



The HORIZON

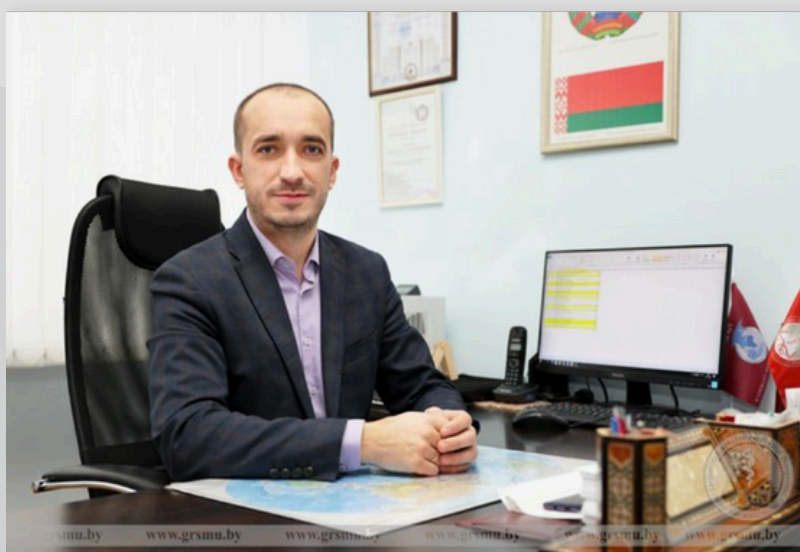
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- SIDE EFFECTS OF THE COVID-19 VACCINE COVISHIELD
- THE "BOUNCE BACK" ABILITY
- STUDYING MEDICINE IN FOREIGN UNIVERSITIES
- ADVANCING HEALTHCARE IN LOW-RESOURCE SETTINGS

DEAN'S DESK



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



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

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

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

WELCOME TO THE HORIZON



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



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

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

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

For inquiries and submissions.

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EDITOR'S DESK



“Reading is a critical aspect of the modern science as it enhances educational knowledge, enrich science and promote innovation.

As a person who has a love for reading and attaining new knowledge, it is an honor to be given the opportunity to provide my contribution and to work alongside with the great minds of the scientific society.

I will be acting as the Editor-in-Chief from July to September 2024, I look forward to working together with authors to provide the finest reading experience for the readers”



FATHIMATH JAZLA HASSAN
EDITOR-IN-CHIEF (JUL-SEP, 2024)

“Are you fascinated by clinical topics that are both intriguing and innovative? well, I certainly am! My journey into the research field has given me a profound appreciation for the uniqueness of topics, the relationship between variables, and the process of the developing hypotheses. The in-house magazine “The Horizon,” encompasses not only medical topics but also lifestyle-related medical topics. It’s amazing to see the diverse range of topics and content that students produces.

As the chief editor, I can’t wait to see the thrilling content that students will come up with, I would like to extend a warm invitation to all students to share their insight on these exciting topics. Let’s explore the boundaries of knowledge together!”



DR. GRISHMA RAJENDAKUMAR PATEL
EDITOR-IN-CHIEF (JUL-SEP, 2024)

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

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

UNDERSTANDING THE SIDE EFFECTS OF THE COVID-19 VACCINE COVISHIELD: WHAT YOU NEED TO KNOW

This blog is about navigating the potential side effects of the Covishield COVID-19 vaccine

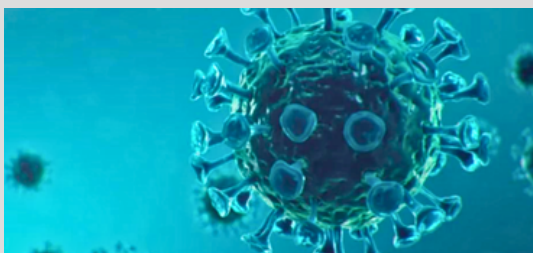
INTRODUCTION

WRITTEN BY
BANSHRI
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As the world continues to grapple with the COVID-19 pandemic, the development and distribution of effective vaccines have become a global priority. One of the vaccines that has played a significant role in this effort is Covishield, developed by the University of Oxford and AstraZeneca.



