

LITERATURE UNBOUND



FEATURING:

Ashoka Art Fest 2025 — A celebration of creativity and philanthropy!

Student Burnout — Causes, effects, and how to overcome it.

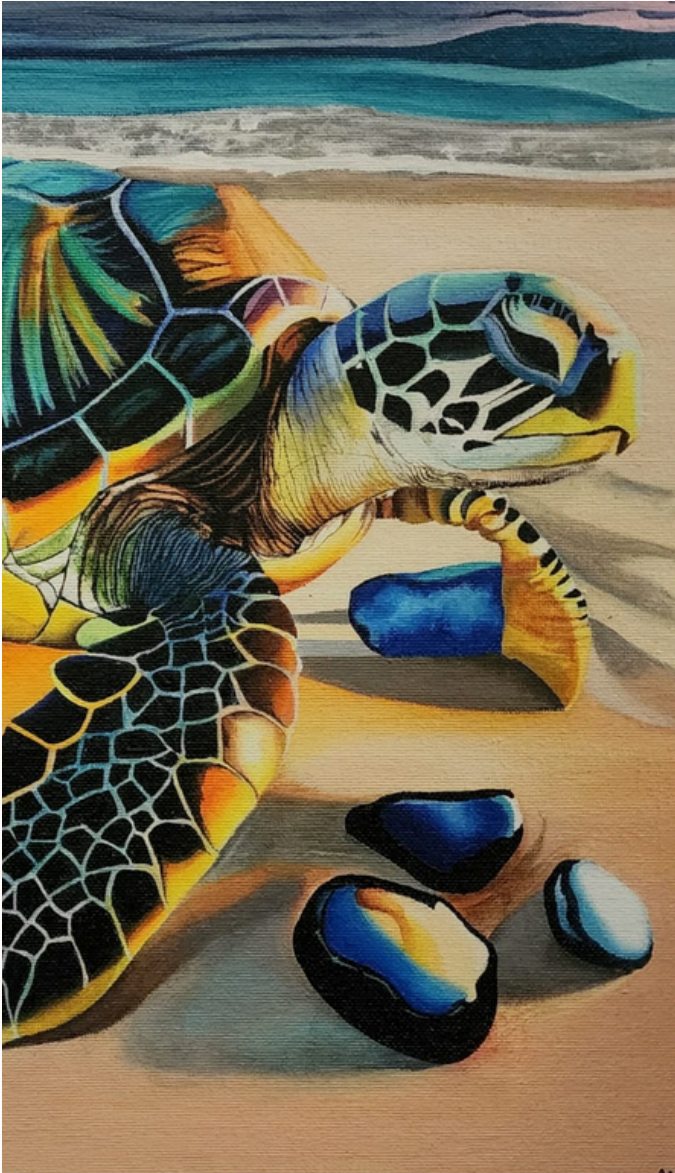
The Wit of Women — Honouring strength and wisdom on Women's Day.

COVERPAGE
FEATURING
STUDENT
PAINTING BY

Anshula Sonawane

ISSUE 6: MARCH 2025

Delve into a plethora of intriguing and engrossing student-written articles, poems, stories — where the scope for imagination is endless!



LETTER TO THE READERS

Dear Readers,

Warm greetings, and welcome to the 5th Edition of Literature Unbound: The February Edition! This magazine showcases original poems, articles, and literary works by the talented writers of Grades 9 and 10.

As Celeste Ng beautifully said, "The story is truly finished—and meaning is made—not when the author adds the last period, but when the reader enters." Thank you for bringing life to our words.

We deeply appreciate Meghana Ma'am for her inspiration and unwavering support in creating this platform for literature enthusiasts. Your feedback and contributions are always welcome—reach out at sarah.tshaikh1@gmail.com or aryagupta1635@gmail.com.

Thank you for exploring the world of words with us. Keep reading, writing, and discovering!

