

HALLMARK TODAY

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HALLMARK TODAY

Learn and Grow...

From the editor's pen

I am pleased, and hopefully are the SCI family (yes, that includes YOU) as well that Hallmark Today has returned after nearly one and half year. The unforgiving Covid-19 pandemic has affected us all -some more than others. However, we persevered. We survived. And now, we must continue to move on with our lives - academic and beyond. Perhaps, the most important of all the lessons that we can learn from this pandemic is that *"Health is wealth, and that family comes first."*

Let me remind you what this newsletter is all about. It is a platform where teachers and students alike share knowledge on various fields, which might be well beyond the narrow confines of textbook syllabus. For instance, this edition includes facts and useful information on the infamous Covid-19, which are something we must know. Previous edition include *Benefits of drinking water on an empty stomach, Time travelling, Black hole, Light pollution, Nerve agents, Biomagnification and the Minamata*, and so on. Furthermore, this newsletter not only aims to ignite new and useful ideas to the readers, but also help in their personality developments. Many interesting questions like *Can extinct species come back?* or *What would happen if everyone on Earth jump at one time?* have already been answered and published. More will come.

Many of you have submitted interesting articles, but unfortunately all of them could not be published in one go. But don't worry. A few have been selected for June edition, and a lot more will be selected in the upcoming editions.

Suggestions for improvement are always welcome. Have fun reading! Cheers!

Dear readers,
Feel free to submit articles (any topic) and queries (related to Science and technology) to get them published here, if they are interesting enough. Let your imagination run wild and hopefully you can come up with something amazing. Here, originality is highly appreciated.

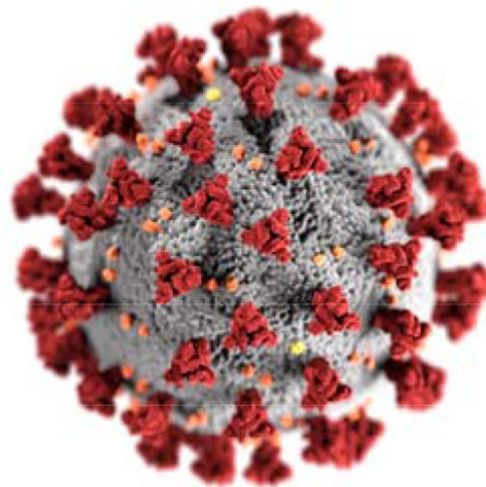
Thoudam Vilip Singh
Editor

COVID-19

Johnson Moirangthem & Heikrujam Preety Devi

Class XII (220074 & 220042)

A coronavirus is a kind of common virus that causes an infection in our nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. It can affect our upper respiratory tract such as sinuses, nose, and throat, or our lower respiratory tract like windpipe and lungs. It spreads mainly through person-to-person contact. It has been reported that there have been more than 266,768,000 people who were infected with the virus and around 5,278,749 deaths all around the world. The daily reports of people being infected and people dying have been going up, and down and the numbers vary from country to country. The daily reports of people being infected and people dying have been going up, and down and the numbers vary from country to country.



Some of its symptoms include fever, fatigue, lack of appetite, body aches, shortness of breath, and the like. Every country has been following different procedures and doing all that is possible to stop the spread of COVID-19. It is, however, dependent on the individuals. It is in our best interest that the authorities are laying out rules and regulations, and it is our responsibility to follow them and keep ourselves hygienic, which in turn will keep everyone around us safe too. These are some of the recommendations we should follow to protect ourselves from this virus:

1. Get vaccinated.
2. Properly wash our hands regularly with soap.
3. Not to go out of our house unnecessarily.
4. To always wear a proper mask.
5. To maintain a physical distance from unknown person.

It is well to remember that being vaccinated is not the license to roam around without wearing masks and making close contact with people we meet. New variants of the virus have been evolving every now and then, and the seriousness of the disease has become worse with almost every variant. Only with collective efforts can we stop the spread of the disease. So let's be responsible together!

