



The HORIZON

VOLUME 3, ISSUE 11, NOVEMBER 2025

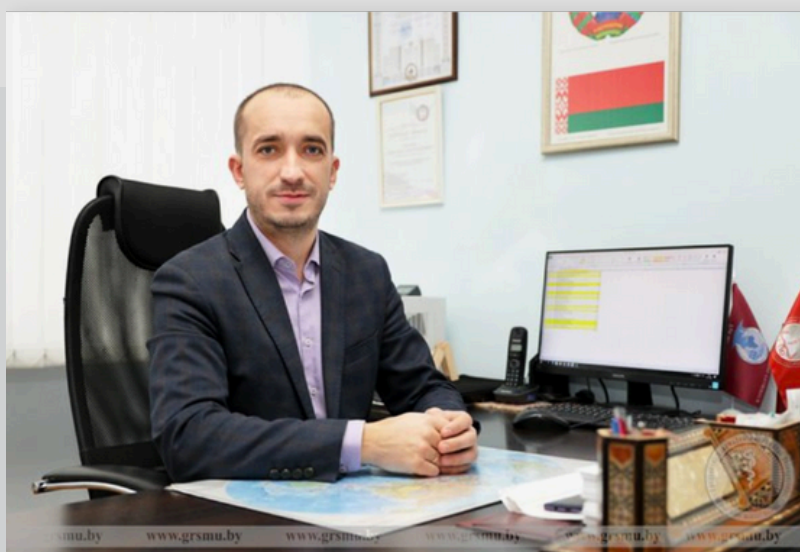
- YOUR STETHOSCOPE IS LISTENING TO THE HEART, BUT ARE YOU?
- HEALING THE HEALERS: WHY OUR HEALTHCARE SYSTEM IS BREAKING ITS HEROES
- BALANCING ACADEMICS AND EXTRACURRICULAR ACTIVITIES: TIPS FOR STUDENT SUCCESS
- REWRITING WOMEN'S HEALTH: CONVERSATION ON PCOS AND ENDOMETRIOSIS



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.

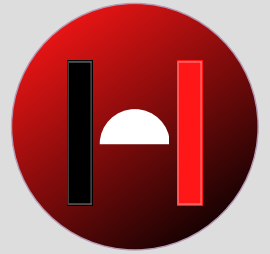
‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly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

For inquiries and submissions.

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EDITOR'S DESK



“Hello, I’m Osini. I’m a final year student at Grodno State Medical University. After reading countless articles on The Horizon about many interesting and inspiring topics which shape our lives as medical students, I’m very excited to be the editor-in-chief of The Horizon’s Autumn issue 2025. I’m looking forward to continuing the legacy of this platform with more engaging and insightful content that boost our confidence, creativity, and knowledge.

”



OSINI RATHNASIRI,
EDITOR, OCT-DEC 2025



MAHA IBRAHIM MOHAMED
EDITOR, OCT-DEC 2025

“

Hello, I’m Maha Ibrahim Mohamed, a final year medical student at GRSMU. I have long admired The Horizon Magazine for all the incredible passion, dedication and hard work that The Horizon team pours into it. I’m truly excited and very thankful to have been offered a chance to contribute to this wonderful experience as an editor. I hope to help make this issue as interesting, informative and thought-provoking as every previous issue has been.

”

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.

Cover Credits

Thisarani Kavindya

For enquiries and submissions.

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YOUR STETHOSCOPE IS LISTENING TO THE HEART, BUT ARE YOU?

This piece explores the lost art of listening in modern medicine, where data often overshadows the patient's story. It argues that the narrative holds irreplaceable diagnostic power and is key to true healing. Learn practical steps to reclaim this essential skill and become not just a clinician, but a healer.

WRITTEN BY
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REDDIAR
LUKEERTHANA
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INTRODUCTION

You have honed this skill for years. The cool weight of the metal against your collarbone, the precise fit of the ear tips, the intense quiet as you seek out murmurs and abnormal rhythms. This instrument stands as the iconic emblem of our craft, an extension of our senses, built to decipher the body's most hidden cadences.

