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THE HORIZONS

MARCH 2025 EDITION

Graphic by Lucas Gladun

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EDITOR'S NOTE

Spring is here! Or at least, it's supposed to be. Depending on where you are, that might mean blooming flowers and fresh beginnings, or just the same old routine with slightly better weather. But regardless of what it looks like outside your window, spring has always been about renewal. It's the season of growth, of shaking off the dormancy of winter and stepping into something new.

This edition of The Horizons embraces that spirit of change. We celebrate both the changing season and the changemakers—those who dare to challenge norms, speak up, and make an impact. Whether it's through clubs like IDOS, where students sharpen their voices in debate, through the stories we tell and the ideas we explore, groundbreaking discoveries in space to the evolving dynamics of diplomacy, we bring you stories that challenge perspectives and spark curiosity.

March is also Women's History Month, a time to recognize the voices, struggles, and triumphs of women throughout history. It's a reminder of how far we've come and how much further we still have to go. From scientists and writers to activists and leaders, the world has been shaped by women who refuse to be overlooked. And in today's world, where conversations about gender equality, representation, and empowerment are louder than ever, it feels more important than ever to keep these discussions alive.

So here's to spring, to strong voices, and to new beginnings. Happy reading!

Sincerely,
Saanjh Balpande and Fadumo Omar
Editor-in-Chief and Managing Editor

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MEET IDOS:

INTERNATIONAL SCHOOLING'S MUN AND DEBATE SOCIETY.

But IDOS isn't just about debates. It's also where students get their first taste of Model United Nations (MUN), where they step into the shoes of diplomats, negotiate resolutions, and try not to get lost in a sea of formalities. For those new to MUN, the experience can be a little overwhelming. One minute you're representing Sweden in a discussion about climate policy, and the next, you're frantically Googling what Sweden's stance on carbon emissions actually is. But that's part of the fun.

INTRODUCING IDOS

Debating isn't just about talking—it's about thinking. That's the foundation of IDOS, the International Diplomats and Orators Society, our school's official debate and Model UN society.

Think of it as a training ground for future diplomats, politicians, and anyone who just really enjoys proving a point. But unlike your average debate club, IDOS isn't just about memorizing statistics and throwing around big words to sound smart. It's about learning how to think on your feet, research effectively, and craft arguments that actually make sense (instead of just talking in circles until everyone gives up).

Members get thrown into debates, forced to defend perspectives they may or may not personally agree with. If you've ever wanted to argue why pineapple on pizza should be banned in the same discussion where others are debating nuclear disarmament, this is the place for you.

INTRODUCING IDOS

a weird thrill from dissecting international crises over lunch, IDOS is basically your natural habitat.

So, if you've ever found yourself in a heated debate about literally anything, IDOS is worth checking out. Who knows? You might just discover that you have a talent for diplomacy, or at the very least, a new way to win arguments at the dinner table.

SAANJH BALPANDE,
SECRETARY OF DOCUMENTATION IN IDOS
EDITOR-IN-CHIEF

While we've only had a couple of meetings so far, the leadership team: Ruhaan Sardana, Shreya Chettiar, Saanjh Balpande (Me!), Yasmen Mhanna, Lamar Saleh, and Aown Al Khaldi, has big plans. IDOS aims to host MUN conferences and debate competitions, giving students the opportunity to put their skills to the test on a larger stage. Whether it's organizing a full-scale diplomatic showdown or simply running internal debates to sharpen members' skills, the goal is to create a space where students can engage with the world through critical thinking and discussion.

What sets IDOS apart is its community. It's a space where people come in as nervous public speakers and leave as confident debaters who can argue their way out of almost anything (which, for teachers and parents, might not always be a good thing). It's also a society that pushes you to keep up with the world, not just the headlines, but the underlying systems and policies that shape global events. If you're the kind of person who gets

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Ruhaan Sardana

Quantum Representation of Gravity Through Vibrational Energy

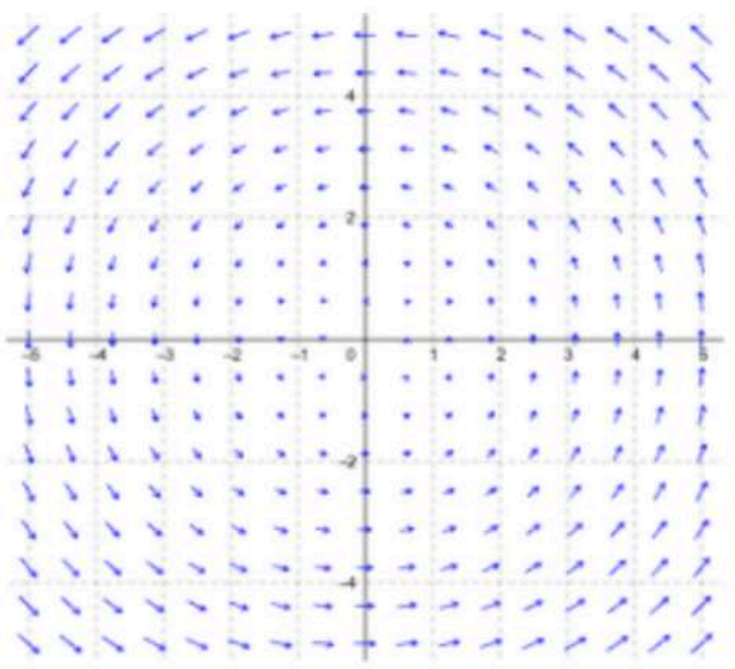

Figure 1: Top View

Abstract:

General relativity and quantum mechanics are the two cornerstones around which modern physics is built. However, the intersection of these domains gives rise to a basic inconsistency. The search for a unified theoretical framework that unifies the gravitational and quantum explanations of reality gives rise to quantum gravity. This endeavour holds the potential to shed light on the fundamental physics of spacetime at the smallest scales, the mysterious singularities seen within black holes, and even open the door to a "Theory of Everything." We set out to investigate quantum gravity, its problems, and possible remedies provided by cutting-edge theoretical frameworks.

Introduction:

Our current understanding of the cosmos faces profound limitations at two extremes: the colossal and the minuscule. Black holes, with their immense gravitational pull, represent a region where the equations of general relativity, the cornerstone of our understanding of gravity at large scales, break down. Conversely, at the Planck scale, the realm of the incredibly tiny, the principles of quantum mechanics, which govern the behaviour of particles and energy at the atomic and subatomic level, seem to lose coherence. This fundamental incompatibility between these two pillars of modern physics motivates the pursuit of quantum gravity.

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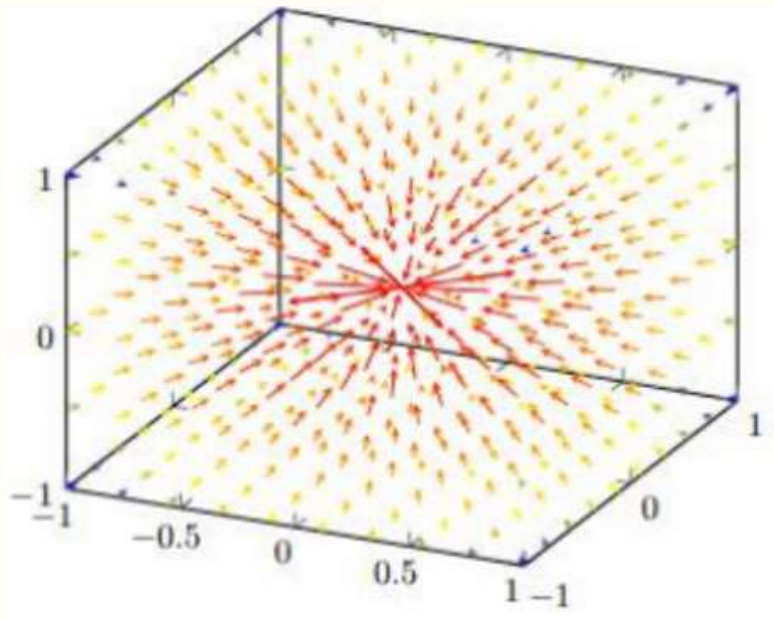
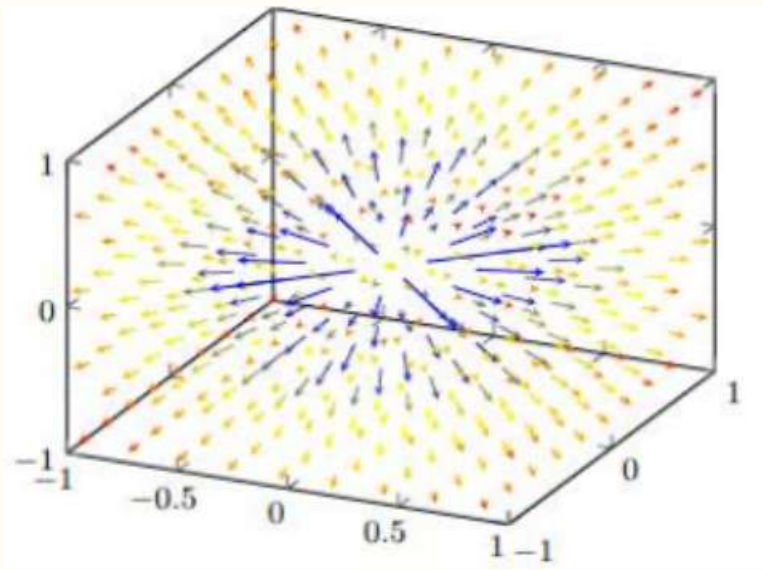
Ruhaan Sardana

Quantum Representation of Gravity Through Vibrational Energy



Quantum gravity seeks to reconcile the seemingly contradictory worlds of general relativity and quantum mechanics. In classical physics, gravity is described as a smooth, continuous force. However, quantum mechanics dictates that all interactions occur in discrete packets, quanta. Quantum gravity proposes that gravity behaves similarly, with its influence arising from the exchange of hypothetical quanta called gravitons. This framework holds immense promise. It has the potential to resolve the singularities - points of infinite density - predicted by general relativity at the heart of black holes. Additionally, it could shed light on the structure of spacetime at the Planck scale, where the very fabric of reality seems to lose its well-defined nature.