YOUTUBE

Laitonjam Bharatbhuson Singh

Class X (220011)

Owing to Covid-19 pandemic, we were stuck at our home for quite some time. And during this period, many of us spend time watching videos on YouTube. So, let's learn some facts about it.

1. YouTube is an American online video sharing and social media platform headquartered in San Bruno, California.
2. It was launched on February 14, 2005, by Steve Chen, Chad Hurley, and Jawed Karim. It is owned by Google, and is the second most visited website, after Google Search.
3. YouTube has more than one billion monthly users who collectively watch more than one billion hours of videos each day. As of May 2019, videos were being uploaded at a rate of more than 500 hours of content per minute
4. YouTube's reported revenue for 2020 was \$19.8 billion
5. YouTube has had an unprecedented social impact, influencing popular culture, internet trends, and creating multimillionaire celebrities.

PSYCHOLOGICAL HEALTH IN TODAY'S GENERATION

Kshetrimayum Chingkheinganba Meitei

Class XII (2200)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through



adulthood. In today's generation, every individual has a high level of stress and a good chance to even get depression. Adolescents are forced to isolate from the surrounding just to build up their intelligent quotient (IQ) and educational quotient (EQ). But they lack interaction with the society. So, people seem to be earning their wealth at a minimum level without enjoying their work. Parents and guardians are trying their level best to make their children have the best education, but they sometimes seem to forget that everything we do now is for us to have a happy and peaceful life. There is no point in trying so hard for things that would not bring happiness. After all, the ultimate aim for everyone is to have a happy life.

It is well to remember that it is OK to ask for help if required, and that we must live healthily not only in the physical sense, but also in the mental sense, especially in today's generation.

EYES TO ALCHEMY

Toijam Malvika

Class X (220002)

Alchemy, especially in the European middle ages, was as much a philosophy as an attempt at science. Esoteric alchemists didn't want to make gold, at least not primarily. It took ideas from Gnosticism, Hermeticism, Platonism and Greek and Arab philosophy in general and mixed them together with what was known as chemistry.

Biological transformation of elements like chicken creating calcium from other elements, is pure alchemy. Alchemists study how one thing becomes another thing. What alchemists want to achieve is to turn a substance into a more pure version of itself. Gold is the purest metal. But they weren't just concerned with gold. They are also looking for the prima materia, the first matter, the primordial chaos. The original matter and cause from which all else in the cosmos was made. But, then, once we have cracked the secret of universal transmutation, why concern ourselves with Earthly wealth? What is it about is to unlock the secret of Creation. Once we know how to transmute matter, the next goal is to transmute the human mind and more importantly –the soul.



Humankind cannot gain something without first giving something in return. To obtain, something of equal value must be lost. This is Alchemy's First Law of Equivalent Exchange. In those days, we really believed that to be the world's one, and only, truth.

Hiroshi Arakawa

Elements can be forced together to combine with one another through chemical reactions, and one element can change to another only through nuclear reactions. It takes huge amount of energy to change an element to another. Reminding the famous Einstein's mass energy relation, $E = mc^2$, in which E , m , and c are the energy, mass and the speed of light in vacuum respectively. When c which is already large is squared, it becomes quite big.

After all, in reality it just isn't worth it to transmute gold as it would be too costly. Perhaps, it would cost millions more than the gold which is mined! It would be cheaper to mine asteroids than to transmute elements.

FACTS ABOUT OUR ENVIRONMENT

Hanjabam Ashajit Sharma

Class XII (220044)

The environment around us is full of amazing features and facts. Here are some cool environment facts. June 5 is celebrated as World Environment Day to remind us that our environment is essential for our survival. *Around 27,000 trees are cut down each day.* The world has over 3.04 trillion trees in the world. However, 27,000 of them are cut down daily to make toilet paper. This translates to about 9.8 million trees annually. One