Covishield is a viral vector vaccine that has been approved for use in several countries, including India, where it has been widely administered as part of the national vaccination program. While the vaccine has proven to be highly effective in preventing severe illness, hospitalizations, and deaths from COVID-19, it is essential for individuals to understand the potential side effects associated with the Covishield vaccine.



COMMON SIDE EFFECTS OF COVISHIELD

The side effects reported with the Covishield vaccine are generally mild to moderate and typically resolve within a few days. The most common side effects include:

1. Pain at the injection site:

Many individuals experience pain, swelling, or redness at the site where the vaccine was administered. This is a common response as the body's immune system reacts to the vaccine.

2. Fatigue:

Recipients of the Covishield vaccine may feel unusually tired or fatigued for a short period after receiving the shot.

3. Headache:

Headaches are a fairly common side effect, with some individuals reporting mild to moderate headaches after the vaccination.

4. Muscle pain:

Muscle aches and pains, particularly in the arm where the vaccine was administered, have been reported by some individuals.

5. Fever and chills:

Some individuals may experience a mild fever or chills following the vaccination, which is a normal response as the body's immune system is activated.

It is important to note that these side effects are typically mild and should not cause significant concern. They are a sign that the vaccine is working as intended, stimulating the immune system to build protection against the SARS-CoV-2 virus.

RARE AND SERIOUS SIDE EFFECTS

While the vast majority of individuals experience only mild side effects, there have been rare reports of more serious adverse reactions associated with the Covishield vaccine. These include:

1. Blood clots

In extremely rare cases, a condition known as vaccine-induced thrombotic thrombocytopenia (VITT) has been reported, which involves the formation of blood clots and low platelet counts. This condition is being closely monitored, and healthcare providers are taking appropriate measures to diagnose and treat it.

2. Allergic reactions

As with any vaccine, there is a small risk of an allergic reaction, such as anaphylaxis. Healthcare providers are trained to monitor for and manage such reactions, and individuals with a history of severe allergies are advised to consult their healthcare provider before receiving the vaccine.

It is important to note that the benefits of the Covishield vaccine in protecting against the severe consequences of COVID-19 far outweigh the potential risks for the vast majority of individuals. Healthcare professionals and regulatory authorities continue to closely monitor the safety of the vaccine and take appropriate actions to ensure its safe and effective use.

EFFECTIVENESS OF THE COVISHIELD VACCINE

The Covishield vaccine has demonstrated a high level of efficacy in clinical trials and real-world settings. Studies have shown that the vaccine is effective in preventing severe illness, hospitalization, and death from COVID-19. Additionally, ongoing research is examining the vaccine's effectiveness against new variants of the SARS-CoV-2 virus, and the results so far have been promising.

GLOBAL ROLLOUT AND VACCINATION RATES

The Covishield vaccine has been a crucial component of the global COVID-19 vaccination effort. As of August 2023, the vaccine has been distributed to over 170 countries, with billions of doses administered worldwide. However, the global rollout has faced challenges, with disparities in vaccine access and distribution, particularly in developing countries.

Countries such as India, where Covishield is a mainstay of the national vaccination program, have made significant strides in immunizing their populations. As of August 2023, over 70% of the Indian population has received at least one dose of the Covishield vaccine. Other countries, such as those in Africa, have faced greater challenges in securing and distributing the vaccine, highlighting the need for a more equitable global approach to ensure that everyone has access to this life-saving tool.

(Since so much has been said about side effects post-vaccination, if one does not show any side effects, they may doubt whether the vaccine is working. Whether you have any side effects or not, you get more than 92 per cent protection from the jabs. A combination of factors like age, gender well-being, diet and the environment can be the reason why one would get such reactions to shots or not.)