For the full research paper click here

Research conducted by Ruhaan Sardana in Grade 11

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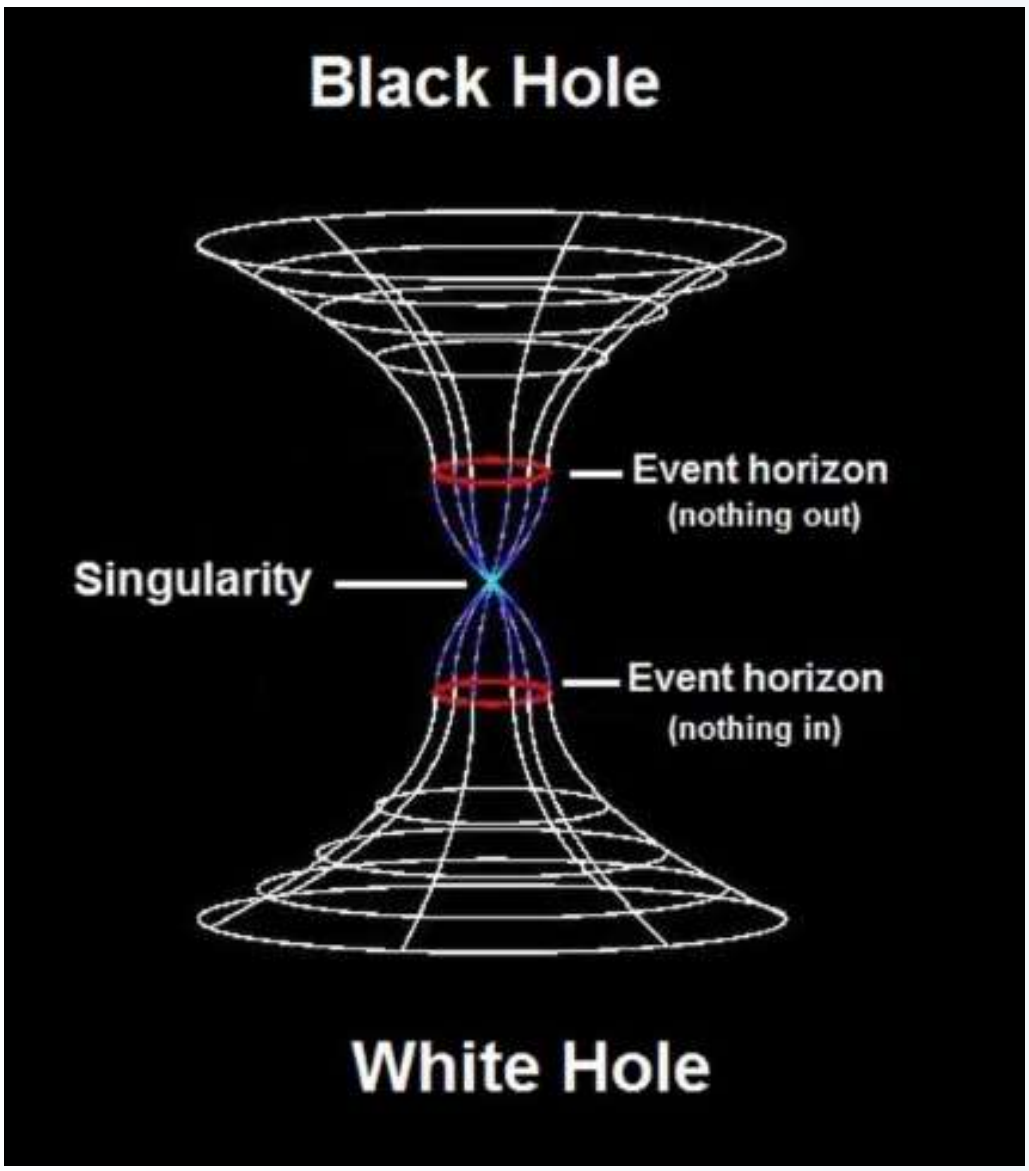
Ruhaan Sardana

A Synopsis on Temporal Energetics: Unveiling a New Paradigm in the Relationship between Time and Energy



Abstract:

This paper presents "A Synopsis on Temporal Energetics," a comprehensive exploration of the intricate relationship between time and energy. By reviewing current ideas and utilizing physics and philosophy principles, we present a new paradigm that reinterprets time. The suggested framework, which is based on both theoretical and empirical considerations, provides new insights into the dynamic interaction between energy and time and has the potential to change the way that people now think about this important relationship. In this research we sought to derive a new theory relating time and energy together as our final goal. May the deity ever-present guide me throughout this paper in order to find the deepest truth of the cosmos.

A Synopsis on Temporal Energetics: Unveiling a New Paradigm in the Relationship between Time and Energy

directs our investigation into the complexities of temporal reality. As we delve deeper, we aim to unravel the mysteries behind the asymmetric nature of our temporal experiences.

2. “Could time be another manifestation among many other manifestations of energy like mass, motion, and electricity?”

This reflective question invites us to reflect on the deep connections that exist between time and the wider range of energy occurrences. By posing this question, we open the door to a realm of possibilities where time is not merely a linear progression but a dynamic manifestation entwined with

Introduction:

Building upon the foundations laid in my previous scholarly endeavour,
"Rethinking Time: The Non-Absolute Nature of Temporal Reality," where I successfully dismantled conventional notions of time as an absolute entity ticking away in the vast expanse of space, I now embark on a new intellectual journey. Motivated by resolute willpower and unyielding endurance, I'm thrilled to share with you the results of my efforts. — “The General Theory of Time Relativity.”

In the pursuit of understanding time's enigmatic nature, two profound
queries have consistently echoed in the minds of inquisitive physicists:

1. “Why do we remember the past and not the future?”

This intriguing query, which is captured in the mysterious notion of the arrow of time,

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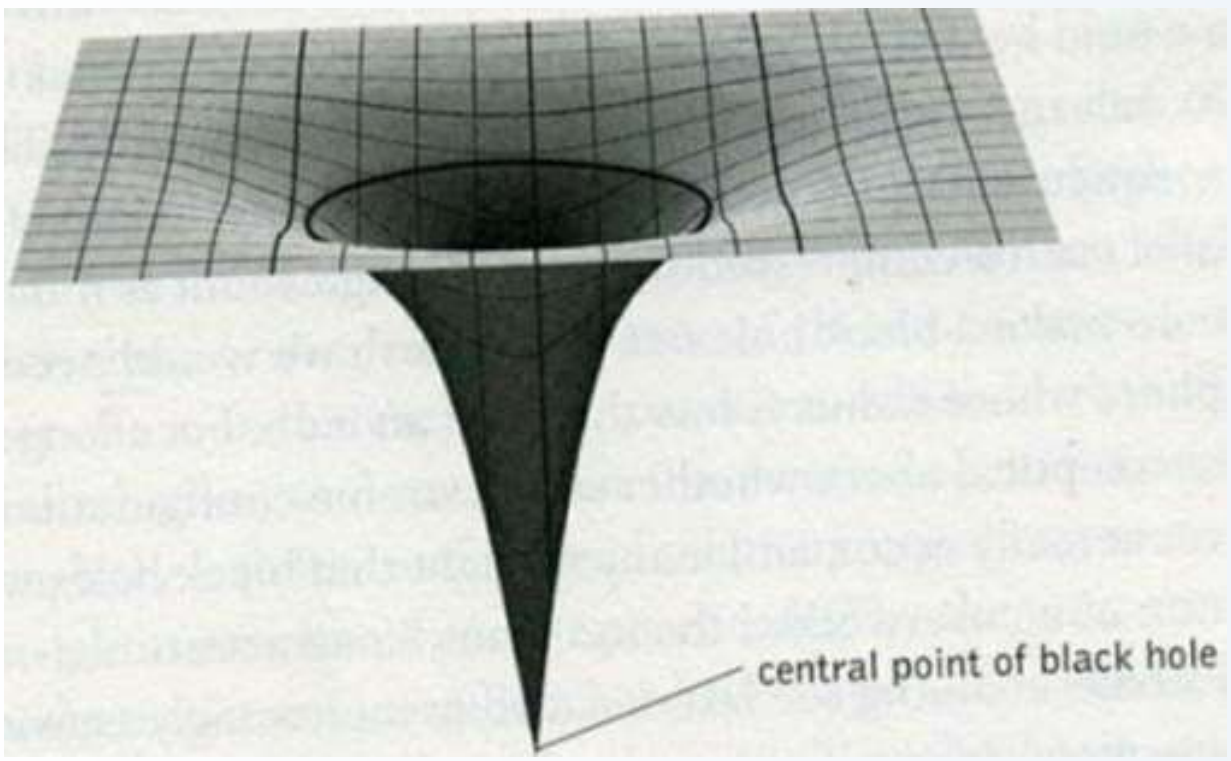
Ruhaan Sardana

A Synopsis on Temporal Energetics: Unveiling a New Paradigm in the Relationship between Time and Energy

the fundamental forces governing our universe.

