A R B I I it happens here...

#GESTATION

Virtual Green Space

There is extensive research on the positive impacts of green space exposure on health and well-being.





exposed to a green space environment in virtual reality experienced pressure

decreases in blood and mprovements in menta health and well-being, accord ing to a new study.

"Even short exposure to a virtual green space environment showed physiological and affective stress reduction among pregnant women, says Jun Wu, professor of Environmenta and Occupational Health in the University of California, Irvine's Program in Public Health.

"It's not the same as the real world, but this study helps inform city planners, who are creating urban spaces. It proves the importance of green space to the well-being and mental health of the population living in those spaces.

There is extensive research on the positive impacts of green space exposure on health and well-being, including reduced risk of mortality, cardiovascular disease. and Type 2 diabetes, improved pregnancy outcomes such as decreased risk of low birth weight and preterm birth, and enhanced mental health. However, exploration of the link between physiological mechanisms and green space among special populations, like pregnant women, has been lacking. For the study, researchers recruited 63 healthy pregnant women from Beijing to participate in the double-blind, randomized



study. They began by trigger ing anxiety among the women in a lab-developed stress test. Then, they showed the women three five-minute, 360-degree videos of urban environments, one depicting a parklike setting, the second consisting of a street view with green space, and the third featuring a street view without

Before and after the videos researchers measured partici pants' blood pressure, heart rate, and skin conductance level, collected saliva samples, and administered a questionnaire about positive and negative emotions.

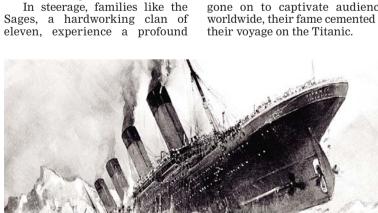
al exposure to a VR green space environment was associated with lower systolic blood pressure, reduced salivary alpha-amylase (an indicator of stress), improved positive emotions, and decreased negative emotions compared to the non-green space environment. The parklike setting had the highest positive reaction out of the three videos.



green space

nant wife, Madeleine. The pair, admired by all, step onto American soil to a flurry of camera flashes and cheers. In this version of history, Astor lives to see the birth of his son, becoming a guiding influence in his life and continuing his innovative pursuits. "The Titanic was supposed to be a new beginning for us," Madeleine might

The team found that visu-



moment of hope. The reunion at the docks is heartwarming, hugs, tears, and laughter as they embrace relatives waiting for them in the land of opportunity. Their survival sparks stories passed down through generations, of a fateful voyage, that brought them to a new beginning

What If the Titanic

Had Never Sunk?

Heroes of the Ship

In the quiet predawn hours of April 15, 1912,

the RMS Titanic met its icy fate. Its

tragic sinking became a symbol of

human hubris and the fragility of

life. But what if that ill-fated night

had played out differently? What if

iceberg, sailing triumphantly into

New York Harbor, days later? In

this alternate universe, the story

different hue, one of triumph, lives saved,

of the Titanic takes on a vastly

and futures forever altered.

Shailaza Singh

Published Author

magine New York

City in the spring of

1912! The Titanic.

est ship ever built,

glides into Pier 59

under a brilliant

morning sun. Its

decks are alive with

waving passengers,

its

hull gleams,

and its iconic name becomes syn-

onymous not with tragedy but

John Jacob Astor IV. one of the

wealthiest men in America.

stands proudly beside his preg-

have said, marvelling at the

start of a brighter future.

On the promenade deck.