CONCLUSION

The Covishield COVID-19 vaccine has played a vital role in the global fight against the pandemic, helping to save countless lives and mitigate the devastating impact of the virus. While the vaccine is generally well-tolerated, with mild side effects being the most common, it is important for individuals to be aware of the potential risks, however rare they may be.

By understanding the side effects of the Covishield vaccine and the importance of vaccination, individuals can make informed decisions about their healthcare and actively contribute to the ongoing efforts to control the COVID-19 pandemic. It is crucial that we continue to follow the guidance of healthcare professionals and regulatory authorities, stay up-to-date with the latest.

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THE NEURO-MECHANISMS OF THE “BOUNCE BACK” ABILITY: THE SCIENCE OF OVERCOMING FAILURE AND SELF DOUBT AS MEDICAL STUDENTS

This blog is about the physiological response of the body towards failure and how our system, with the right resources, will enlighten the rebounding phenomena within ourselves to thrive forward towards the silver lining.

WRITTEN BY
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CLASS OF 2026

INTRODUCTION

People process failure, succinctly, in three distinct ways: some crash at the door of failure, some accept failure but aren't willing to correct themselves, while some have mastered the “bounce-back” theory. Belonging to either of the mentioned groups simply means that we are human. Even though growing roots towards the third group seems like an illusion, it is not. It is attainable, tied to the fact that one is aware of the foundational principles at play. Especially as medical students and as future doctors, this phenomenon is of utmost importance to us not only because of the gravity of our profession but also to sustain our own mental discipline, without which, marching forward is unlikely.

THEORIES TO UNDERGIRD THE “BOUNCE-BACK” EFFECT

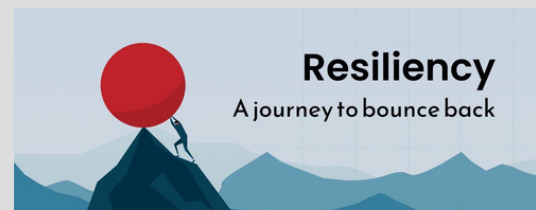
1. “The growth mindset” theory

It is the confidence that intelligence and skills are cultivated through efforts, implementations and dedication. By actively practicing growth-oriented activities, it is possible to reduce the activation of fixed mindset neural pathways that perceive capabilities to be limited.

2. “The resilience” theory

Resilience is the power to persevere through challenging situations which build up tension. Our brain restructures and forms new neural connections in response to these challenging events.

When faced with pitfalls, individuals can consciously engage in resilience boosting techniques. Repeated activation of these neural pathways strengthens them, promoting their accessibility in the future. Similarly, dysfunctional coping mechanisms can potentiate neural pathways associated with hopelessness or anxiety.



3. “The cycle” theory

This theory defines the combined effect of the growth mindset and resilience theories. They potentiate each other continuously for an enhanced effect. This theory is the core element. As one develops a growth mindset, they exhibit a greater inclination towards embracing new challenges; in fact, they peer at setbacks as golden opportunities for improvement. In other words, this growth-gear perspective activates neuroplastic changes that reinforce resilience-escalating neural networks. As a result of this newly developed resilience, there will be a sustained adoption of a growth mindset when we understand that there's untapped potential within us to learn from failures. This cycle, in turn, gives rise to cortical re-mapping.

MODEL OF THE BEHAVIORAL SYSTEM

This system consists of 4 subsystems.

1. Behavioral Activation System.

The fundamental feature of this system is motivation oriented; therefore, it is responsible for the feeling of success and reward.

2. Behavioral Inhibition System.

The negative system functions to analyze or even to enhance the effect of negative emotions such as threats, defeat and hopelessness. Failure will result in a heightened system response resulting in avoidance and worry.