These are problems that have been in the realm of conjecture for far too long, bothering not just me but many inquisitive minds in the scientific community.

It is now our collective duty to transcend these queries and forge ahead on our noble paths. In doing so, we aspire to uncover the hidden secrets of the cosmos, where time and energy dance in a cosmic ballet, awaiting our diligent exploration and understanding.



For the full research paper click here

Research conducted by Ruhaan Sardana in Grade 11

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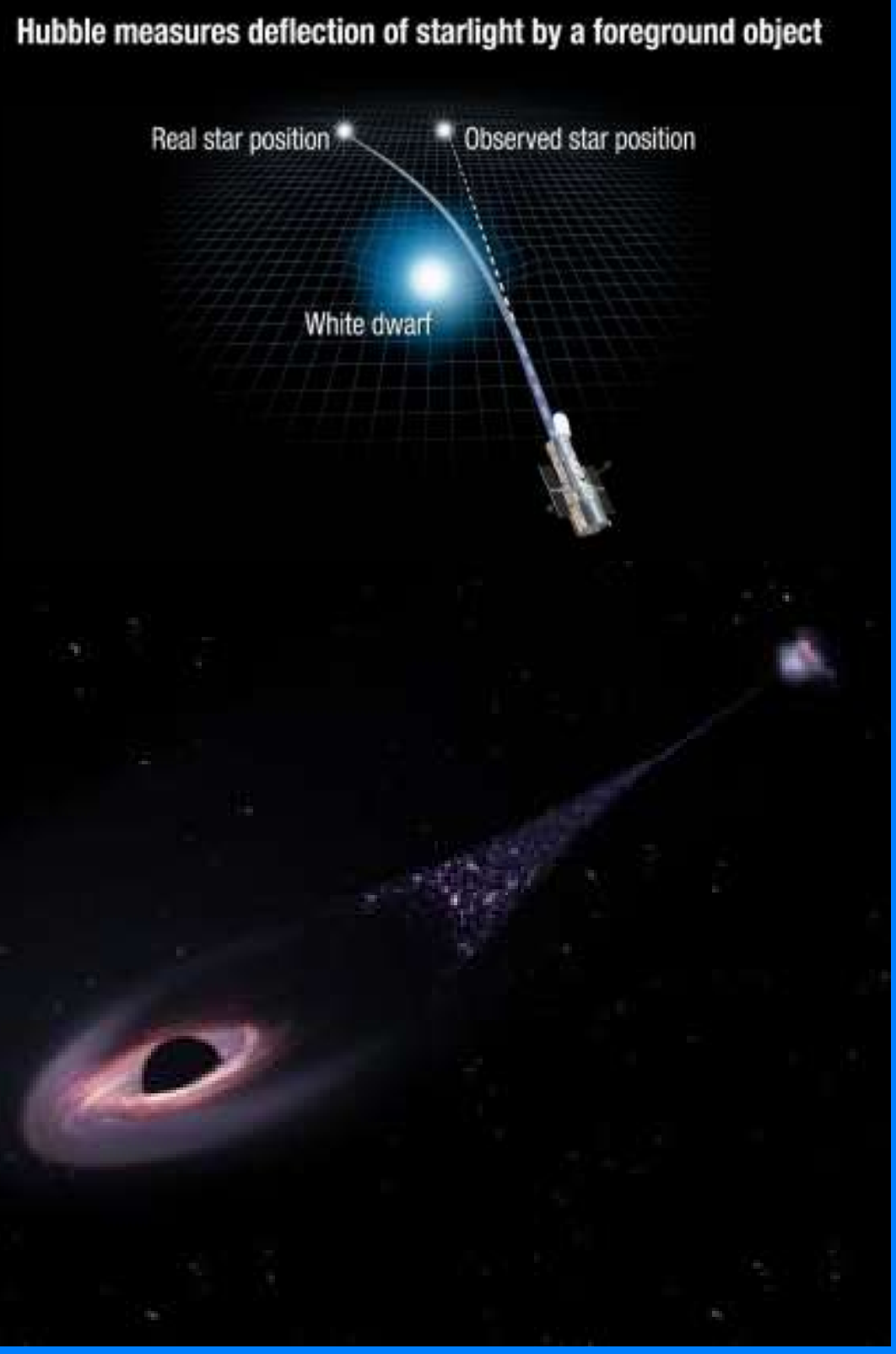
Ruhaan Sardana

Rethinking Time: The Non-Absolute Nature of Temporal Reality

Abstract:

This research challenges the conventional view of time as an absolute entity going in a straight line at a constant speed by investigating its relativity. Employing the comparison of time between celestial bodies and open space-time, we present compelling evidence supporting the idea that time is not a universal constant. Our findings reveal that time is but a mere illusion, suggesting a paradigm shift in our understanding of temporal reality. This study contributes to seeing light as an entity of particle-wave duality rather than a body moving at very high speeds.



Introduction:

The concept of time has long been considered an absolute and universally constant entity. However, recent advancements in time dilation have prompted a re-evaluation of this traditional perspective. This paper aims to explore the relativity of time and its implications for our understanding of

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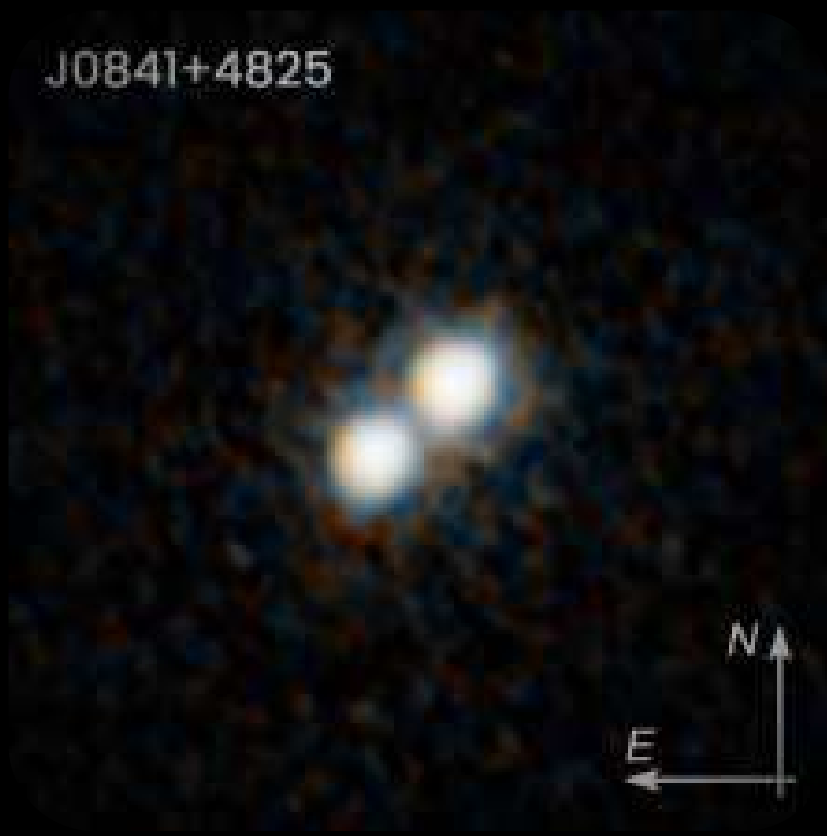
Rethinking Time: The Non-Absolute Nature of Temporal Reality

temporal reality. While the traditional view posits time as an absolute construct, our study challenges this notion by proving time as related to other factors rather than an absolute entity in free space-time. The following sections will present our findings, discuss their significance, and propose avenues for further research in the dynamic field of temporal studies.

"Accordingly, the question of the essence of time leads back to the question of the origin" of time. The question of the origin is oriented towards the primitive forms of the consciousness of time in which the primitive differences of the temporal are constituted intuitively and authentically as the originary [originären] sources of all certainties relative to time. The question of the origin of time should not be confused with the question of its psychological origin-the controversial question between empiricism and nativism."

In his text "Phenomenology of Internal Time Consciousness", E. Husserl clearly mentions that us as humans many times mistake time for 'us', since time is taught to us as a concept of a "timeline" rather than a dimension of particle-wave duality.



For the full research paper click here

Research conducted by Ruhaan Sardana in Grade 11

SATURN'S NEWLY DISCOVERED 128 MOONS: A GROUNDBREAKING ASTRONOMICAL FIND

The telescope's advanced imaging capabilities allowed astronomers to observe distant and faint objects in Saturn's orbit, ones that would otherwise remain hidden.
Dr. Edward Ashton, the lead researcher behind the discovery, explained that the team employed a method known as "shift and stack." This technique involves taking multiple images of the sky, each with slight shifts in positioning. When these images are stacked together, the movement of faint objects becomes more visible. This process allowed the team to spot these tiny moons, which had evaded detection in previous observations.

In an astonishing revelation, astronomers have uncovered 128 new moons orbiting Saturn, bringing the gas giant's total moon count to a staggering 274. This leap makes Saturn the planet with the most moons in our solar system, surpassing Jupiter, which has 95 confirmed moons. The discovery, made public in early March 2025, has captured the attention of scientists and space enthusiasts alike, offering a new chapter in our understanding of Saturn's complex system.