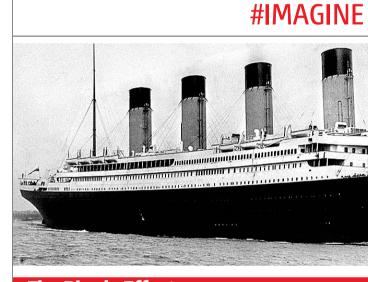
with achievement

hailed as the great

the Titanic had evaded the

The Titanic's crew, hailed as stewards of safety and luxury, would have basked in well-earned praise. Captain Edward Smith, set to retire after this maiden voyage, would have gone out not as a tragic figure but as a celebrated mariner. Imagine his farewell dinner, crew members raising glasses in his honour, recounting his steady leadership

Charles Joughin, the ship's head baker, known for his humour. could have regaled future passengers with tales of baking bread for 2,200 people while navigating the Atlantic. "We kept the ovens hot through the coldest nights." he might have quipped, adding warmth to an already legendary ship. Wallace Hartley and his band whose melodies famously calmed passengers during the real disaster, would have played triumphant tunes as the Titanic docked. Their music, once a somber requiem becomes a symbol of unvielding spirit Perhaps their hand 'The Unsinkable Melodies' would have gone on to captivate audiences worldwide, their fame cemented by



The Ripple Effects

he Titanic's survival would the call for equality in safety, L have sent ripples across history. The maritime industry, lacking the urgent lessons born of the tragedy, might have taken longer to adopt stricter safety measures like lifeboat drills, watertight compartments, and iceberg patrols. Another disaster, perhaps even more devastating, could have been the catalyst for change.

Social reform, too, might have evolved at a slower pace. The Titanic's sinking laid bare the inequities of the time, where class dictated survival. Without this glaring example,

Legends That Could Have Been

mong the Titanic's passen-A gers were stories brimming with potential. Eva Hart, who, in reality, survived the sinking but lost her father, might have disembarked with her family intact. As an adult, she could have shared tales of the ship's opulence and adventure instead of its tragedy. Jack Thayer, the spirited 17-year-old from first class, might have channelled his youthful exuberance into recounting the grandeur of the Titanic, the glittering chandeliers, the camaraderie on deck, and the written stories of hope and discovery, boarding the ship of dreams to pursue their aspirations. The Titanic might have become a symbol not just of luxury, but of the boundless possibilities that awaited those who dared to dream. stories that intertwined across classes. Perhaps, he would have become a celebrated author, with his book, A Voyage on the Even the Navratil brothers. Michel and Edmond, whose

opportunity, and representa-

tion might have faced greater

voyages might have created

opportunities for countless

others. Immigrants, artisans,

and adventurers aboard

future crossings could have

Yet. Titanic's continued

resistance

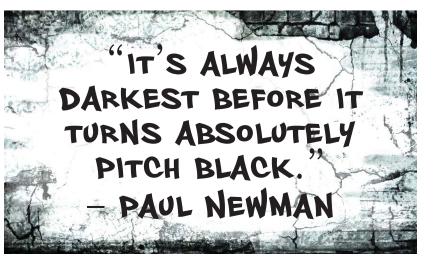
Titanic, becoming a bestseller. father sacrificed himself to save them, might have walked off the ship hand-in-hand with their father. In this alternate history, their story becomes one of a family reunited, not one torn apart. Imagine them growing up together, sharing a bond forged on a voyage, that became a cornerstone of family lore.



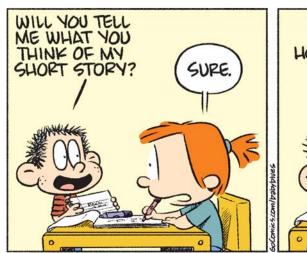




THE WALL



BABY BLUES

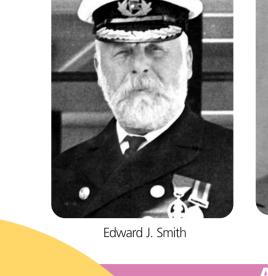


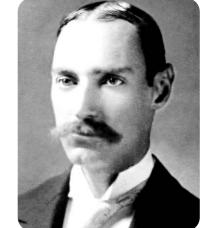


BRAIN

TEASERS

veryone loves a good riddle. Brain teasers are an excellent way to keep our minds sharp and focused. Many teachers have their students practice them in class, but have you done many as an adult? People often talk about physical stimulation and keeping your body healthy, but where's the brain gym to help keep your wits sharp? Most people don't realize that engaging in mental stimulation is just as important as keeping your body in shape, but that's what International Brainteaser Month hopes to change! Engage in puzzles that tickle your mind.