Yet, in the relentless current of modern healthcare, the endless stream of test results, the insistent pings of the electronic chart, the constant pressure for speed, we stand to lose something foundational. The stethoscope can magnify sound, but it is deaf to a human story. That responsibility rests solely with you.

Our education expertly schools us in the science of numbers, but in doing so, it often sidelines the art of the human experience. We have come to see a patient's own account as mere background noise, an inefficient introduction to the hard truth of a lab report. This is a dangerous, and frequently overlooked, clinical mistake.

THE NARRATIVE AS YOUR DIAGNOSTIC ALLY

Think of it this way: a lab result can tell you a patient has hyperglycemia, but it remains silent on the despair that led to missed doses, or the poverty that restricts a diet to cheap, starchy food. The narrative doesn't just provide context; it holds the key to the diagnosis and the cure.



This is grounded in biology, not just sentiment. Active listening isn't just "being nice." It's a neurological intervention. When you genuinely listen, you lower the patient's cortisol levels, reducing their stress. You increase their oxytocin, building trust. A trusted patient is a more accurate historian. This safe space encourages them to reveal the hidden detail, the "by the way, doctor..." that cracks the case wide open. That subtle mention of "a weird headache after gardening" could be the clue to a fungal meningitis that no blood test had yet flagged.

RECLAIMING YOUR MOST VITAL INSTRUMENT

So, how do you reclaim this skill without adding hours to your already impossible schedule? It's not about time; it's about intention. It's about a few strategic moments of profound human connection.



Your stethoscope is a masterpiece of engineering, a testament to our medical advancement. Yet it remains as an instrument of amplification, not interpretation. The most complex, nuanced, and diagnostic tool at your disposal is your ability to hear not just the lub-dub of a heart, but the story of the person it belongs to. Cultivate this dual capacity, and you will evolve from a skilled clinician into a truly great healer.

Here is your three-point framework:

- The Opening Gambit: Abandon the sterile "What's your problem?" Instead, try a simple, powerful opener: "Tell me what's been the hardest part of this for you." This question bypasses the medical facts and goes straight to the human experience, unearthing fears and priorities you'd otherwise miss.
- Embrace the Power of Silence: After you ask a question, stop. Hold the silence. Let it hang for three, four, five seconds. Our instinct is to fill the void, but that's where the patient's most honest and crucial information often emerges. The silence is where they process and confess their deepest worry.
- The Golden Key Question: Before you leave the room, your hand on the door handle, always, always ask: "What else should I know that I didn't think to ask about?", "Is there anything else you were hoping to discuss today that we haven't covered?" This is the single most effective question in clinical medicine. It hands the power back to the patient and uncovers the concerns hiding in the shadows - financial worry, family history, secret fear, etc .

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HEALING THE HEALERS: WHY OUR HEALTHCARE SYSTEM IS BREAKING ITS HEROES

Doctors and nurses are dying by suicide at an alarming rate. This isn't a story about weak people. It's a story about a broken system. This article argues that we are blaming the healers for breaking, instead of fixing the toxic environment that is breaking them. We will uncover the real problems and map out a path to create a system that truly supports its people.

WRITTEN BY
MNM SABRAN
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INTRODUCTION: THE CANARY IN THE COAL MINE

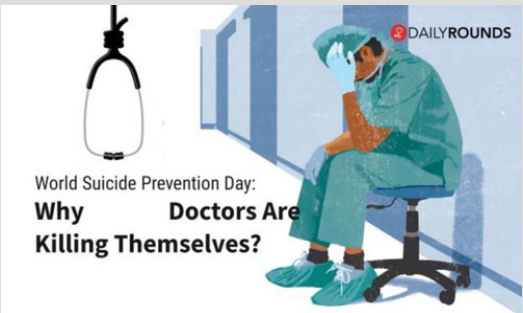
Hey Buddies! Your name is on the list.....

Let's be clear: think of the healthcare system as a mighty engine, designed to perform medical miracles. But deep inside this engine, a warning alarm is blaring, the canary in the coal mine has stopped singing.