3. The Flight-or-Fight system.

As medical students, we have been receiving information about this system since the very beginning, but the question rises on how this physiological phenomenon relates to failure.

In simple terms, failure gives rise to a rigid flight-or-fight response which leads to the impairment of physical and emotional dynamics resulting in the retardation of effective logical thinking.

4. Attachment system

This involves the requirement for social bonds and support which can be of extreme importance for combating failure as failure triggers feelings of loneliness and solitude, which will further decrease the ability to fight against it.

Understanding this synergy, allows us to develop tailored approaches to overcome obstacles, maintain motivation and render resilience.

TARGETED STRATEGIES FOR MEDICAL STUDENTS TO TACKLE ROADBLOCKS.

1. The first place goes to dissecting the mistakes.

This is the pillar of success. Once you breakdown the mistake into segments and look deeper into each segment, there's a higher likelihood of answering the questions associated with the pitfall like: "what", "how" and "where".

2. Setting attainable goals.

Attainability goes hand in hand with using your time suitably and working smarter, not harder. As an example, when one prepares for an exam, it is necessary to plan your time properly as running out of time will proportionately lead to unsatisfactory outcomes. In fact, referring to pre-formulated, briefer content rather than scanning through loads of information within a limited timeframe, will be incredibly fruitful. "Working smarter" also includes seeking out mentors who will help you according to your situation because advice or information that comes from experience is of sterling quality.

Another notion under this concept is "individuality". Identifying methods that galvanizes one's singular mindset is of utmost efficiency.

3. Practice of acceptance.

Without acceptance, our neural pathways will redirect and tap with negative emotions and if this process occurs continuously, these neural connections will grow stronger.

Acceptance is an integral part of the "growth mindset" theory. However, one has to be mindful that acceptance solely is futile. If appropriate measures aren't taken towards the other processes in the bounce back mechanism, one would simply be doomed to the same place.

4. Self-care.

Self-care balances out and facilitates the mechanisms. It acts indirectly. The primary function of holistic self-cultivation is maintaining composure and structure.

5. Support system.

It includes surrounding yourself with optimistic people. Compassion strengthens the attachment system discussed above under the model of the behavioral system. In fact, it enhances the mere process of forming positive neuronal connections.

At the end of the day, when one practices the art of rebounding, victory will be inevitable.

The proverb "If there's a will, there's a way" formulated by a Welsh poet, George Herbert, is a fruitful way to instill this concept within us.

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OPPORTUNITIES AND CHALLENGES OF STUDYING MEDICINE IN FOREIGN UNIVERSITIES

This blog is about the important insights into the many facets of studying medicine abroad, such as navigating the educational system, adjusting to new cultures, handling money, and investigating post-graduation career options.

WRITTEN BY
KHILAN
RAJESHBHAI
KHETANI

CLASS OF 2024

INTRODUCTION

Starting medical school abroad is a life-changing experience that not only promotes a student's medical education but also gives several personal and professional advantages. However, there are some opportunities and challenges of studying medicine in abroad. It can give you with the opportunity to gain a world class high quality education as well as world wide exposure.

You will also be able to experience foreign culture. While there are many benefits to studying MBBS abroad, students should be aware of a few drawbacks.

Advantages and disadvantages are like two sides of the same coin and same for studying medicine as well, which has the greatest impact on students. As the number of students to study abroad is continuously growing every day it is apparent that students can overcome challenges and seize the opportunities.



KEY TAKEAWAYS

1. Studying medicine overseas provides access to world-class curriculum, top notch programs, cutting edge healthcare systems which enhances knowledge.
2. International medical education promotes worldwide education and builds global professional networks and diversifies career possibilities, providing a competitive edge in the employment market.
3. Financial planning, including scholarships and budgeting, is essential for handling the expenditure associated with international medical studies.
4. International medical education provides essential benefits such as cultural competence and adaptation, which leads to better patient care in a variety of contexts.
5. A globally recognized medical degree provides access to global opportunities post-graduation, resulting in a satisfying and rewarding medical career.