John Jacob Astor IV

A Ship That Lived On

H ad the Titanic survived, it might have gone on to ferry countless passengers across the Atlantic. Perhaps, in its later years, it would have been retired and turned into a floating museum, preserving its legacy as a marvel of engineering. Imagine school children walking its decks decades later, marvelling at its grandeur and learning about its nistory, not as a tragedy, but as a triumph. The Titanic might even have inspired advancements in luxury travel. New ships, learning from its design, could have aimed higher, sparking a golden age of ransatlantic voyages where opulence and safety went hand-inhand. In such a world, the Titanic's survival would have reshaped our understanding of progress. It might have become a symbol of resilience, inspiring not just engineers, but storvtellers. artists, and dreamers.

hubris, might have become sim-

ply that of a successful ship, over-

shadowed by newer marvels.

Even so, the Titanic's legacy in

this alternate history would have

been one of inspirations. Its

decks might have been graced by

poets and painters, capturing the

ship's beauty and spirit. Its sur-

vival would have given us a nar-

rative of hope and resilience, a

reminder that not all ambitions

a dream on the waves." Jack

Thayer might reflect, "The friend-

ships, that I made on that voyage,

lasted a lifetime. It was more than

a journey, it was the beginning of a

story." These memories, filled with

iov and free of heartbreak, would

have painted the Titanic as a sym-

bol of hope and ambition, not loss.

end in failure

Cultural Shifts

he arts, too, would have taken a different direction. Without its tragic end, the Titanic might not have inspired countless books, songs, and films. James Cameron's 1997 blockbuster might have been a tale of adventure and romance without heartbreak, a story of triumph on the high seas.

But would the Titanic's legend have been as enduring with out its tragedy? Its name, synonymous with human ambition and

Nostalgia for What Could Have Been

ven today, in this reimagined history, people look back on the Titanic's maiden voyage with wonder. Veterans of the ship recount their memories with pride, their voices filled with nostalgia rather than sorrow. Eva Hart might say, "The Titanic wasn't just a ship, it was a community,

A Bittersweet Ouestion

W hat if the Titanic had never sunk? It's a question that stirs both comfort and longing. Comfort in imagining the lives saved and the dreams fulfilled, yet longing for the lessons learned from its loss. The Titanic's legacy, real or reimagined. remains a powerful reminder of humanity's ability to dream, to strive, and to endure. In this alternate world, the Titanic is not just a ship, it is a beacon of resilience and hope. Its story reminds us that, in

any timeline, the human spirit is

unsinkable. In this imagined reality, the Titanic serves not as a grave in the deep, but as a triumph riding the waves. It carried not just passengers but their ambitions, joys, and stories, woven into the fabric of humanity. It reminds us that dreams, even when fleeting, have the power to inspire across centuries. And in an alternate timeline. it is remembered not for what was lost, but for everything it achieved.

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#MENTAL HEALTH





Why is night-time often anxiety o'clock? Here's what to know.

t's all too common to spiral into worry and rumination once the sun goes down. Research has long suggested that, for many people, anxiety symptoms spike and mental health, otherwise, suffers at night. Risks of suicidal behaviour and substance misuse also rise after dark, and people's mood plummets from roughly 1 A.M. to 4 A.M. General anxiety peaks at various times throughout the day, around 8 A.M. 4 P.M., and 1 A.M., but the racing thoughts, that plague many anxiety sufferers, are at their worst in the evening



🕦 he human body has a finely L tuned biological clock that influences everything from when you feel hungry to when you get sleepy. "Those internal rhythms also affect the brain.' says Rebecca Cox, an assistant professor of Psychological and Brain Sciences at Washington University in St. Louis and coauthor of the recent *Psychiatry* Research study on timing of anxiety symptoms.

