Hippocampi are paired areas of the brain that are necessary for the transfer of memories from short term to long term. On the other hand, the amygdala applies emotions to memories, particularly the emotion of fear. For instance, the reason why a person with a fear of dogs would run away from a dog upon seeing one, is all because of this tiny, almond shaped structure- the amygdala. It triggers a person's 'fight or flight response'. Implicit memories such as playing a guitar or riding a bike are stored in the basal ganglia and cerebellum.



HOW ARE MEMORIES RECALLED?

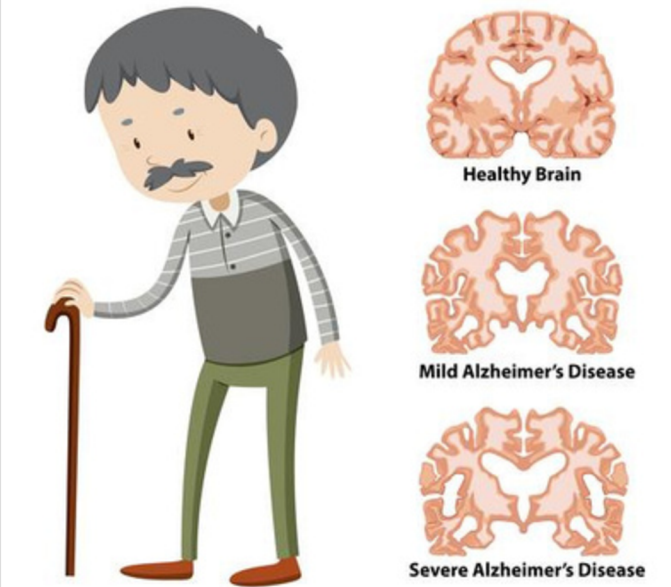
The retrieval of memory refers to our ability to access information and extract it from our stored memory. Have you ever wondered why we are taken back to a past memory upon smelling or tasting something familiar? For instance, eating something delicious, similar to our grandma's cooking? Hasn't that ever reminded you of your grandma? This stimulus such as a smell or taste is called a retrieval cue, and that is what stimulates the recall of a memory. There are 4 types of retrieval that activates memory. 'Recall'- where memory is retrieved without a cue to stimulate its presence. 'Recollection'- recalling various pieces of memory and reassembling them into a united sequence of memory. 'Recognition'-the process of identifying information after repeating it. 'Relearning'- happens when previously learned data is relearned at another time.



THE ROLE OF MEMORY IN DEMENTIA AND ALZHEIMER'S DISEASE

Dementia is a neurological disorder that is characterized by the loss of memory, reasoning and other thinking skills. It is caused by damage to neurons that affect their ability to interact with each other. As a result, new memories may not be made and will not be able to be recalled later. People may also take a long time to recall whatever information that they had stored before. Dementia exists in many different forms which are caused by many conditions. As per research, Alzheimer's disease is the most common cause of dementia resulting in 60-80% of dementia cases. Alzheimer's is a degenerative brain disease that is caused by complex brain changes due to neuron damage. It causes symptoms of dementia that eventually get worse with time, and may deteriorate further, resulting in confusion, disorientation and unusual behavior. As per research, most people with Alzheimer's develop the disease when they are 65 years or older. This suggests that memories have been a part of us in every step of life and that is what gives us our sense of identity and who we are

Progression of Alzheimer's Disease



CONCLUSION

In conclusion, it has been proven that some of the activities to improve brain functioning and memory are learning a new skill, getting plenty of sleep, meditation and stress management. It is vital for humans to preserve memories, as without memories it would be very difficult to carry out routine activities and live an untroubled life.

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THE GLOBAL DEALERS AMONG US: INSECURITIES

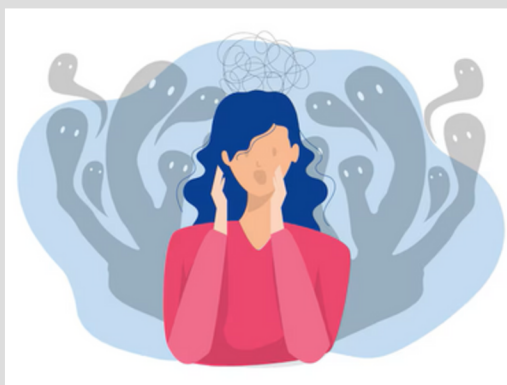
Insecurities could be described as feeling less secured of ourselves. It can be due to social, mental, physical or even spiritual reasons. Indeed, they are global dealers because all of us have at least encountered them irrespective of one's age, race, nationality or the society we live in. The feeling of being less secured can be a crucial phase for anyone of us. Such a person may suffer with severe anxiety, loss of confidence, depression, one could even pass through suicidal thoughts. But still, the tables can turn, where one tries to use their insecurities to work on themselves and create a better version of them thereby, overcoming their Insecurities.

WRITTEN BY

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INTRODUCTION

Nowadays, the concept to 'fit in' is a subtle concept that is mostly heard. The actual query is when one doubts themselves and arises questioning their compatibility. A major reason for questioning ourselves is because we feel lack of secureness or in simple terms, insecurities. This seems to be an ordinary word that is heard among us frequently, but this word carries an enormous depth for itself. Further, insecurities are encountered at least one time in our life irrespective of one's mental, physical, social or even spiritual background. Indeed, they are global dealers which do not consider any of the age, gender, nationality, race, financial or personal boundaries. Let us thoroughly look into some insecurities and on how it impacts on our human minds.