Warm regards,
Sarah Shaikh (President)
Arya Gupta (Vice-President),
Literature Unbound

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POETRY CORNER

रंगपंचमी

आली रंगांची पंचमी
रंग खेळू साऱ्या जणी
रंग खेळे गोकुळात
कृष्ण त्रैलोक्याचा धनी

रंग कृष्णाचा सावळा
माळा तुळशीच्या गळा
परी गोपिकाना त्याचा
भारी लागलाय लळा

रंग राधिकेचा गौर
कृष्ण तिचा चितचोर
प्रेम रंगात नाहली
राधा झाली सैरभैर

रंग प्रेमाचा गुलाबी
दिसे गोपिकांच्या गाली
साऱ्या विश्वाचा नियंता
खेळे त्यांच्यासंग होळी

झाली रंगांची उधळण
गोपी गेल्या विसरून
अहंकार, मी तू पण
सारे केले कृष्णार्पण

फाल्गुनातल्या होळीला
जाळू सगळे दुर्गुण
खेळू रंगपंचमीला
रंग सद्गुण निर्मळ

— डॉ.सौ. तनुजा सुरेश मुळे

I Wonder, I Wonder

*Not sure why I'm here,
In a place so dark and quiet.
I wonder if I'm alone here,
But wait! I see a man, then another,
Soon thousands.*

*Are we dead?
Or have we just drowned in our overthought guilt?
A guilt so miserable,
A guilt so remorseful,
A guilt so powerful,
And a guilt so sempiternal.*

*Has it now covered our minds completely?
I wonder, I wonder.*

*I see a woman whose story was the same as mine—
Satisfaction in hanging ourselves,
But scared of the consequences,
Now trembling with torture.*

*I see a boy, so pale, so impassive,
As if he had seen the darkest of
times come upon ever.
Has he lost his mother?*

*I wonder, I wonder.
I see a man weeping in agony,
For the ring that was thrown a
thousand times before.
Will he ever earn a job?
I wonder, I wonder.*

*I see a girl defending herself from
the perspectives of mankind,
Now deciding her worth.
Will she survive?
I wonder, I wonder.*

*I see a child get beaten,
Till the blood gushes out of his
injuries.
Will he get a good grade now?
I wonder, I wonder.*

*I see a woman holding a gun
Beside a dead man on the floor.
Will she be defended?
I wonder, I wonder.*

*This world so dark,
Our screams so weak,
Our bodies so thin,
Our souls suffering with
torment.*

*Our hope has been lost,
Our hope has disappeared.
For now, our souls have been
crushed
By the burden of our thoughts...*

— Anshula Sonawane



A Museum of Love

*One day, I found myself in a café,
ordering a coffee with three
creamers.*

*I couldn't help but think of my
mother,
who, along with her love, passed
down her love for coffee to me.*

*As I sat alone, I couldn't help but
think—*

*how wonderful it is to be a
museum of love!*

*I am a museum of everyone I've
ever loved,*

*their gentle touches leaving
impressions on my soul*

*that extend far beyond their
presence.*

*My father's love for sports and
the funny habit of scrunching his
nose,*

*my childhood friend's gentle
laughter, which still echoes
through the corridors of my
heart,*

*the way my brother makes tea—
all of these habits still
accompany me to this day.*

*As I get up to pay the bill,
I can't help but wonder—*

*how beautiful it is to carry a
piece of everyone you have ever
loved with you,*

*and what a blessing it is that we
humans can love one another!*

— Alisha Aneesh

The Dagger and the Stream

*Once a man, lost in his grief,
His heart weighed down by bitter belief.
A friend betrayed him, trust was torn,
And in his chest, a darkness was born.*

*He walked alone, through nights so cold,
Hate his cloak, his spirit sold.
But by a stream, beneath the stars,
He found his heart, scarred but not far.*

*The river whispered, soft and clear,
"Let go of hate, and peace is near."
And in that moment, the man knew,
Forgiveness healed, and love broke through.*

— Karthikeyan Iyer

PEN & PERSPECTIVE

ASHOKA ART FEST 2025: A CELEBRATION OF ART & PHILANTHROPY

BY ARYA GUPTA



Ashoka Art Fest 2025 surpassed all expectations, emerging as a phenomenal success.

This student-led celebration blended creativity, philanthropy, and community impact, featuring over 1,500 artworks—including paintings, sculptures, calligraphy, and pottery—crafted by 1,200 talented young artists.