The longer you're awake, the more your body wants to sleep. Certain biological signals keep you alert and ward off sleep throughout the day, but those signals drop off at night. "If vou're awake as they drop and 'sleep pressure' builds, cognitive function often suffers," Cox explains. "Among other consequences, these effects seem to make it harder for your brain to

regulate emotions," she says. These cognitive effects also help explain why people are susceptible to self-harm and substance abuse late at night, research by Brown's colleagues suggests. "If you're having an urge for any kind of unhealthy



or unsafe behaviour, chances are that it's more difficult to control that in the middle of the night," she says. Making matters worse, "when we're awake at night, usually, we're isolated The rest of the world is asleep. Cox says. "If I'm feeling anxious during the day, maybe, I can talk to a friend or partner, but if I'm the only one awake at night and I'm feeling all these negative feelings, I don't have an external way to regulate those.'

"Your brain also has fewer distractions at night," adds Dr. Jeffrey Strawn, director of the Anxiety Disorders Research Program at the University of Cincinnati College of Medicine. "During the day, you're likely to be preoccupied with work. errands, chores, family and social obligations, and the constant ping of your phone. But at night, and particularly when you get into bed, much of that falls away, creating a 'perfect

setup' for that runaway anxiety that ruminative thinking about 'what if' and 'what about,' and then also replaying the prior day," Strawn says.

Tips to Reduce Racing Thoughts at Night





Moments of Joy

D icture the ship's final

laughter echoing in the

first-class dining room as

couples dance to a live

orchestra. Children play

hide-and-seek in the grand stairwell, their giggles a

reminder of innocence and

joy. In the third-class quar-

ters, passengers share

songs and stories, united

by their dreams of a better

Titanic's decks become a

stage for connections, that

might otherwise never

have formed. A first-class

lady befriends a third-class

seamstress, breaking bar-

riers of class and status.

"We shared stories about

our families, our hopes.

The ocean didn't care

about class, and neither

did we," she might later

unmarred by disaster

would have been celebrat

ed as a tapestry of human

ity. The Titanic's survival

would have been a victory

not just for its passengers,

but for the human spirit.

The ship's journey,

In this timeline, the

future.

recount.

BE

night of the voyage



By Rick Kirkman & Jerry Scott

ZITS HOW WAS THE SEANCE, GUYS? WASA BUST







Will you actually 'Feel **Better' in the Morning?**

V ou've probably heard the advice to get a good night's sleep when you're worried or upset, because everything will feel better in the morning. There actually seems to be some truth to that adage, research suggests. Anxiety and sleep are closely linked. Anxious people tend not to sleep well, and poor sleep may also predict future anxiety, as researchers, including Cox, have demon strated. Conversely, getting a good night's rest often seems to ease anxiety and take the edge off negative memo ries, studies suggest. "Sleep is medicine," Strawn says, which makes good sleep habits crucial, especially for people who struggle with anxiety. In addi tion to the classic advice, like sleeping in a cool, dark, and quiet room, limiting caffeine intake, seeing bright light early in the day but limiting it at night, and establishing a consistent bedtime routine, Brown says that it's important to wait until you're actually tired to get in bed. People often go to bed abnormally early when they want to get a good night's sleep, but that can backfire. "That's actually a known ineffective strategy that tends to make insomnia worse and anxiety about sleep a lot worse," she says. It gives you plenty of time to lie awake, stressing about the fact that you should be sleeping. "And be careful about self-medicating to get to sleep," Brown says. Substances, including alcohol and marijuana, sometimes make it easier to fall asleep initially, but may lead to poorer sleep quality overall.

What to do about **Night-time Anxiety?**

revention is often the best medicine as Brown says. She recommends setting aside 10 minutes during your day (well before bedtime) to have struc tured 'worry time,' a practice supported by research. Set a timer and use those entire 10 minutes to run through everything that's nagging at you, writing down notes or to-dos, if you find it help-

It's also important to get out of bed if you find yourself spiraling into anxiety, as Strawn says, otherwise, you may begin to subconsciously associate your bed with worry and wakefulness. "If folks aren't able to fall asleep in about 15 minutes, I want them to get out of bed," he says. Get up and do something that isn't cognitively stimulating like reading your dishwasher's manual, he suggests. "It can also be helpful to do a meditation or breathing exercise that brings down physiological stress levels," Cox says.

By Jerry Scott & Jim Borgman