CHALLENGES

1. Language Barrier

The language spoken in the country where one is studying or receiving medical training may have a material influence on that person's pursuit of a successful medical education, either directly or indirectly. Many countries mandate that new students study the mother tongue, or the primary language of the country, for at least a full year. In some countries, medical school doesn't start until after students have become fluent in the language that is spoken there. This requirement will be a hardship for the students, and as a result, they can decide to focus their academic skills on learning new languages rather than sticking with their original course.



2. Harsh weather

The students struggle to adjust to a few regions where the climate is particularly harsh. Still, there are other nations with climates similar to the student's own country. Students should use caution while selecting an institution to ensure that they can comfortably live and study in the country.

3. Accreditation of university

When evaluating medical schools abroad, it is critical to check their recognition status with major medical councils and accreditation organizations. This due diligence can help to avoid future challenges in professional practice and ensure that your qualifications are not only accepted but also appreciated around the world.

The following are the measures to verify the international recognition of medical qualifications:

- Confirm the medical school's accreditation with the appropriate worldwide and national medical councils.
- Determine whether the degree is listed in the World Directory of Medical Schools.
- Research the license requirements in the nation where you wish to practice.
- Inquire about the success rate of the university graduates in obtaining licenses in various nations.

4. Practical knowledge

International students are not permitted to interact with patients during their hospital internships after graduating from MBBS abroad. In these conditions, training consists primarily of observation. They cannot obtain real-world experience because they only train with dummies.

OPPORTUNITIES

1. Internationally recognized degree

Foreign institutions can help international students to obtain globally recognized degrees and top-notch facilities. These universities provide excellent facilities and modern amenities to ensure that students have a positive educational experience. To serve both domestic and international students, the majority of universities that offer MBBS overseas maintain high and stringent quality and technology standards. To attract and retain international students, universities have increased and enhanced their technological methods.



2. Cheaper to study medicine overseas

Foreign colleges offer inexpensive tuition, strong academic standards, and numerous options for overseas students, making them more cost-effective than their home countries. As medicine requires very high scores in securing cheaper government seats in their native country, studying abroad can be one of the alternatives to achieve the goal of studying medicine.

3. Overall development of oneself

Prescription medicine and procedure ordering are only two aspects of being a doctor. For you to succeed and be an excellent medical practitioner, you need to have strong communication and confidence skills. And it also includes the ability to perform well in a variety of settings and under duress. As you become more accustomed to living in your host nation, you can develop these talents.

4. Exposure to diverse medical health care system

Studying overseas exposes you to other medical methods and systems. Every nation has a unique approach to everything, including hospital administration and patient care. Gaining knowledge about these distinctions is both highly beneficial and fascinating. Being aware of numerous medical systems enables you to be a flexible physician who can adjust to different work settings. This is a priceless experience. It's similar to packing your medical toolbox with a ton of new equipment that will serve you well wherever your career leads you.

CONCLUSION

Starting a journey of overseas education is about so much more than earning a degree. It's a chance to gain a world-class education, develop a global perspective, and grow into a culturally competent and highly versatile doctor.

The benefits of studying medicine overseas are genuinely life altering from getting the global recognition of your degree to the personal and professional development you will receive. Despite the difficulties, the rewards of an international medical education are profound, offering a pathway of brighter medical career that transcends borders. For those willing to embrace the challenges, the pursuit of medical studies abroad can be a transformative experience that fosters both academic excellence and global competence.



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ADVANCING HEALTHCARE IN LOW-RESOURCE SETTINGS: EMBRACING INNOVATION

This blog delves into the most inspiring healthcare innovations in low-resource settings and their profound impact on improving health outcomes for underserved populations.