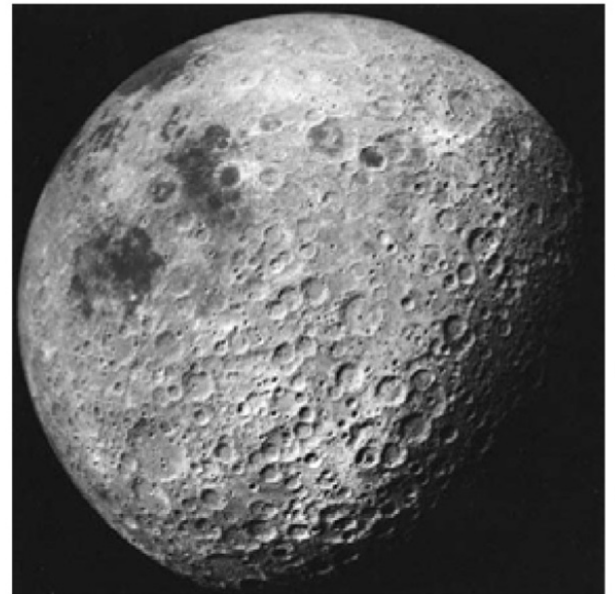
single recycled edition of the New York Times newspaper could save 75,000 trees. *Fungi play a highly vital role in the environment.* Fungi play a protective role in the environment. From digesting minerals out of rock formations to consuming fossil fuel spills, and even de-radiating the environment. *The world's oldest trees are 4,600 year old Bristlecone pines in the USA.* The Great Basin Bristlecone Pine (*Pinus longaeva*) has been deemed the oldest tree in existence, reaching an age of over 5,000 years old. The Bristlecone pines' success in living a long life can be attributed to the harsh conditions it lives in. Very cold temperatures associated with high winds, in addition to a slow growth rate, create dense wood, meaning some years they grow so slowly, they don't add a ring of growth. *Paper from trees can be recycled 6 times.* Paper comes from trees and can be recycled a maximum of six times, after which, its fibers become too weak to hold together.

WHAT IF THE MOON DISAPPEARED?

Maibam Pawal Singh

Class XII (220049)

If our Moon disappeared, there would be some disastrous consequences that would affect life on Earth. Earth's oceans. Earth's oceans would have much smaller tides. Tides churn up material in the oceans, which allows coastal ecosystems to thrive. Animals in these environments – crabs, mussels, starfish, snails – rely on the tides for survival. Without a coastal ecosystem, this could have knock-on effects for other land and sea animals and could lead to mass extinctions. Additionally, tidal movements help stabilize Earth's climate by distributing warmer water around the globe and this influences the global climate. Temperatures could potentially be more extreme without this influence.



A missing Moon could cause a lot of confusion for animals. Predators rely on both the darkness of night and a small amount of moonlight to effectively hunt. Without any light at night, prey would likely thrive because predators would have a harder time spotting them. Just like the tides, this could cause a drastic change in ecosystem, and potentially lead to the extinction of certain predatory animals.

Lastly and probably the most worrying, the Earth's seasons could change substantially. We experience seasons on the Earth, spring, summer, autumn and winter, because the Earth is tilted. Relative to the plane we orbit the Sun, Earth's tilt is about 23.5° . It is the pull of the Moon's gravity on the Earth that holds our planet in place. Without the Moon stabilizing our tilt, it is possible that the Earth's tilt could vary wildly. It would move from no tilt (which means no seasons) to a large tilt (which means extreme weather and even ice ages).

Little Child
Leisna Laitonjam
Class XII (220038)



Little child, are you lost?
Turned into a little ghost.
Come play till the Sun sets in the east
As the dew falls like a feather's kiss.
Come play with me.
Have some tea;
As happy as you'll ever be
By my side, with me
You shall never fall asleep.

Little child, are you bored?
Do you really want more?
Just come into my arms and I'll help you,
Help you do all that you want to do.
Now plat with me.
Why do you plea?
Your sins are flowing like a sea.
Aren't you happy being with me?
You can never fall asleep.

Little child, oh little child!
Little child, don't you cry!
Can't play with me?
Then find the key.
Don't you fall onto your knee.
By my side, you will forever be.
You will never fall asleep.

Even when the northern wind blows,
Even if the while lily shows,
Even when this hill is covered in snow,
Even if the deer would know,
Even when another one comes tomorrow,
I will never let you go!

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