That canary is our healthcare provider.

The shocking truth is that doctors and nurses are more likely to die by suicide than people in most other professions. When this happens, we often hear words like “burnout” or “couldn’t handle the pressure.” This is not just wrong—it’s dangerous. Blaming the healer is like blaming a firefighter for collapsing in a burning building without oxygen.

The suicide of a clinician is not a personal failure. It is the final, desperate symptom of a system that is sick. This article is not about asking healers to be tougher. It is about diagnosing the sickness in the system itself so we can finally start to heal it.



THE REAL ENEMIES: IT'S NOT JUST "STRESS"

Telling an overwhelmed doctor to practice “self-care” is like putting a bandage on a deep, internal wound. The real problems are not in the individual; they are built into the system. Here are the three main toxins poisoning our healers.

1. Moral Injury: The Soul’s Wound

Have you ever been forced to do something that felt deeply wrong? That’s moral injury.

For clinicians, moral injury happens every single day. It’s the gut punch a doctor feels when she has to send a sick patient home because their insurance won’t cover the treatment. It’s the frustration a nurse feels when he spends more time on computer charts than at a patient’s bedside.

They entered medicine to heal and help. But the system often forces them to act like accountants and data-entry clerks, making decisions based on money and rules, not on what is best for the patient. This constant conflict between their mission and the system’s demands creates a deep wound to their soul, a feeling of shame, guilt, and betrayal that eats away at them.

2. The “Superhuman” Trap

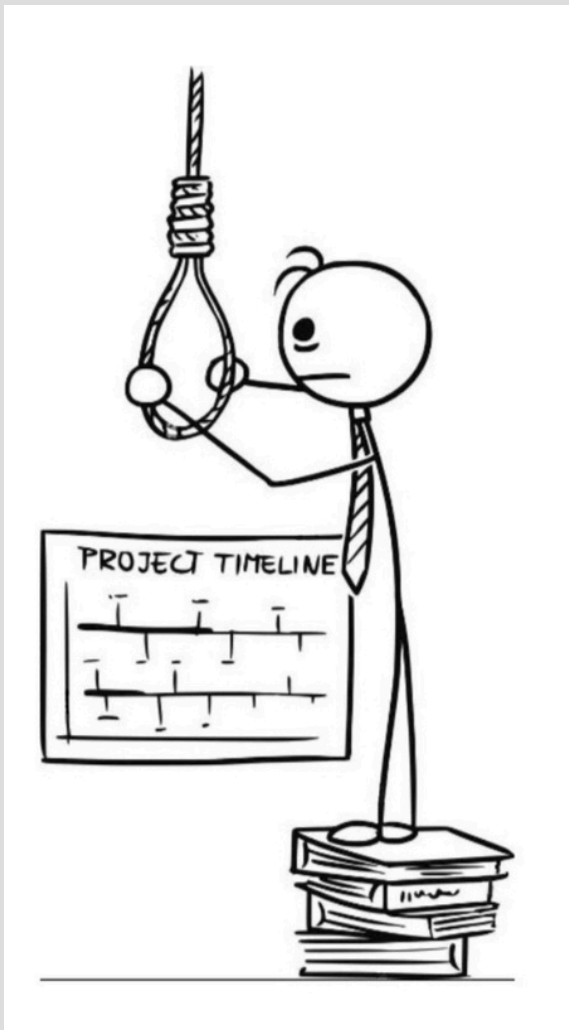
From day one of medical training, healthcare workers are taught a dangerous lesson: be perfect. Show no weakness. Never let them see you struggle.

This creates a “superhuman” trap. They are expected to be emotional rocks for their patients, while hiding their own normal human feelings of fear, sadness, and exhaustion. Asking for help for their own mental health is seen as a career-ending sign of failure.

So, they suffer in silence. The very people we trust with our lives often feel they have no one to turn to for their own. This isolation in a high-stakes job is a recipe for despair.

3. The System’s Empty Promises

Imagine your workplace was on fire, and your boss’s solution was to order pizza. That’s what the healthcare system often does.