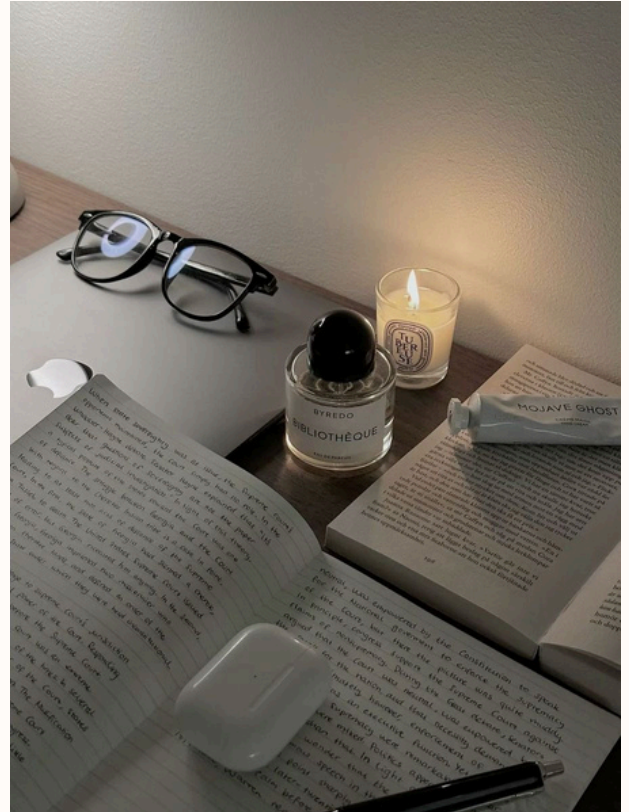
Adding prestige to the event, renowned artist Ruve Narang graced the occasion as the chief guest, elevating the festival's spirit. While the festival celebrated art, it was also about making a difference. Net proceeds will be donated to Vanvasi Va Durbal Ghatak Vividh Seva Nyas, an NGO dedicated to supporting tribal and underprivileged communities.

A major highlight was the Warli painting workshop with students from Mhasruli Village.

STEPPING INTO GRADE 10: A YEAR OF GROWTH AND DETERMINATION

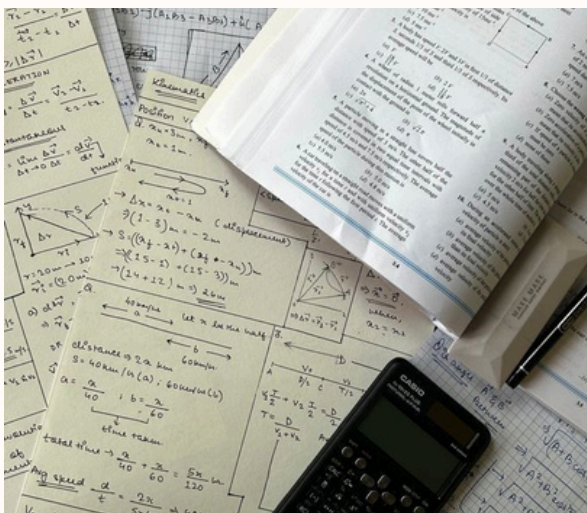
BY SARAH SHAIKH

As the academic session of grade 9 comes to a satisfying close this year, it marks the transition from one chapter to another, like the closing of an old door and the opening of a new and more exciting one. On 5th March, 2025 students stepped into grade 10, a year worth looking forward to, with a plethora of opportunities and challenges waiting in line.



Students enthusiastically stepped into newly polished shoes, immaculate uniforms and crisp textbooks, rejuvenated by the spring break and with inquisitive minds refreshed. The atmosphere buzzes with students' buoyant spirits and renewed resolutions for a year that certainly acts as a turning point of life for many pupils.

One of the striking shifts noticed in classrooms is the heightened attention and seriousness given to classes by students, along with comprehensive discussions on topics ranging from strategic study plans and exam-solving techniques, highlighting their shared commitment to succeeding in the Grade 10 Board Examinations 2026. Teachers and students alike are in a propitious academic trance, determined to achieve remarkable success.



With years of guaranteed expertise from the teachers and the unwavering perseverance of students—evident in their aspiring mindsets—this year holds the promise of remarkable achievements and proud moments for us all. As Dr. APJ Abdul Kalam wisely said, **“Dreams transform into thoughts, and thoughts result in action,”** so dare to dream, for greatness begins with a vision.



THE WIT OF WOMEN: CELEBRATING STRENGTH AND WISDOM ON WOMEN'S DAY

BY ZAREEN INAMDAR

Have you ever wondered just how many instances of Albert Einstein and Isaac Newton may be present in an average science text-book?