HOW THE DISCOVERY HAPPENED

The discovery of Saturn's 128 new moons is no small feat. The breakthrough was made possible through the combined power of advanced technology and innovative observation techniques. Researchers used the Canada-France-Hawaii Telescope (CFHT), perched atop Mauna Kea, Hawaii, to gather data.

SATURN'S NEWLY DISCOVERED 128 MOONS: A GROUNDBREAKING ASTRONOMICAL FIND

The discovery of these 128 moons is not just a testament to the power of modern perspective. Understanding them could provide vital clues about the early solar system, particularly its violent and chaotic nature.

The moons' clustering also suggests that Saturn's satellite system could have formed through a similar process to other celestial bodies. The fragments that form these irregular moons might have once been part of much larger objects, now lost in time.

In addition, this discovery has implications for our understanding of Saturn's iconic rings. Some researchers speculate that the irregular moons could be remnants of larger bodies that once contributed to the formation of the rings themselves. Studying the interactions between these moons and Saturn's rings might reveal new details

These moons are small and faint, often only a few kilometers in diameter, making their discovery even more remarkable

THE MOONS: SMALL, IRREGULAR, AND MYSTERIOUS

The newly discovered moons are classified as "irregular." This term refers to moons that have unusual, often highly elliptical orbits, unlike the circular orbits of regular moons like Earth's. Irregular moons tend to be smaller, with diameters measured in only a few kilometers. Their erratic orbits suggest that they were not captured by Saturn in a straightforward manner but may have been formed through violent cosmic events, such as collisions or the fragmentation of larger bodies.

WHAT MAKES THIS DISCOVERY SO SIGNIFICANT?

SATURN'S NEWLY DISCOVERED 128 MOONS: A GROUNDBREAKING ASTRONOMICAL FIND

discovery. Each moon will carry the legacy of the stories and traditions of ancient cultures, giving them a unique identity as they continue to orbit the massive planet.

THE FUTURE OF SATURN EXPLORATION

The discovery of these 128 moons opens up new avenues for exploration. Although these moons are tiny and far from Earth, their study could provide a wealth of information about the early solar system. As technology continues to improve, future missions may attempt to visit some of Saturn's moons, including these new ones. In fact, NASA's Cassini spacecraft, which spent over 13 years studying Saturn and its moons, already provided invaluable data on the planet's moons. However, this discovery will inspire new missions, as the focus shifts toward understanding the moons that were previously hidden from view.

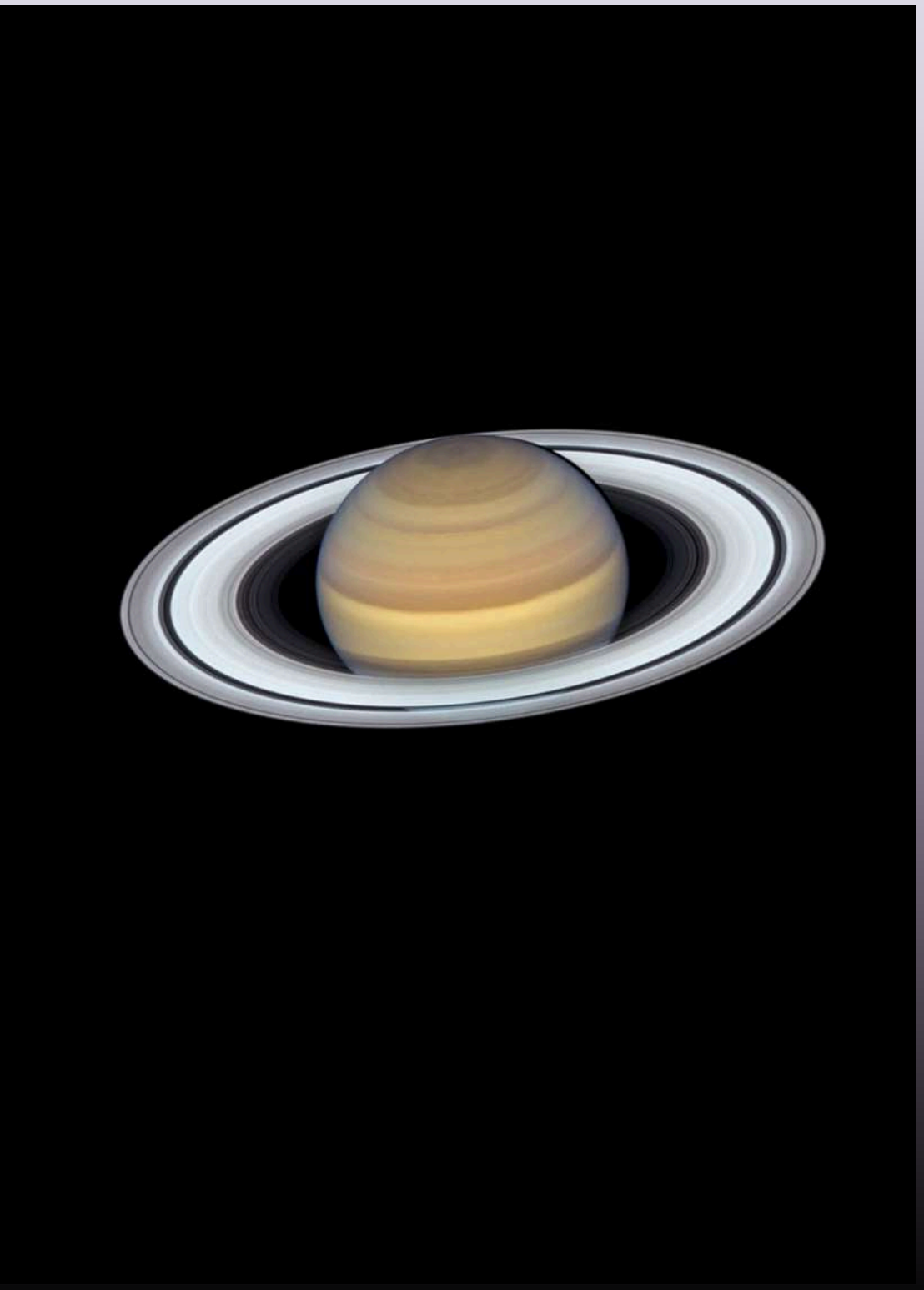
about their evolution and structure.

THE NAMING PROCESS: A NOD TO MYTHOLOGY

As with most astronomical discoveries, the newly discovered moons are set to receive names. While these moons currently carry provisional designations consisting of numbers and letters, they will eventually be given permanent names. Following the tradition of Saturn's previous moons, the new names will likely be drawn from mythology. Specifically, moons are often named after figures from Norse, Gallic, or Inuit mythologies.

In the coming months, astronomers will likely work with the International Astronomical Union (IAU) to finalize the names for these 128 moons. The naming process, while ceremonial, adds an element of cultural history to the scientific

SATURN'S NEWLY DISCOVERED 128 MOONS: A GROUNDBREAKING ASTRONOMICAL FIND

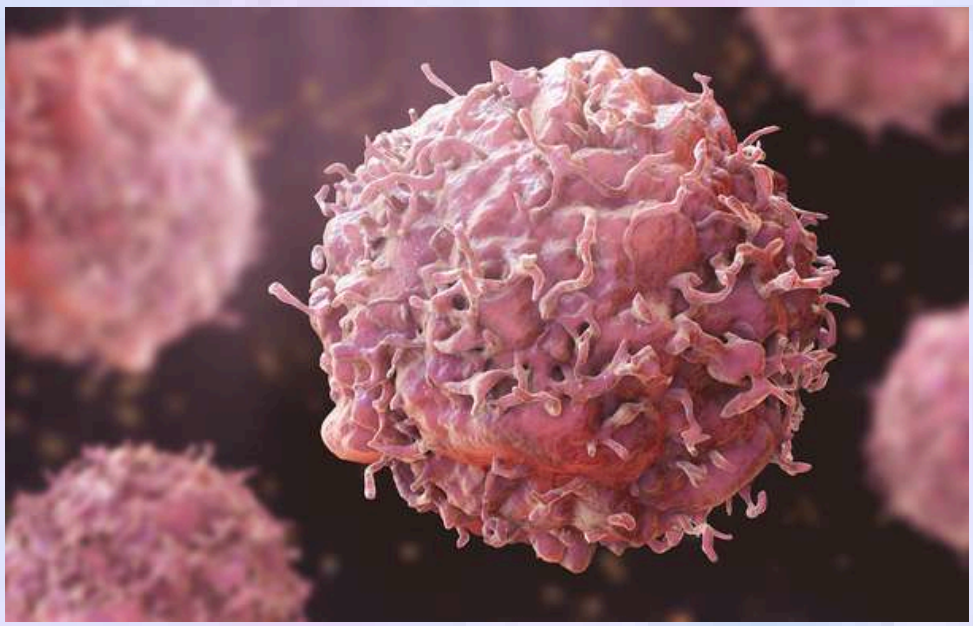


CONCLUSION

Saturn's newly discovered 128 moons represent more than just a statistical milestone in planetary science. They offer a deeper understanding of the dynamic and turbulent processes that have shaped Saturn's complex moon system over billions of years. The discovery has not only advanced our knowledge of Saturn but also highlighted the ever-expanding horizons of space exploration.