Hospitals run like businesses, focused on profit and efficiency. When clinicians are drowning, the system offers shallow fixes: a “wellness webinar,” a free yoga class, or a thank-you email. These gestures feel insulting when the real problems are crushing workloads, not enough staff, and a lack of support.

This is a form of betrayal. It tells the healer, “Your suffering is your own fault, and we’re not going to fix the real issues.” It leaves them feeling abandoned and hopeless.

THE CURE: BUILDING A SYSTEM THAT HEALS ITS OWN

Fixing this crisis requires radical surgery on the system itself. We must stop trying to create tougher healers and start building kinder systems

Here’s the prescription:

- **Fix the Moral Conflict:** Let doctors be doctors. Give them the time and resources to make decisions based on patient need, not just profit. Provide better support staff to handle social work and paperwork. Listen to them when they say the system is broken.
- **Make it Safe to Be Human:** We need to destroy the myth of the perfect healer. Hospitals must create truly confidential mental health services where staff can seek help without fear of losing their job or license. Leaders should share their own struggles to show that vulnerability is a strength, not a weakness.
- **Hold Leaders Accountable:** Wellness is not a pizza party. It’s a strategic goal. Hospital executives must be rewarded for improving staff well-being, just like they are for financial performance. This means investing in safe staffing levels, guaranteeing breaks, and creating a culture of respect, not just efficiency.

CONCLUSION: IT’S TIME TO CHOOSE

We are at a crossroads. We can continue to watch our healers break under the weight of a toxic system, blaming them for their own collapse. Or, we can choose to be outraged, to demand change, and to rebuild a system worthy of the people who work in it.

Our healthcare heroes are not asking for a medal. They are asking for a system that doesn't constantly fight against them. They are asking for an environment where they can heal, and in turn, be healthy themselves.

The choice is ours. Let's choose to heal the healers.



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BALANCING ACADEMICS AND EXTRACURRICULAR ACTIVITIES: TIPS FOR STUDENT SUCCESS

Balancing academics and extracurricular activities is a crucial challenge for students seeking to maximize their educational experience. Engaging in clubs, sports, and other activities enriches personal growth and builds essential skills. However, managing these commitments alongside academic responsibilities can be difficult. This blog offers practical tips for students to effectively balance their time.

WRITTEN BY
SATHWARA
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INTRODUCTION

In today's fast-paced educational landscape, students often find themselves juggling multiple responsibilities. Balancing academics with extracurricular activities can be challenging, but it is essential for a well-rounded college experience. Engaging in clubs, sports, and community service not only enriches personal growth but also develops crucial life skills. Here are some effective strategies to help you manage your time and thrive in both your academic and extracurricular pursuits.

PRIORITIZE YOUR COMMITMENTS

To achieve balance, the first step is to understand your commitments. Create a comprehensive list of all your academic and extracurricular activities. Once you have everything laid out, rank them based on importance. Identify which activities are essential for your academic success and personal interests. This prioritization will help you focus on what truly matters.

USE A PLANNER OR DIGITAL CALENDAR



A planner or digital calendar can be a game-changer for time management. Schedule everything—from classes and study sessions to club meetings and sports practices. Setting reminders for upcoming deadlines and events will help you stay organized. Visualizing your commitments will make it easier to allocate your time effectively.

CREATE A WEEKLY ROUTINE

Establishing a weekly routine can significantly improve your time management skills. Allocate specific blocks of time for studying, attending meetings, and participating in extracurricular activities. Consistency is key; a regular schedule helps build good habits and makes it easier to manage your commitments.

SET REALISTIC GOALS

When balancing academics and extracurriculars, it's essential to set realistic goals. Use the SMART criteria, make your goals Specific, Measurable, Achievable, Relevant, and Time-bound.

Avoid overcommitting; it's better to focus on fewer activities and excel than to stretch yourself too thin. Setting achievable goals will keep you motivated and accountable.

LEARN TO SAY NO

It's easy to feel overwhelmed by opportunities and invitations. Be selective about the activities you join. Choose those that genuinely interest you or align with your career goals. Remember, it's perfectly okay to miss out on some opportunities if it means protecting your well-being. Learning to say no is a vital skill that will serve you well throughout your life.