Well, here's another question! Try to recall three female scientists who have been mentioned at least once in day-to-day media. It's certainly more challenging, isn't it? Historically, women have always been sidelined and not given enough credit for their innovations and contributions to

society. Let's embark on a captivating journey to enlighten ourselves about four female legends and the revolutions they've made in the realm of science.

The world's first computer programmer was a woman; Ada Lovelace. Ada worked with Charles Babbage on designing the Analytical Engine, an early mechanical computer. She wrote the first algorithm meant to be executed by a machine in 1843.

Marie Skłodowska-Curie was a Polish physicist and chemist who went on to become the first woman to win the Nobel Prize and is the only person to win in two different scientific fields—Physics (1903) and Chemistry (1911). Her discoveries of Radium and Polonium revolutionized radioactivity and cancer treatment. Even today, the Curie Institute in Paris continues her legacy in cancer research.

Let's talk about Biology, shall we? The double helix structure of DNA was first discovered by Dr. Rosalind Franklin in 1953 through her excellent work of crystallography. Unfortunately, she didn't receive credit

for over 50 years and the Nobel Prize ended up with James Watson and Francis Crick in 1962.

Hedy Lamarr is renowned as the Mother of Wi-Fi due to her co-invention of Frequency Hopping in 1942. She wasn't only a wartime inventor, but an actress as well! Frequency hopping is a fundamental technology for secure communications, used in Wi-Fi, Bluetooth and GPS.

Women in science have shaped our world—let's empower future generations to innovate and inspire!

Happy Women's Day!



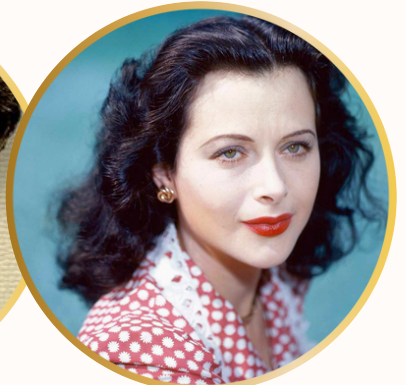
*Ada Lovelace –
The world's first
computer programmer.*



*Marie Curie –
Nobel Prize-winning
physicist and chemist.*



*Dr. Rosalind
Franklin –
Discovered the double
helix structure of DNA.*



*Hedy Lamarr –
Co-inventor of
Frequency Hopping,
known as the "Mother
of Wi-Fi."*

BURNOUT IN INDIAN STUDENTS: CAUSES, EFFECTS, AND HOW TO OVERCOME IT

BY ALISHA ANEESH

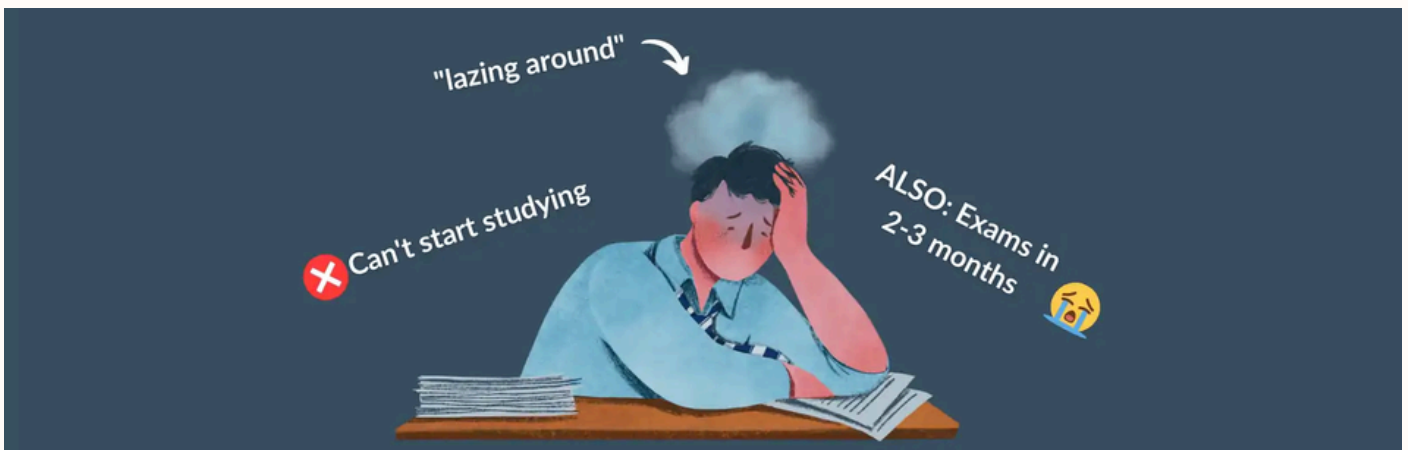
"Beta, go study." "Why did you not top this time?" "Look at our neighbor's son—he always tops the class! Why can't you be more like him?"