PHYSICAL AND MENTAL INSECURITIES

There could be various different insecurities among each one of us. A major physical and mental insecurity could be body shame which is apparently not a new term to mention.

Body shame makes one think that he or she does not look normal from the majority of people who are living in a community together. According to Fauzia, victims of body shaming were categorized as fat shaming, thin shaming, hair shaming, and skin tone shaming. Even though, body shaming depicts the physical insecurities of a person, it disturbs one's mentality quite deeply. Therefore, body shaming can not only be considered as one's physical insecurity but also one's mental insecurity as well. However, almost all the insecurities affect one's mentality.

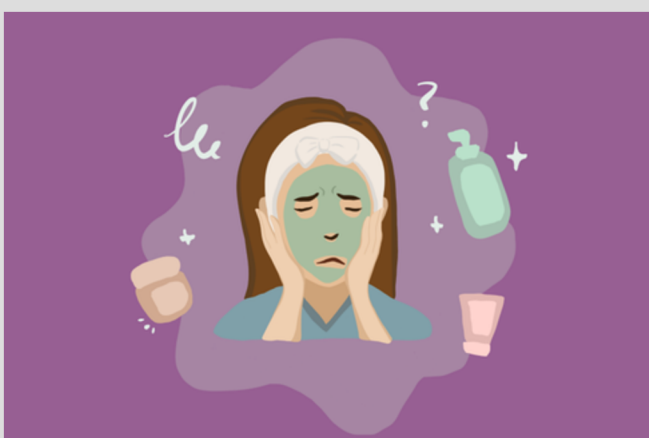


SOCIAL INSECURITIES

As we all know, fitting into the society is not easy as it seems, actually it is when we fall into the trap of social insecurities as the not so standardized world has set up certain social standards where one must reach. To see the bright side of it, social standards are essential to bring the world equivalent as one irrespective of their culture, traditions, time schedules or earth science. As people we tend to forget the objective of the so-called social standards. This gets even complicated, when each one of us start hustling to reach these social standards.

As people we tend to forget the objective of the so-called social standards. This gets even complicated, when each one of us start hustling to reach these social standards. People tend to forget that people are created with unique abilities depicting our wonderful uniqueness. Beauty standards, academic standards, relationship standards are some of the unfortunate common social standards which make people feel insecure about themselves.

In fact, beauty is necessary for ourselves to look better and to feel better but it does not mean it requires else bodies acceptance. Out of luck, the society tends to comment on the good or bad of others. Aging has been a major complication among the society when considering the beauty standards. The popular well-known celebrities all around the world are mostly victimized to this category as the society expects them to look picture perfect at every moment.



Undoubtedly, most children become victims of social insecurities unknowingly. Indeed, it is when it comes to academic standards. Education is pretty much important for a person which emphasizes one's knowledge and wisdom. But it is important to know that each child have their own potentials which they can reach out for. It is a very thin lining between motivating the child to achieve their goals and stressing the child and make him or her a victim of social insecurities. Relationship standards or in other words, the family status of one person which is considered as a personal matter have also become a part of social insecurities. It is reasonable to assume that it is inappropriate. Because none of us have specific bounded days, ages or times in these matters which the society likely forgets.

SPIRITUAL INSECURITIES

Some people may even feel spiritual insecurities according to their thoughts and their obstacles in life. Some of the reasons could be because they are feeling spiritually detached, thoughts of questioning their own existence, feeling of anger, exhaustion, anxiety due to other external challenges they encounter in life.

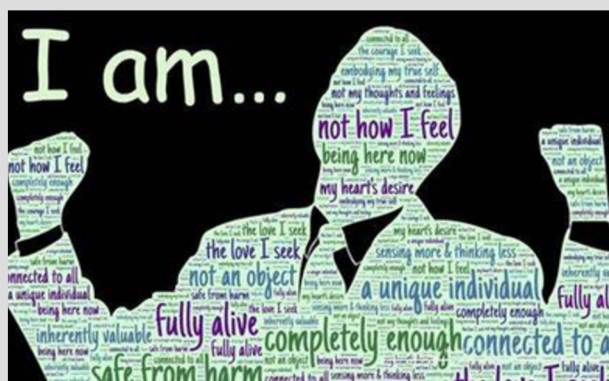
NEGATIVE OUTCOMES OF INSECURITIES

Certainly, insecurity is so much more about pessimism it does not just end here. The feelings of disapproval, feelings of hesitation, feelings of unwillingness all muster up and affects a person in the worse ways possible. Lack of confidence, low self-esteem, using of negative coping mechanisms like self-abuse, mental health issues like depression, anxiety and suicidal thoughts can be worse possible outcomes of these piled-up insecurities.



THE GOOD IN EVERY BAD

Definitely, since there is good in every bad let us now look at the positive aspect of insecurities. This could be a crucial point in any of our life to transform our negative thoughts to positive ones where one sharpens up their weapons against their enemy.



CONCLUSION

Assuredly, it is a known fact that we are not perfect and are not to be made or forced into perfectionism. In fact, people are full with their uniqueness. People are differently abled and talented in different fields. Therefore, attempting to understand the concept of self-acceptance, self-worthiness, self-love could help one to see the favorable outcomes of insecurities. Some people even tend to overcome their insecurities by achieving certain goals and hustling for them so they eventually reach their secured levels.

We are all people who require a little more love and a little more care. Nobody gets the privilege to decide who, what or how you are to be. Thus, do not forget to shower some love for yourself and not to be harsh on yourself either. Become your own medicine and embrace how great you are.

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