UTILIZE DOWNTIME WISELY

Make the most of small chunks of time throughout your day. Use breaks between classes or waiting periods to review notes or catch up on reading. If possible, combine social activities with academic goals, consider forming study groups with friends. This dual-purpose approach can help you maintain a social life while staying on top of your studies.

STAY ORGANIZED

Keeping your materials organized is crucial for maintaining focus. Use folders, binders, or digital tools to manage assignments, notes, and extracurricular information. Regularly declutter your workspace to create a more productive environment. An organized space can significantly enhance your concentration and efficiency.

COMMUNICATE WITH OTHERS

Don't hesitate to communicate with your club leaders, coaches, or professors if you're feeling overwhelmed. They may offer flexibility or support to help you manage your commitments.

Collaborating with peers can also lighten your workload in group projects or club activities, making it easier to share the responsibilities.



PRACTICE SELF-CARE

Amidst all the responsibilities, don't forget to take care of yourself. Schedule downtime for relaxation, hobbies, and socializing. Physical activity can also boost your mood and help with stress management, making it easier to handle your commitments. Self-care is not a luxury; it's a necessity for maintaining balance and well-being.

REFLECT AND ADJUST

Finally, take the time to evaluate your commitments regularly. At the end of each week or month, assess what's working and what isn't. Be flexible and willing to adjust your schedule or commitments as needed. Reflection allows you to identify areas for improvement and make informed decisions about your time.

CONCLUSION

Balancing academics and extracurricular activities is a skill that takes practice and patience. By prioritizing your tasks, staying organized, and maintaining open communication, you can create a fulfilling and manageable student life. Remember, it's all about finding what works best for you and enjoying the journey along the way. Embrace the challenges, and you'll emerge more resilient and well-rounded!

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REWRITING WOMEN’S HEALTH: CONVERSATION ON PCOS AND ENDOMETRIOSIS

Every woman’s journey with her body is unique, but for those living with Polycystic Ovary Syndrome (PCOS) or Endometriosis, that journey often comes with extra challenges. These conditions are not just about hormonal imbalances or reproductive health, they influence how a woman feels, thinks, and moves through daily life. From unpredictable pain and fatigue to emotional highs and lows, many women quietly carry a burden that others can’t always see. Yet behind these struggles lies incredible resilience and strength that deserves acknowledgment, understanding, and care.

WRITTEN BY

AISHATH
LAISHA
ASLAM

CLASS OF 2027

THE SILENT BATTLES

PCOS and Endometriosis are more than just medical terms. They are lived experiences that affect relationships, routines, and even identity.

Women with PCOS often face irregular cycles, hormonal acne, hair loss, and body weight changes. Those with Endometriosis may experience chronic pelvic pain, heavy periods, or fatigue that makes everyday tasks exhausting. These symptoms often come and go unpredictably, making it hard to plan life or even explain it to others.

And that invisibility can hurt. Many women feel unseen or misunderstood because their symptoms are dismissed as “normal period pain.” But these struggles are real, and they deserve compassion, not minimization.



THE EMOTIONAL AND MENTAL WEIGHT

The mind and body are deeply connected. When you live with constant pain or hormonal imbalance, it can affect mood, motivation, and self-image.

Women with PCOS, for instance, often report higher levels of anxiety and depression not only because of physical symptoms, but also due to societal pressure around appearance and fertility. Similarly, women with Endometriosis face increased emotional distress, as pain and fatigue interfere with work, relationships, and intimacy.

But strength doesn’t always mean pushing through the pain. Sometimes, it means slowing down, asking for help, and giving yourself permission to rest.

Taking care of your mental health is part of taking care of your condition.

FINDING BALANCE IN DAILY LIFE

Living with PCOS or Endometriosis means constantly balancing your body’s needs with the demands of work, studies, family, and social life.



Living with PCOS or Endometriosis means constantly balancing your body's needs with the demands of work, studies, family, and social life. That balance is different for every woman, but here are a few gentle reminders to make the journey a little easier:

- Listen to your body.