If your childhood was like that of millions of other Indian kids, these phrases must be familiar and maybe bring up a traumatic memory or two. So, what happens when all this pressure breaks the camel's back one day? The answer to that question is burnout.

The relentless race to be the best, driven by the "you-have-to-be-top-of-the-class" mentality from both family and society, often leaves students feeling like they've just run a marathon

without a finish line in sight. This essay will explore why burnout happens to Indian students, how it affects them, and what can be done to make life a little less stressful.

In India, the academic scene has become a battle royale. Between endless exams, entrance tests, and the pressure to ace everything, students often feel like they're starring in their own high-stakes reality show. A survey by the National Institute of Mental Health and Neuro Sciences revealed



that around 30% of Indian students are dealing with anxiety and depression—thanks mostly to the “studies or nothing” approach of Indian society.

So, what’s causing all this stress? Well, society’s obsession with academic excellence plays a big part. In Indian culture, good grades aren’t just a personal victory—they’re a family achievement. Parents treat every report card like it’s the finale of Kaun Banega Crorepati, and students are expected to perform like contestants in a high-pressure quiz show. Add extracurricular activities and sports, and you’ve got a recipe for burnout. This leads to things like procrastination, which is basically the student’s version of “let’s deal with it tomorrow.”

The **effects of burnout** are not pretty. Students who are burned out often lose motivation, stop socializing, and start treating their exams like a horror movie—avoiding them at all costs. This leads to a vicious cycle of bad grades, more stress, and even more bad grades. It’s like being stuck in a video game loop where you keep losing the same level over and over again. In the worst cases, this pressure can lead to serious issues like self-harm or suicidal thoughts. One tragic example is a student from Telangana who took her

own life after failing an exam. This shocking incident opened up national conversations about mental health and how schools need to do more to support their students.

So, how can we fix this mess? First, we need to rethink how we cope with stress. Encouraging a more balanced approach to education could help take the edge off. Schools and universities should start offering programs that promote mental health, like counseling, mindfulness (aka pretending to be calm for 10 minutes a day), and relaxation techniques. Essentially, it’s about making students feel like they’re not just walking report cards.

Parents can help, too. Instead of obsessing over 100% scores, they should celebrate effort. Open conversations with kids about their challenges can create an environment where they don’t feel like they need to hide their stress. Also, let’s be real—students don’t need their parents’ dreams of becoming a doctor or engineer pushed onto them. It’s about finding what they’re passionate about, not what your neighbor’s son is doing.

Friends are essential in this battle against burnout. Having a good friend



Image 1: A friend's role in putting out the flames of student burnout

to share the pain of exams can make all the difference. Schools can help by creating mentorship programs, where seniors can guide juniors and swap tips on surviving the madness that is school life. Think of it as a “survival guide” to high school, only with fewer tears and more pizza.

Life skills education is another great way to keep burnout at bay. Teaching students how to manage their time, handle stress, and bounce back from failure is key. Some schools are already making this a part of their curriculum, which is a step in the right direction. It's like preparing students for life after school, allowing them to adjust more easily and thrive once they become independent.

In conclusion, burnout among Indian students is a huge issue, fueled by



Image 2: Breaking free: The joy of overcoming academic stress

academic pressure and high expectations. But with a little help from schools, parents, friends, and maybe a few mindfulness apps, we can create an environment where students can thrive—not just academically, but personally as well. So let's make mental health a priority and remember: **you're more than your last exam score!**



THE STATE OF GLOBAL DEMOCRACY IN 2025: TRENDS AND CHALLENGES - PART II

BY KARTHIKEYAN IYER

This article is a continuation of The State of Global Democracy in 2025. To dive into the compelling first part, check out the February edition of Literature Unbound!