WRITTEN BY
KRUSHI PATEL
CLASS OF 2024

INTRODUCTION

In the face of adversity, innovation has emerged as a driving force in the realm of healthcare, particularly in low-resource settings. These environments, historically plagued by resource limitations, have become hotbeds for groundbreaking solutions that are revolutionizing healthcare delivery.

MOBILE CLINICS: EXTENDING HEALTHCARE ACCESS TO REMOTE AREAS

Mobile clinics have emerged as a critical lifeline for communities in remote or underserved areas with limited access to healthcare facilities. These roving medical units are equipped to provide a wide range of essential health services, including preventive screenings, primary care consultations, vaccinations, and maternal healthcare. By bringing care directly to the doorstep of those in need, mobile clinics overcome barriers of distance and transportation, ensuring that even the most marginalized individuals receive timely medical attention.

EMPOWERING LOCAL ADVOCATES: THE ROLE OF COMMUNITY HEALTH WORKER PROGRAMS

Community health workers (CHWs) are playing a pivotal role in bridging the gap between healthcare services and communities in low-resource settings.

These trained frontline healthcare providers, often drawn from the communities they serve, deliver a wide array of health interventions, from health education and disease prevention to basic treatment and referral services. By leveraging their cultural competence, linguistic skills, and deep understanding of local contexts, CHWs build trust, engage community members, and facilitate access to healthcare resources, ultimately improving health outcomes and fostering sustainable health practices.



INNOVATIVE MEDICAL TECHNOLOGIES: ADDRESSING COMPLEX CHALLENGES WITH INGENUITY

Innovations in medical technology have the power to transform healthcare delivery, even in resource-constrained environments. From portable diagnostic devices to low-cost prosthetics and telemedicine platforms, these technologies are designed to be affordable, durable, and easy to use in settings with limited infrastructure and resources. For example, handheld ultrasound devices enable healthcare providers to perform quick and accurate diagnostics in remote areas, while 3D-printed prosthetic limbs offer customizable solutions for amputees at a fraction of the cost of traditional prosthetics. By harnessing the power of innovation, these technologies are breaking down barriers to care and improving the quality of life for millions of people worldwide.

MAXIMIZING HEALTHCARE RESOURCES: TASK SHIFTING AND SKILL MIX INITIATIVES

Task shifting and skill mix initiatives leverage the capabilities of different cadres of healthcare workers to optimize the use of available resources and expand access to essential services. By redistributing tasks among healthcare providers according to their skills and training, these initiatives ensure that each member of the healthcare team can operate at the top of their license, thereby increasing efficiency and reducing bottlenecks in service delivery. For example, training nurses to perform certain medical procedures or empowering pharmacists to provide basic primary care services can help alleviate the burden on physicians and extend the reach of healthcare services in underserved areas.



COLLABORATION FOR IMPACT: THE ROLE OF PUBLIC-PRIVATE PARTNERSHIPS

Public-private partnerships (PPPs) are increasingly recognized as a powerful mechanism for driving innovation and sustainability in healthcare delivery. By bringing together government agencies, non-profit organizations, private companies, and local communities, PPPs harness the complementary strengths and resources of each stakeholder to tackle complex health challenges. Whether it's building healthcare infrastructure, scaling up innovative programs, or strengthening health systems, these collaborative efforts have the potential to create lasting impact and drive positive change in low-resource settings.

CONCLUSION: PIONEERING PROGRESS IN HEALTHCARE

Innovation knows no bounds, and nowhere is this truer than in the realm of healthcare in low-resource settings. From mobile clinics and community health worker programs to low-cost medical technologies and collaborative partnerships, these pioneering initiatives are transforming the landscape of healthcare delivery and bringing hope to millions of people around the world. As we continue to push the boundaries of innovation and ingenuity, let us remain steadfast in our commitment to building a healthier, more equitable future for all.

In conclusion, the journey towards universal healthcare is not without its challenges, but with creativity, collaboration, and unwavering determination, we can overcome obstacles and pave the way for a brighter tomorrow.



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