ADVANCEMENTS IN CANCER IMMUNOTHERAPY:

ADVANCEMENTS IN CANCER IMMUNOTHERAPY: HOW THE BODY'S DEFENSE SYSTEM IS FIGHTING CANCER



For decades, cancer treatment has relied on chemotherapy, radiation, and surgery. While these treatments can be effective, they often come with harsh side effects. But in recent years, scientists have discovered a groundbreaking approach: cancer immunotherapy. Instead of attacking cancer directly, immunotherapy trains the body's own immune system to find and destroy cancer cells—just like it does with viruses and bacteria. This new strategy is changing the way doctors fight cancer, offering longer-lasting results with fewer side effects for many patients.

CHECKPOINT INHIBITORS: RELEASING THE IMMUNE SYSTEM'S BRAKES

Imagine your immune system as a car racing to attack cancer. To prevent it from attacking healthy cells by mistake, the body installs brakes in the form of checkpoint proteins. But cancer is sneaky—it hijacks these brakes to escape detection and keep growing.

Checkpoint inhibitors are drugs that release those brakes, letting the immune system go full speed against cancer. Two key "brake" proteins that cancer often manipulates are:

- PD-1 (the immune off-switch) – A protein found on immune cells (T-cells) that tells them to slow down.
- CTLA-4 (the immune regulator) – Another protein that limits T-cell activation.

ADVANCEMENTS IN CANCER IMMUNOTHERAPY:

ADVANCEMENTS IN CANCER IMMUNOTHERAPY: HOW THE BODY'S DEFENSE SYSTEM IS FIGHTING CANCER

Here's how it works:

- Doctors extract T-cells from a patient's blood.
- In a lab, they reprogram these T-cells by adding a special Chimeric Antigen Receptor (CAR)—a targeting system that helps them find cancer.
- The "upgraded" T-cells are multiplied in the lab and then reinfused into the patient to hunt down and destroy cancer cells.

CAR-T therapy has shown remarkable success in blood cancers, such as leukemia and lymphoma. In some clinical trials, over 80% of patients with advanced leukemia went into remission after CAR-T treatment (Mayo Clinic, 2024). However, the treatment does come with risks, such as cytokine release syndrome (CRS), where the immune system becomes overactive and causes severe inflammation.
Scientists are working on ways to make

(Yervoy) blocks CTLA-4. By switching off these brakes, these drugs allow immune cells to recognize and attack tumors.

Checkpoint inhibitors have been game-changers for melanoma, lung cancer, and kidney cancer, among others. A study published in The New England Journal of Medicine found that patients with advanced melanoma who received checkpoint inhibitors had significantly longer survival rates compared to chemotherapy (NEJM, 2023).

CAR-T CELL THERAPY: SUPERCHARGING THE IMMUNE ARMY

Think of T-cells (a type of immune cell) as soldiers in the body's army. In some cancers, the enemy (cancer) is too well-camouflaged for these soldiers to recognize. CAR-T cell therapy is like giving these soldiers night-vision goggles and powerful new weapons.

ADVANCEMENTS IN CANCER IMMUNOTHERAPY:

ADVANCEMENTS IN CANCER IMMUNOTHERAPY: HOW THE BODY'S DEFENSE SYSTEM IS FIGHTING CANCER

system, directing T-cells to attack cancer cells while leaving healthy cells alone.

One recent study from Harvard Medical School showed that a personalized vaccine for melanoma reduced the risk of relapse by 44% compared to standard treatments (Harvard, 2024). Researchers are now testing these vaccines in breast, lung, and pancreatic cancers.

ONCOLYTIC VIRUS THERAPY: USING VIRUSES TO ATTACK CANCER

It may sound strange, but some viruses naturally attack cancer cells while leaving healthy cells unharmed. Scientists have modified these viruses to specifically target tumors, break them down, and alert the immune system.

One of the most successful oncolytic viruses so far is T-VEC (Imlygic), a modified herpes virus used to treat

CAR-T therapy safer and more effective for solid tumors like lung and breast cancer (NIH, 2024).

PERSONALIZED CANCER VACCINES: TRAINING THE IMMUNE SYSTEM LIKE A FLU SHOT

Vaccines aren't just for preventing viruses like the flu or COVID-19—they can also be used to treat cancer. But unlike standard vaccines, cancer vaccines are designed for each individual patient. They work by teaching the immune system to recognize tumor-specific markers (neoantigens).

How do they work?

- Scientists analyze a patient's tumor DNA to find unique "fingerprints" (neoantigens) that the immune system can target.
- They create a personalized vaccine based on these fingerprints.
- The vaccine activates the immune

ADVANCEMENTS IN CANCER IMMUNOTHERAPY:

ADVANCEMENTS IN CANCER IMMUNOTHERAPY: HOW THE BODY'S DEFENSE SYSTEM IS FIGHTING CANCER

immune system. When combined with checkpoint inhibitors, the immune system gets reactivated while chemotherapy weakens the tumor's defenses.

- Radiation + Immunotherapy: Radiation can break apart tumors, releasing cancer markers that make it easier for immune cells to attack.

One major breakthrough was the approval of Keytruda (pembrolizumab) with chemotherapy for lung cancer, which improved survival rates significantly compared to chemotherapy alone (FDA, 2024)

FUTURE CHALLENGES & NEXT STEPS

While immunotherapy has been a game-changer, researchers are still working to overcome challenges like:

- Why it doesn't work for everyone – Some patients respond exceptionally well, while others see little

melanoma. When injected into a tumor, T-VEC:

- Directly kills cancer cells by making them burst open.
- Releases cancer markers into the bloodstream, triggering a broader immune response.

Studies published in Science have shown that oncolytic viruses can shrink tumors and work even better when combined with checkpoint inhibitors (Science, 2023). Researchers are now testing this therapy for brain tumors, pancreatic cancer, and bladder cancer.

Combining Immunotherapy with Other Treatments Doctors are now combining immunotherapy with traditional treatments like chemotherapy and radiation to maximize results.

- Chemotherapy + Checkpoint Inhibitors: Traditional chemotherapy kills cancer cells but also weakens the

ADVANCEMENTS IN CANCER IMMUNOTHERAPY:

ADVANCEMENTS IN CANCER IMMUNOTHERAPY: HOW THE BODY'S DEFENSE SYSTEM IS FIGHTING CANCER

With advancements in checkpoint inhibitors, CAR-T therapy, personalized vaccines, and viral therapies, the next decade of cancer treatment could look completely different—one where the immune system, rather than chemotherapy, becomes the first line of defense.

improvement. Scientists are developing biomarkers to predict which patients will benefit most.

- High Costs – Many immunotherapies are expensive, limiting access for patients. Efforts are underway to make these treatments more affordable and widely available.
- Side Effects – Overactive immune responses can lead to autoimmune reactions. Doctors are refining treatments to minimize these risks.

THE FUTURE OF CANCER TREATMENT

Immunotherapy is rapidly reshaping the way we fight cancer. With ongoing research and new innovations, the goal is to make treatments more effective, safer, and accessible to more patients.

As Dr. Anthony Fauci from the National Cancer Institute recently said:

"We are on the verge of a revolution in cancer treatment. Immunotherapy is not

DIGITAL EPISTEMOLOGY:
RECONCEPTUALIZING KNOWLEDGE IN THE DIGITAL AGE

algorithms are actually known to replicate existing social biases by prioritizing certain inputs over others. For example, artificial intelligence recruitment software have been found to discriminate against female candidates relative to their male counterparts based on historically biased data embedded within the training sets. Not only does this affect the construction of facts, but also shifts discourse in ways traditional epistemological strategies find it difficult to counter.

Secondly, the sheer volume of information available now has led some researchers to describe epistemic overload—a condition where too much data impedes critical assessment and informed

In the current fast-paced digital world, conventional notions of epistemology and truth are undergoing deep changes. Digital epistemology as a new interdisciplinary field is exploring the functioning principles managing the production, dissemination, and authentication of data within a technologically sophisticated context. With algorithmic computations governing vast data streams and digital platforms becoming the major reservoirs for most knowledge, the dynamics of epistemic authority need closer scrutiny.

A core concern within digital epistemology is algorithmic bias. Despite the fact that machine learning algorithms are supposed to review data objectively, machine learning

DIGITAL EPISTEMOLOGY:
RECONCEPTUALIZING KNOWLEDGE IN THE DIGITAL AGE

linked with cultural and geopolitical environments. The digital divide concept involves not just the availability of information but also the process through which the information is generated and disseminated. With the presence of multicultural communities, this circumstance requires researchers to come up with inclusive and responsive paradigms with sensitivity towards the dynamics of social complexity.

n summary, digital epistemology is not just academic inquiry; it's a critical pursuit with far-reaching ramifications for democracy, government, and the promotion of humankind. With digital technologies becoming a dominant feature of daily life, it's crucial that we better