Trend #3: Youth and Digital Activism – More Tweets, Less Streets?

The younger generation has always played a key role in shaping democracy, but in 2025, activism looks a little different. While previous generations took to the streets with banners and megaphones, today's activists are more likely to start revolutions through viral TikTok trends and Instagram infographics.

Some argue that digital activism spreads awareness faster than ever before. Others worry that social media protests, while emotionally powerful, sometimes lack follow-through—after all, changing your profile picture is easier than changing government policy.

That being said, young voters in 2025 are proving that they're a force to be reckoned with. They're challenging

outdated laws, demanding climate action, and, most importantly, making sure politicians know that they can cancel more than just their Netflix subscriptions.

Trend #4: Democracy vs. Authoritarianism – A Battle for the Future

While democracy continues to be the preferred system in many parts of the world, authoritarian* regimes* have not disappeared. In some places, democracy has been undermined by election manipulation*, restrictions on free speech, and leaders who seem to believe in democracy right up until the moment they start losing.

The real test in 2025 is whether democratic nations can prove that their system still works. Can they tackle corruption, misinformation, and political gridlock*? Or will authoritarianism keep looking attractive simply because, as some leaders say, "At least things get done faster!"

Authoritarian – A type of government where one leader or a small group has all the power.*

Regimes – Governments, especially ones that rule with strict control.*

Gridlock – When no progress can be made because people or groups cannot agree.*

History has shown us that democracy is resilient, but it's also fragile. Much like assembling IKEA furniture, if you don't read the instructions carefully and keep tightening the wrong screws, you might end up with something completely unrecognizable.

Conclusion: The Road Ahead – Bumpy, But Worth the Ride

So, where does democracy stand in 2025? Is it thriving, struggling, or just in desperate need of a good therapist? The answer depends on where you look.

In some parts of the world, democratic ideals* are flourishing, powered by youth engagement, digital advancements*, and a growing demand for transparency. In others, challenges like misinformation, corruption, and political extremism continue to test democracy's resilience.

But if history has taught us anything, it's that democracy—like a stubborn grandparent—doesn't go down without a fight.

Ideals – Beliefs or principles that people try to follow.*

Extremism – Holding very strong political or religious beliefs, often too extreme.*

NEW AGE CAREERS: THE FUTURE OF WORK

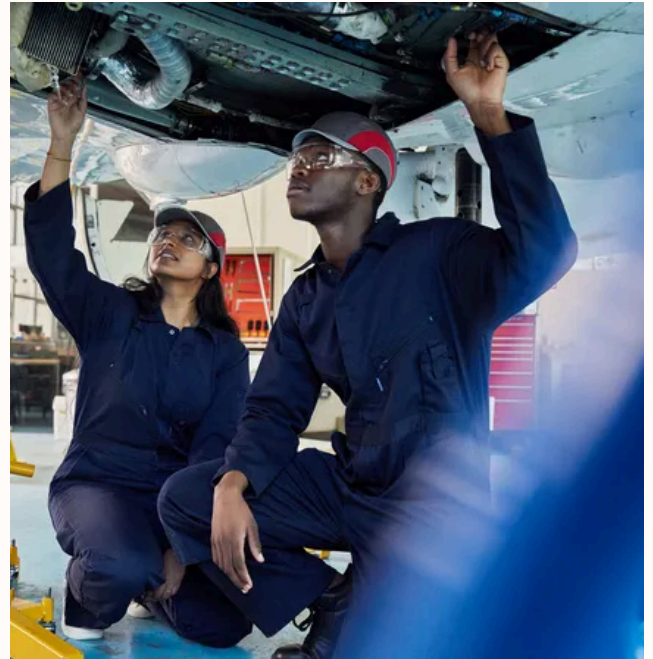
BY ANUSHREE VARADE

UX/UI DESIGNERS:

User experience and User interface work to create a successful product in order to satisfy the customers and make it easy for them to use. They need a blend of creative and technical skills.

GENETICIST:

A geneticist is a doctor who specializes in the study of genes and heredity. Geneticists may perform general research on genetic processes or develop genetic technologies to aid in the pharmaceutical or and agriculture industries.