Your body is not your enemy, it's your guide. If it asks for rest, honor that. Learning to pace yourself doesn't make you weak; it makes you wise.

- Nourish, don't punish.

Choose foods that make you feel good inside - whole grains, fruits, vegetables, healthy fats, and proteins. Small, mindful meals can help stabilize energy and mood. Avoid restrictive dieting; healing your body requires kindness, not control.

- Move gently but regularly.

Movement reduces inflammation, boosts mood, and improves hormone balance. It doesn't need to be intense - yoga, stretching, or even a walk can make a difference. Move in ways that make you feel strong, not drained.

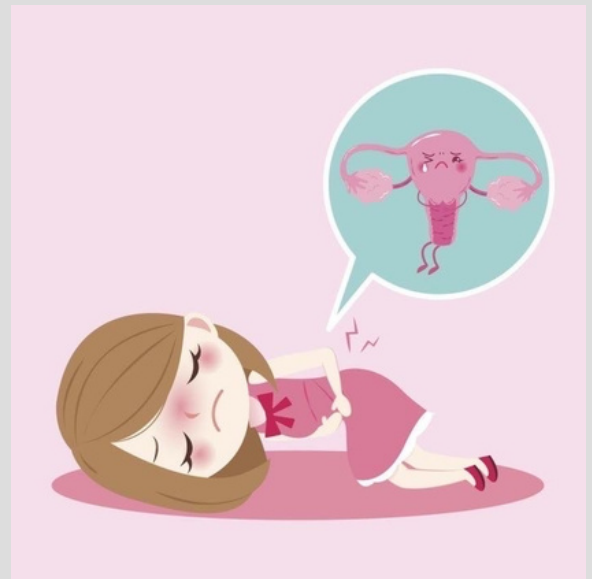
- Protect your mental space.

Meditation, journaling, or simply taking quiet moments for yourself can help ease stress. If you feel overwhelmed, consider talking to a counselor or support group. Sharing your experience lightens the emotional load.

- Build a supportive circle.

Whether it's friends, family, or online communities, connecting with others who understand what you're going through can make the world of difference.

You're not alone, millions of women share this journey.



HEALING THE RELATIONSHIP WITH YOUR BODY

One of the hardest parts of living with these conditions is learning to trust your body again. When your body doesn't behave the way you want, it's easy to see it as broken. But your body is doing its best with what it has.

Healing begins when you treat your body as an ally, not an obstacle. Speak to yourself kindly. Celebrate the small victories such as waking up despite fatigue, taking your medications, or choosing rest over guilt. These are signs of strength, not surrender.

REDEFINING STRENGTH

Strength doesn't always roar. Sometimes it whispers, "I'll try again tomorrow." Every woman with PCOS or Endometriosis shows strength in her patience, her persistence, and her courage to keep moving forward.

Your condition doesn't define you. You are not less capable, less beautiful, or less worthy because of it. You are powerful for learning to live, laugh, and love through the pain and for showing up for yourself every day.

A MESSAGE TO EVERY WOMAN LIVING THIS JOURNEY

You deserve to feel whole, supported, and understood. Living with PCOS or Endometriosis doesn't mean giving up your dreams, it just means learning to chase them with gentleness.

There will be hard days. But there will also be days of lightness, laughter, and hope. Healing isn't linear, but every small step you take toward self-care is a victory.

So be kind to yourself. You are more than your diagnosis — you are the author of your story.

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Our Editors			
1	Mehul Hitesh Sadadiwala (Jan-Mar, 2023)	22	Osini Rathnasiri (Oct-Dec, 2025)
2	Anjelo Leard (Apr-Jun, 2023)	23	Maha Ibrahim Mohamed (Oct-Dec, 2025)
3	Krishna K. Gandhi (Apr-Jun, 2023)		
4	Zaakiya Ganem Zamzam (Jul-Sep, 2023)		
5	Hardik Bakulkumar Mevawala (Jul-Sep, 2023)		
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8	Aroosha Ibrahim (Jan-Mar, 2024)		
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