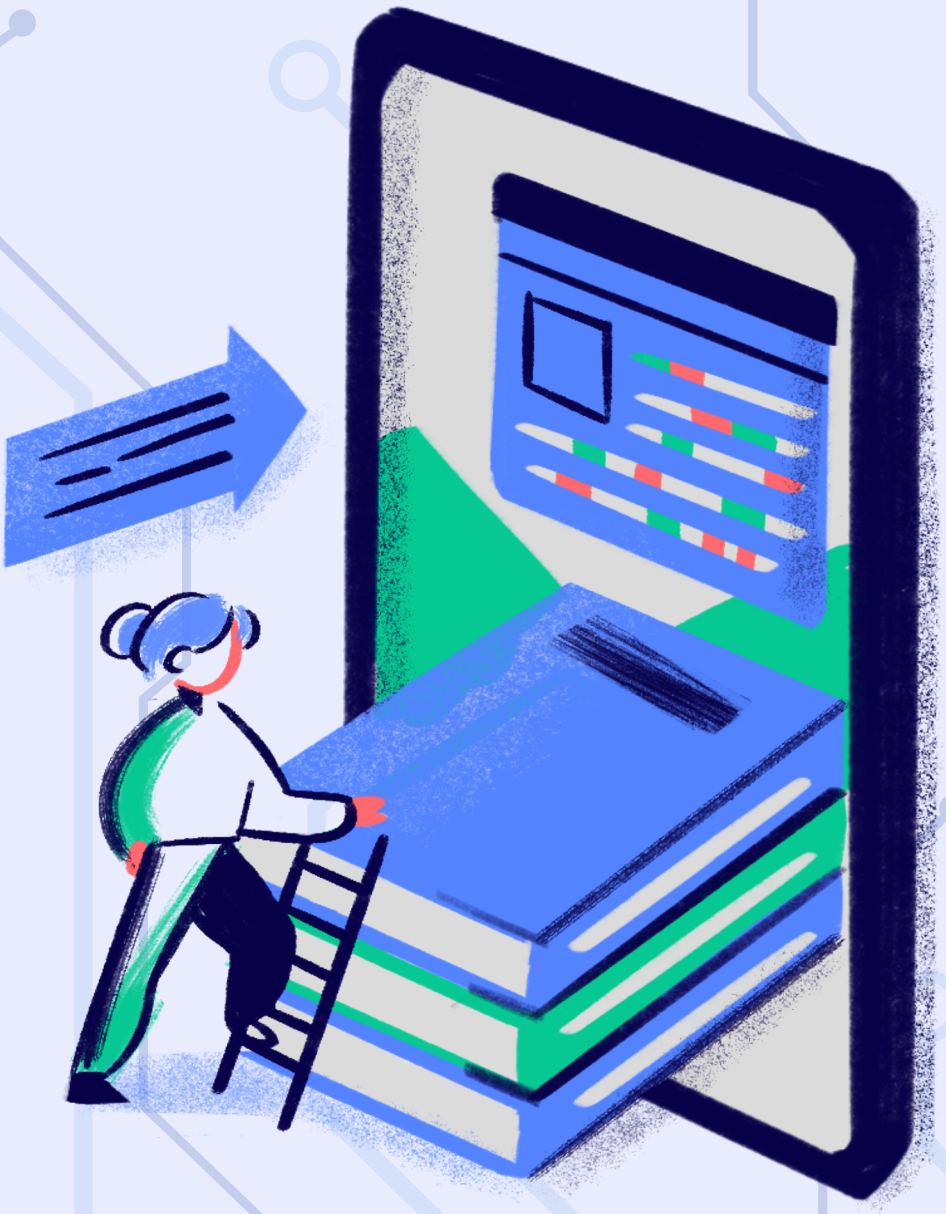
choice. Social media platforms' spread of false data across major global events like elections or public health crises is a good example.

Another important issue regards the erosion of boundaries between expert and non-expert knowledge With user-generated content now rivaling scholarly research, the criteria for verifying truth have changed to become more democratic—and, ironically, more argumentative. This shift necessitates a renegotiation of scholarly methods, adding digital literacy to conventional epistemological rigor to sort credible information from misinformation.

In addition, the global nature of digital networks suggests the process of generating knowledge is inherently

DIGITAL EPISTEMOLOGY:

RECONCEPTUALIZING KNOWLEDGE IN THE DIGITAL AGE



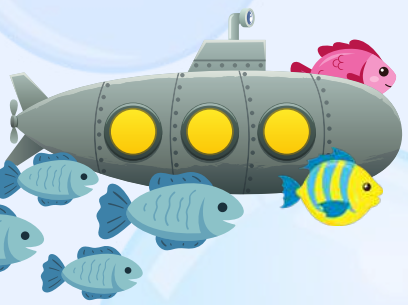
understand the mechanisms by which we produce and verify knowledge. To navigate the evolving world effectively, the world must promote digital literacy, scrutinize sources of data, and follow moral guidelines for artificial intelligence. Through responsible interaction with technology, it's possible to create a better-informed, equitable, and prosperous world.

NORTH KOREA REVEALS NUCLEAR-POWERED SUBMARINE

On March 8, 2025, North Korea revealed photos of the construction of a new submarine, claiming it to be its first nuclear-powered vessel, equipped with nuclear-capable missiles. This development could significantly enhance its military capabilities and pose a substantial threat to South Korea and the United States.

State media released images of North Korea's leader Kim Jong Un inspecting the submarine and emphasizing its role in strengthening the nation's naval capabilities. Although the specifics of the submarine weren't disclosed, experts estimate it to weigh between 6,000 and 7,000 tons. This new submarine is twice the size of Hero Kim Kun Ok, known as the North's first ballistic missile submarine; which is classed at around 3,000 tons. The new vessel is also believed to be able to carry approximately 10 nuclear-capable missiles.

The development of the submarine corresponds with North Korea's ongoing efforts to modernize its military forces and develop advanced weaponry as a counter to potential threats from the U.S. and its allies. The ability to launch missiles from underwater would present a significant challenge for adversaries, as these launches would be much harder than regular above water attacks to detect in advance. However, experts have raised questions about the submarine's actual capabilities, noting that North Korea has previously exaggerated its military advancements.



NORTH KOREA REVEALS NUCLEAR-POWERED SUBMARINE

and technology for this project. There have been speculations that Russia assisted in the development of parts of technologies regarding the vessel as a possible exchange for North Korea's support in the country's conflicts, such as its ongoing war with Ukraine.

North Korea's current submarine fleet is mainly composed of rather outdated diesel-powered vessels that are primarily equipped for launching torpedoes and mines. The development of a nuclear-powered submarine capable of deploying nuclear missiles would mean a significant advancement in North Korean naval capabilities. Despite international sanctions and economic challenges, North Korea continues to prioritize its military advancements, with the submarine expected to undergo testing within the next one to two years before becoming fully operational.

There have been concerns raised regarding how North Korea, which is under heavy sanctions and economic constraints, acquired the resources

NORTH KOREA REVEALS NUCLEAR-POWERED SUBMARINE

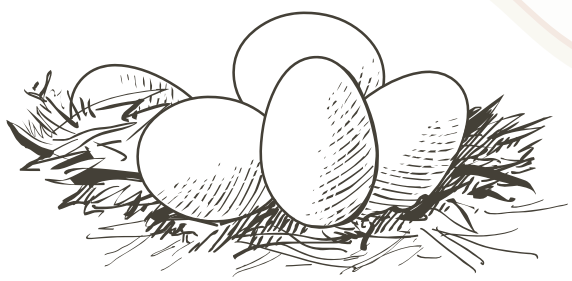
The divulgence of the submarine has come ahead of the annual planned military exercises between the U.S. and South Korea, to which North Korea has historically expressed strong opposition. The introduction of this submarine adds a new layer to the security dynamics in the region, further escalating tensions. The international community is closely monitoring these developments, given the threat for regional and global security.

Eggs: The New Luxury Item We Didn't Ask For

Let's talk about eggs. You know, those small, oval-shaped things that have been the cornerstone of every breakfast since forever? They've been a staple in the human diet for longer than I can remember—until 2024 happened. Now, eggs are so expensive, I'm considering selling a kidney just to afford a dozen. The prices are through the roof, and I can't help but wonder how we went from scrambling eggs to scrambling to find any at all.

The reason? Bird flu. Yeah, that's right. Apparently, nature decided that the humble egg was too boring and needed a good shake-up. Tens of millions of hens had to be culled, which meant less egg production. You'd think we'd have figured out a way to handle this sort of thing by now, but apparently not. Instead, we're paying the price —literally.

Now, I know what you're thinking: "Oh, but eggs aren't that important!" Oh, really? Let's talk about breakfast, then. No eggs? No bacon and eggs. No omelets. No sunny-side-up perfection. And don't even get me started on the chaos it's causing for bakers and restaurants. I'm sure the next time I try to make cookies, the recipe will say "substitute with a small fortune."



Eggs: The New Luxury Item We Didn't Ask For

But this egg shortage is more than just a personal inconvenience. It's a reflection of how fragile our entire food system is. The bird flu isn't some isolated issue—it's a result of larger environmental changes that are making life more difficult for everyone. It's also a stark reminder of how much we rely on mass production to keep our pantries full.

Want to know how the big egg suppliers are handling it? They're throwing up their hands and saying, "You're on your own." Prices rise, and consumers are left to fend for themselves. Farmers, too, are caught in a bind—sick hens, increased costs for feed, and, of course, that pesky bird flu making its rounds. It's a mess.

And yet, here we are—squabbling over a carton of eggs like it's a black-market commodity. In the meantime, the real question is: What's next? If we can't even secure a simple egg, what happens when the next crisis comes around? This should be a wake-up call. Maybe it's time to rethink how we produce food. Maybe it's time to start supporting local farmers, or even better, learn how to grow our own eggs (I mean, we already have chickens as pets, why not push it to the next level?).

So, while I continue to stare at my empty egg carton, I'm left with one harsh truth: If eggs can't make it through 2025, what else is going to crack under the pressure?

The Futility of "*Trying*" in High School

something that barely holds any real value in your life. Don't get me wrong, I get it. You've gotta put in the hours, write the papers, and study for exams that you forget five minutes after walking out of the room. But why? All so you can slap an A+ on your transcript and act like it's a badge of honor? Half of us will end up getting into college based on our ability to talk about our "extracurricular leadership experiences" or how much we love "making a difference," while secretly just wanting to survive the semester without any emotional breakdowns.