AEROSPACE ENGINEERING

These engineers are concerned with the design and development of aircraft and spacecraft. It involves the deepening our understanding of the cosmos and landing on moon.

CONTENT CREATION:

Content creators are people who use some sort of social media platform to entertain people with the help of their skill sets. They mainly use channels, videos, images and audios to express themselves.

ARTIFICIAL INTELLIGENCE:

It is a field of computer science to make the machine capable of doing human tasks. It involves the learning, reasoning, problem-solving, perception, and decision-making of machines.



CYBER SECURITY:

This field involves in protecting the digital devices we all use (smartphones, laptops, tablets and computers), from any kind of digital attacks, viruses and malware.



APP DEVELOPMENT:

It is a process in which an app is developed by an individual for the community. It involves planning, designing, coding and many other skills.



MENTAL HEALTH & BEING TRUE TO YOU

BY MEER SHAIKH

We've all heard about mental health and acceptance, but how often do we stop and think about them? Everyone wants to be accepted, but in trying to fit in, we sometimes forget our mental well-being. I get it—I've wanted to be accepted too. But trust me, it's not worth losing who you are for approval. Finding a place where you truly belong can be tough. Sometimes you think you fit in, but deep down, you know you don't. So, let's talk about mental health, acceptance, and whether we should change just to meet others' expectations.

Mental Health:

Mental health is how we think, feel, and handle life's challenges. For teens, it's huge—our bodies and minds are constantly changing. How we manage stress and emotions shapes how we see ourselves and the world.

When mental health suffers, it affects everything—friendships, school, and self-esteem. Struggling is normal, but asking for help is key. Good mental health builds strength, confidence, and resilience. In a world where the pressure to fit in is high, taking care of

your mind isn't just about surviving—it's about thriving.

The Problem with Trying to Fit In:

Sometimes we're so focused on fitting in that we forget what we actually want. Trust me, I've spent way too much time overthinking every little thing—worrying about what people might think and if I've messed up. Being introverted made it even harder to make friends, and it just made my anxiety worse. In trying to fit in, I started changing who I was. It gave me a temporary sense of happiness, but it messed up my relationships and my focus on school. I did whatever my friends told me to, and over time, I lost myself. I joined the crowd, suppressing who I really was. Deep down, I knew something was off. Eventually, I realized I needed therapy. So yeah, if you're doing this too, stop. It's a huge mistake.

Is It Important to Change for Others?

The answer is both yes and no. Sometimes changing can be good—like stepping up in school or learning new

things.

Academics can be tough, but they open doors to the life you want. See school as a challenge to prove to yourself that you can do it. Forget perfection—focus on growth. I wasn't the best student, but when I saw academics as self-improvement, it became more rewarding. There's real satisfaction in proving yourself capable, not for revenge, but for self-belief.

Socially, people can be great or awful. But is it worth pretending to be someone you're not? No way! Changing who you are for others, is a mistake. We live in a time where anyone can be anything—so be confident in yourself. People might judge, but push through, stay true, and fight back. The right people will see the real you. And if they don't?

You're just not in the right place yet.

Remember: Everyone has someone who'll light up their life. Stay true to yourself and wait for that connection.

Physically

Loving yourself isn't easy. It's not just you—most people struggle with it, especially with anxiety or introversion. Society constantly pushes unrealistic beauty standards, and it can feel like you'll never measure up. But changing your body to fit in isn't the answer.

It won't bring real happiness.

Your worth isn't about how you look; it's about who you are. Learning to love yourself, flaws and all, is the real challenge. And guess what? You don't need to change anything to be worthy of love and respect.

Self-love takes time, but every little step counts. You don't need to fit anyone else's mould—true confidence comes from accepting yourself as you are. The more you embrace your true self, the more freedom you'll find.

Whatever it is, never give up on being you. And always remember:

You're kind.

You're smart.

You're important.

THE NIGHTINGALE

A Short Story

BY SAANVI PATIL

The attic's stale air pressed against Clara, a suffocating blanket of forgotten years. Dust motes, disturbed by her intrusion, swirled in the lone shaft of sunlight slicing through the grimy window. She wasn't seeking romance, but answers. Her grandmother, Vivian, a woman of meticulously kept gardens and impenetrable silences, had always been a mystery.