Now, add social media to the mix. If the academic pressure doesn't ruin your mental health, the curated lives on Instagram definitely will. Everyone else's life seems so perfect—traveling the world, hanging out with friends, or posting those meticulously staged photos with the caption "living my best life." Meanwhile, you're at home wondering if there's a hack for making it through finals week without crying in the bathroom. But of course, you can't admit it, because everyone else is just "soooo happy" all the time, right?

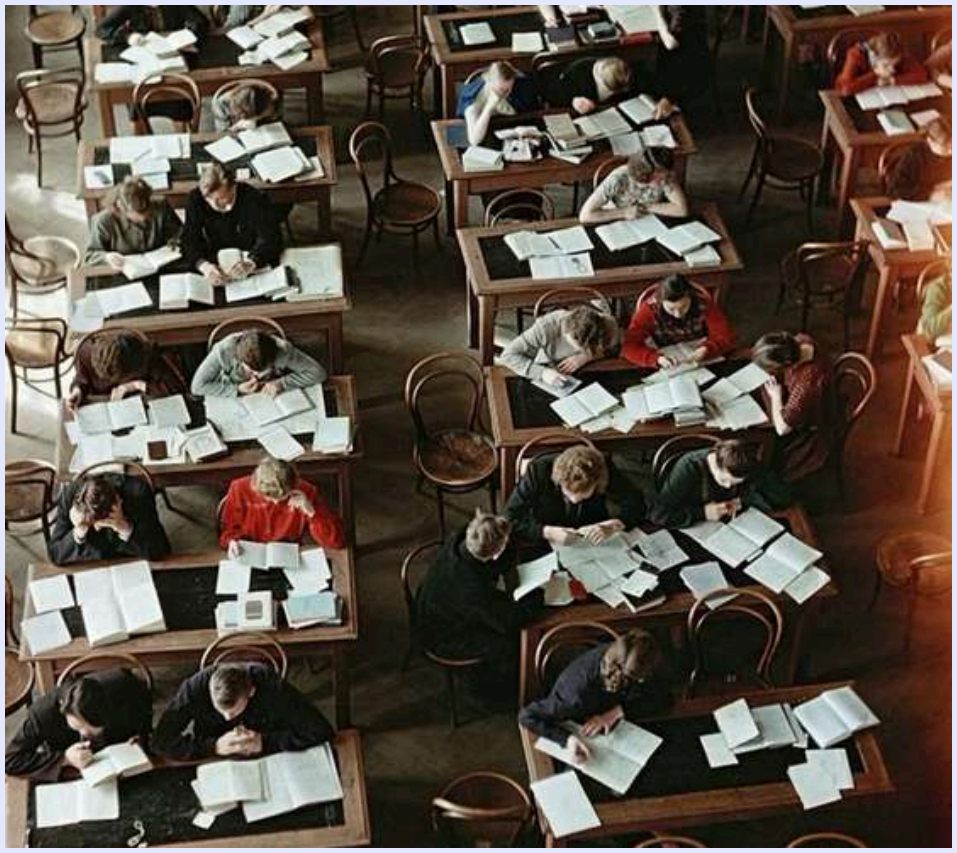
High school, they say, is supposed to be the best four years of your life. But let's be real here: they're actually the four years where you master the art of juggling a million things at once, none of which make a damn difference in the grand scheme of things. The whole idea of "trying" in high school is a joke—yet somehow, we're all pretending it's not.

Here's the deal. The entire system is built on trying to push everyone to their limits—academically, socially, and emotionally—and for what? To get into an Ivy League school? To be the kid who does 400 different extracurriculars and has their own startup by 17? No thanks. Because at the end of the day, all that effort might just land you in the same position as someone who spent their time binging Netflix and eating cereal for dinner. The college admissions process is a lottery, and guess what? You're still going to get rejected from Harvard because you wrote your essay on the wrong day.

Let's talk about the grades. Oh, the sweet, hollow victory of an A in

The Futility of "*Trying*" in High School

And who knows? Maybe that's the true skill we should all be mastering.



It's all part of the ridiculous, exhausting, yet somehow oddly normalized cycle. High school has this unique ability to make you feel like you're not doing enough, no matter how much you're doing. You could be the captain of five different clubs, maintain straight A's, and still find yourself wondering why you're not the one chosen to give the commencement speech.

In the end, what we need to realize is that the "try-hard" mentality is exactly what's draining us. We're being sold this idea that if we just push a little harder, put in a little more effort, or show that we're "grinding" 24/7, we'll somehow become the ideal student. Spoiler alert: you don't need to be a robot to succeed in life. It's okay to take a break, to not have every part of your life mapped out, and to remember that, despite everything, high school isn't the end-all-be-all of your existence.

So, let's stop pretending that "trying" is the solution to everything. Trying just makes us tired. The secret is learning how to coast through high school while secretly knowing the game is rigged.

Shreya Chettiar
Charge d'affaires of
IDOS

Teamwork Makes the Dreamwork

the teacher says. "Group project" and the challenge begins. Teamwork is the collective effort towards a shared goal, it requires more than just participation; it demands effective communication, mutual respect, and a unified vision. While we often picture it in physical spaces, online schooling proves it's equally vital in the digital realm. A study from the University of Michigan's Center for Research on Learning and Teaching highlights that well-designed online collaboration can remarkably boost student engagement and knowledge. Think about it: virtual breakout rooms buzzing with ideas, shared documents turning into masterpieces, and group chats filled with “Wait, what did the teacher say?” moments. Whether you’re debating online or creating a presentation, teamwork is where the magic happens. It’s like assembling the Avengers, but instead of saving the world, you’re saving your GPA.

Building Your Teamwork Superpower: Skills for the Virtual Realm

The Foundation of Success: Connecting in the Virtual World

Theodore Roosevelt once said, "The most important single ingredient in the formula of success is knowing how to get along with people." In essence, he was speaking of teamwork, the very bedrock upon which successful endeavors are built. Roosevelt's timeless wisdom still rings true in today's virtual world. Imagine logging into your online classroom, a sea of unfamiliar names, and blank screens. The excitement of learning is palpable, yet a nagging thought lingers: How will I connect with my classmates? Teamwork is not just a catchy phrase; it’s a vital catalyst for success, especially in the virtual world of online schooling. With the power of collaboration and teamwork, you can turn the seemingly isolated world of online education into a thriving community of international students.

The Magic of Collective Effort: Teamwork in Action

Picture this: your online class, a virtual landscape ripe for collaboration, or so

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Through leading group projects and extracurricular activities, especially within IDOS, I discovered that effective teamwork isn't just a buzzword; it's the engine that drives productive projects, especially in a virtual setting. At first, I was nervous. How could I, a self-proclaimed introvert, work with a team of students from different time zones, cultures, and backgrounds? But as we dove into the project, something amazing happened. We didn't just work together—we connected. I remember one late-night Zoom call (thanks to time zone differences) where we were brainstorming ideas for a virtual conference. At first, the conversation was all over the place, but then I realized the power of active listening. Instead of pushing my own ideas, I started asking questions like, "What do you think?" and "How can we make this work for everyone?" Slowly but surely, the chaos turned into clarity. Each person brought something unique to the table—whether it was creativity, organization, or technical skills—and by the end of the call, we had a solid plan. We navigated technical glitches with

To hone teamwork, actively listen—be a detective, not just a nodder, and uncover the hidden clues in every conversation. Communicate clearly—avoid jargon; a thesaurus-like vocabulary will leave teammates lost in the digital fog. Show respect—even wild ideas can spark genius; embrace the brainstorming chaos. Delegate effectively—let others shine, don't be a control freak of the shared screen. Give feedback—be kind, but specific; "interesting" isn't enough to fuel growth. To put these skills to the test, you can practice in various ways. You can participate in online clubs and societies, volunteer initiatives, or group projects. For example, in international schooling, you can participate in societies like IDOS (International Orators and Diplomats Society), because nothing says "team spirit" like agreeing to disagree constructively, and who knows, you might just become the next Oprah Winfrey or Jacinda Ardern.

Personal Transformation: From Introvert to Collaborator

Shreya Chettiar
Charge d'affaires of
IDOS

Teamwork Makes the Dreamwork

workshop, or simply studying together, collaboration has the power to transform challenges into opportunities. As online students, we may not share a physical classroom, but we share the same goals and aspirations. By working together, we can achieve greatness—no matter where we are. So, the next time you log into your virtual classroom, remember: you're not alone. Together, we can make the dream work!

laughter, celebrated small victories with virtual high-fives, and supported each other through challenging brainstorming sessions. We stayed up late, fueled by virtual coffee and shared determination, tirelessly crafting presentations and coordinating complex virtual setups. It wasn't just about finishing the job, it was about our passion for IDOS and achieving our shared goal: to cultivate confident speakers, critical thinkers, and future leaders, and to inspire youth to engage in global diplomacy and impactful communication. This experience totally changed how I see teamwork, proving that even in the vast expanse of the digital world, collaboration can ignite a powerful force for change, proving that together, we can truly build a world where every voice matters.

Making the Dream Work: Achieving Greatness Together

Teamwork truly is dreamwork, even in an online school. Whether it's acing a group project, planning an IDOS

Ruhaan Sardana,
Secretary General of
IDOS

CHANDRAGUPTA AND ASHOKA: THE ARCHITECTS OF INTERNATIONAL DIPLOMACY, IN COLLABORATION WITH IDOS

His most prominent diplomatic success was his interaction with the Hellenistic world. Following the defeat of the Nanda Dynasty, Chandragupta initiated diplomatic relations with Seleucus I Nicator, an Alexander the Great general. The alliance was created through the mutual exchange of ambassadors, one of whom was the Greek ambassador Megasthenes, who offered significant inputs on India's social and governance patterns.

Historical accounts suggest that diplomacy is an ancient profession, one employed before the rise of the modern nation-state. Two of the profession's earliest practitioners were Chandragupta Maurya and his grandson Ashoka, emperors of the Mauryan Empire of ancient India. While both emperors contributed significantly to diplomatic protocol, it was Chandragupta who first began using forma diplomatic missions, a tradition that would resound through various cultures and periods.

Chandragupta Maurya, founder of the Mauryan Empire during the 4th century BCE, was aware of the significance of creating alliances and maintaining diplomatic relations as basic strategies for consolidating power and ensuring stability. His period was the turning point in the political history of South Asia, as he was able to unite numerous kingdoms under a centralized government system.

CHANDRAGUPTA AND ASHOKA: THE ARCHITECTS OF INTERNATIONAL DIPLOMACY, IN COLLABORATION WITH IDOS

ideals of non-violence and compassion. Ashoka's reign saw a radical departure from the belligerent military policy of his ancestors. Ashoka's diplomacy was characterized by the propagation of Buddhism as an instrument for the creation of goodwill and the development of mutual understanding amongst countries.

Ashoka's ambassadors were sent to various nations, including Sri Lanka, Greece, and others, to
spread the teachings of Buddhism and create cultural ties. His edicts, inscribed on pillars and rocks throughout his empire, conveyed a vision of a peaceful life, with emphasis on moral governance and the welfare of all living beings. This was a pioneering diplomatic strategy, based on dialogue and moral teachings instead of violence and expansion.

Chandragupta's diplomatic actions extended beyond simple military coalitions; they involved cultural exchange and trade agreements that set the stage for future international relations. His ability to play the game of politics and form alliances with foreign powers exemplified the core principles of diplomacy that would echo through various situations in international relations. The exercise of official diplomatic missions during his reign can be a precursor to the diplomatic practices used in international relations today.

Conversely, Ashoka, who came to power after Chandragupta, carried the art of diplomacy to the
level of including moral aspects and a commitment to peaceful living. After the disastrous Kalinga War, Ashoka himself underwent a deep personal change and embraced Buddhism while propagating

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CHANDRAGUPTA AND ASHOKA: THE ARCHITECTS OF INTERNATIONAL DIPLOMACY, IN COLLABORATION WITH IDOS

cultural understanding are more important than ever. Their legacies remind us that diplomacy is not only a tool of statecraft; it is a tool for unifying nations to collaborate, to understand, and to be at peace. In summary, the diplomatic successes of Chandragupta Maurya and Ashoka serve as evidence of the long-lasting worth of this profession.

Their forward-thinking approaches and moral principles remain an inspiration to diplomatic endeavors today, highlighting the need for understanding and cooperation in light of the challenges of our modern globalized world. Given their successes, it is important to recognize that the pillars upon which diplomacy is established are founded upon the eternal virtues of understanding and respect for all of humankind.

Both Chandragupta and Ashoka's legacies extend far beyond the borders of ancient India, with very pertinent lessons for international diplomacy in the contemporary world. In an increasingly globalized world, their tactics highlight the importance of strategic alliances as well as moral values in shaping international relations. Chandragupta's focus on military alliances and political maneuvering established the basis for diplomatic practice, while Ashoka's adherence to peace and moral governance revolutionized the very fabric of diplomacy.

Today, with nations grappling with complex global challenges such as global warming, terrorism, and economic inequality, these values represented by these past leaders remain relevant. Communication, mutual respect, and

Creative!

A Conversation Across Time

Amreen Kaur Maan

From the past...
I never knew what it meant to be
more than what they told me.
My days bled into one another,
one hand in the dirt,
the other holding my breath.
I scrubbed, I cooked, I cared—
but no one asked me if I had a
name
outside of daughter, wife, mother.
I was never allowed to be a
person.
I never learned what it meant to
dream.
When I closed my eyes at night,
I prayed for sleep that didn't feel
like surrender.
I didn't have the luxury of wanting
more,
because wanting was too
dangerous,
too loud.
So I kept my mouth shut
and my heart smaller than it was.
I didn't know what freedom was—
I only knew it was something that
would never come.
Do you think you're free?

I see you, standing tall,
your face full of words I was never
allowed to say.
But tell me, do you carry my silence
in your bones?
Does it follow you,
like the scent of something lost?
From the present...
I have the right to speak now,
to shout,
to be seen—
but it's not as easy as they make it
sound.
I still hear the echoes of your
silence
in the way my voice trembles when
I try to ask for what I need.
I fight battles that no one can see.
They tell me I'm free,
but they don't tell me that my
freedom
is a cage made of glass.
I'm allowed to want,
but not to need.
I'm allowed to dream,
but only if I fit the mold.
You never had that choice—
you didn't have the chance to

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A Conversation Across Time

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Your School. Your Location. Your Time.

Amreen Kaur Maan

suffocate in your own skin,
to drown in your own desires
because they were never yours to
have.
From the past...
I never had the chance to want
something for myself.
I wanted to scream.
Did you know that?
I wanted to burn everything down
and take a breath that was all my
own.
But I never had the strength to
fight,
because I didn't know how.
No one taught me to fight for my
voice,
they only taught me to be quiet,
to be small.
I spent my life building the world
for everyone else
but never for me.
Do you see me now,
in the woman you've become?
I don't know if I would recognize
you.
I don't know if I would even want
to.

They told me my dreams were
nothing
but childish fantasies.
They told me my worth
was in what I could give.
And they took everything,
until I had nothing left to give
except silence.
Do you hear it?
My silence,
it's all I have now.
From the present...
I thought the silence was gone,
but it's not.
They told me I could have
everything,
but they didn't tell me
that everything was never
enough.
They don't want me to fight.
They want me to fit in the shape
they've carved for me—
to smile,
to play nice,
to be strong but never too strong,
to succeed but only in ways that
make them comfortable.
I don't get to breathe

Creative!

A Conversation Across Time

Amreen Kaur Maan

if it doesn't fit their idea of what I
should be.
You didn't have the chance to
want.
And now I want,
but nothing feels like enough.
I fight,
but I don't know what I'm fighting
for anymore.
I am free—
but my freedom
feels like a lie.
From the past...
You think you're free,
but you don't know the cost.
You don't know the price of never
having a name,
never having a choice.
You wear your freedom like a
crown,
but it's heavy, isn't it?
The world didn't let me choose.
They told me what to do,
who to be.
And now I wonder if you know
what that silence feels like.
The silence that never goes away,
even when they tell you
you're free.
From the present...
I know the silence.
I carry it in my chest.
It's in the way I apologize for
existing,
for taking up space.
It's in the way I silence my voice
so no one gets uncomfortable.
I wish you could have known
what it would be like to stand
here,
to be given everything
but still feel like you're drowning.
I wish you could see
that I'm fighting
but I don't know who I'm fighting
for.
I fight for you,
but I don't know how.
I fight for me,
but I don't know if it's enough.
We are both caught in the same
web,
but one of us doesn't know how to
escape.

Creative!

Even in Shadow, You Shine

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Fatima Nihal

Why do you tie love to the sun,
Believing it shines when skies are clear?
Oh heart, love is not weather—
It does not vanish when storms appear.

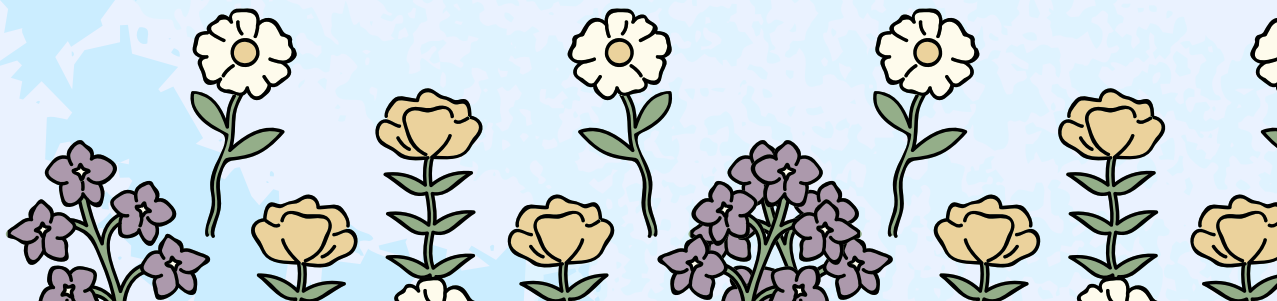
You think your worth is a blossom,
Only fragrant when in bloom.
But even roots tangled in darkness
Yet hold life within the silent womb.

Have you not seen the moon,
Cradled in night's deepest black,
Yet still she is adored—
Her glow never asks for light back.

Your sorrow is not a blemish,
Nor your faltering steps a stain.
Even the sea still kisses the shore,
Though waves may rise with rage and pain.

Who told you love is a thing to earn,
A summit reached with flawless grace?
Love is a river—
It flows whether day or night.
You ache to be perfect, polished, pure,
But the Beloved drinks from cracked cups, too.
Even when you cannot bear yourself,
Love still bears you through.

So, gather your broken pieces,
Hold them like stars fallen from above.
Human you are—
And human, you are always worthy of love.



Graphic by Amatullah Najmi