A heavy, iron-bound chest, tucked beneath a pile of moth-eaten tapestries, caught her eye. Its lock, though rusted, yielded to a firm twist. Inside, not silks and jewels, but meticulously organized files.

Each file, labeled with cryptic initials and dates, contained blueprints, schematics, and coded messages.

Clara's fingers trembled as she deciphered the first document: a detailed plan for disrupting railway lines, dated 1943. Vivian, it seemed, wasn't a gardener; she was an engineer, a saboteur.

Further files revealed a network of clandestine activity, a web of resistance stretching across the country. Vivian, under the alias "Architect," was its central figure. Her work wasn't romantic; it was precise, calculated, and dangerous. Blueprints for modified radio transmitters, coded instructions for disrupting supply lines, and chillingly detailed reports on enemy movements filled the chest.

One file, marked "Project Nightingale," contained a series of complex equations and diagrams. Clara, a historian, struggled to comprehend their purpose. A single, faded photograph, tucked within the file, showed a group of men and women, their faces grim and determined.

Vivian, her expression unreadable, stood at the center.

A small, metal box, hidden beneath a false bottom, held a series of intricately crafted tools. They weren't weapons, but precision instruments:

miniature drills, lock picks, and delicate wiring tools. Vivian, the Architect, was a master of her craft.

The attic, once a source of childhood curiosity, transformed into a chilling archive of resistance. Clara wasn't uncovering a love story, but a legacy of unwavering dedication, a testament to a woman who had operated in the shadows, her actions shaping the course of history. The weight of her discovery settled upon her, a heavy responsibility to understand the woman behind the legend.

She had to know what Project Nightingale was, and why it was hidden so carefully.



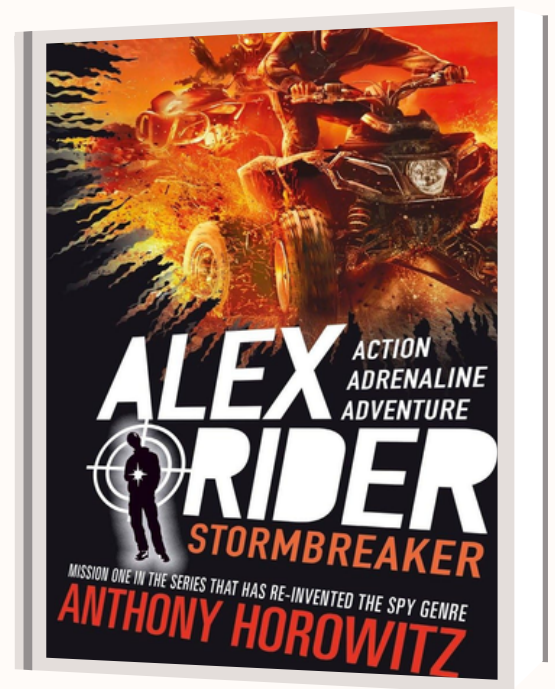
STORMBREAKER BY ANTHONY HOROWITZ: A THRILLING SPY ADVENTURE | BOOK REVIEW

BY PRISHA BENDRE

Stormbreaker, the first book in the Alex Rider series by Anthony Horowitz, introduces readers to 14-year-old Alex Rider, who is thrust into the world of espionage after his guardian's mysterious death. Recruited by MI6, Alex is tasked with investigating the dangerous Stormbreaker project. Fast-paced and filled with action, suspense, and high-stakes adventure, the novel combines thrilling spy elements with the struggles of a young protagonist. Horowitz crafts a gripping story that keeps readers on edge, making Stormbreaker a perfect start to an exciting series.

Rating: 4.5/5 ★★★★★

The book is an exciting blend of action and suspense, appealing to both young readers and adults alike, though the character development could be more nuanced. Nonetheless, it's an engaging and thrilling read.



*“You’re never too young to
change the world.”*

– Mrs. Jones, Stormbreaker by
Anthony Horowitz

SOURCES

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Burnout in Indian Students: Causes, Effects, and How to Overcome It

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New Age Careers: The Future of Work

Author: **Anushree Varade**

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*"A word after a word
after a word is
power."*

— Margaret Atwood

Do you have a story to tell, a poem to share, or an idea to express? Join us in shaping the next edition of Literature Unbound! Reach out at sarah.tshaikh1@gmail.com or aryagupta1635@gmail.com.