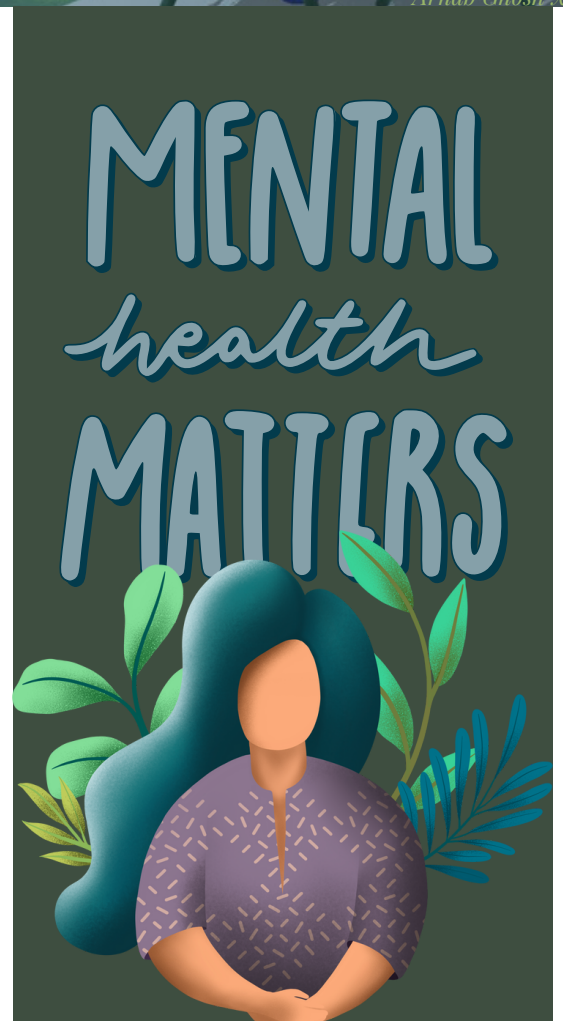




An Out And Out student initiative



Just as a garden needs sunlight, water, and nutrients to thrive, our minds require care and attention to reach their full potential. Neglecting our mental health can lead to a build-up of negative emotions and thought patterns that prevent us from seeing the beauty and potential within us. However, tending to our mental health allows us to develop the skills and resilience we need to navigate life's challenges with grace and purpose. By cultivating a rich and vibrant inner garden, we create a space to flourish and bloom, living our lives to the fullest and realizing our true potential.



# LETTER FROM THE EDITORIAL BOARD

Dear readers,

May is Mental Health Awareness Month, and it's a crucial time to promote the significance of mental health and reduce the stigma surrounding it. Mental health is not just a buzzword but an essential aspect of our well-being. Our minds are crucial in perceiving the world, managing our emotions, and making decisions.

We must recognize that good mental health is a fundamental right we must prioritize and protect. This is why it's crucial to take this month to raise awareness and prioritize our mental well-being.

Together, we can positively impact mental health awareness and promote a culture where individuals feel safe to seek the help they need. Let's make this month count and prioritize our mental health in May and throughout the year.

In this newsletter, We aim to inspire a passion for learning about Mental Health Awareness and encourage our readers to explore the topic in greater depth. As we delve into this essential aspect of human well-being, we can better understand its significance for individuals and society.

We thank the contributors and the editorial team for their hard work and dedication in bringing this edition to life. We sincerely hope readers will find this edition informative, engaging, and thought-provoking.

Happy Reading!  
Editorial Board

# TABLE OF CONTENTS

03	Reader's Bulletin	13	Achievers Of The Month
07	Art Therapy	14	Vacation Spots
08	Did You Know?	15	Tale Of Unknown Sport
09	Unknown Languages	16	Career Buzz
10	Reviews At Glance	20	Start Up Quest
12	Meet The Alumni	21	Meet The Team

# THE READER'S BULLETIN

## *VALUABLE INSIGHTS FROM OUR REVERED SCHOOL MENTAL HEALTH SPECIALIST*

**It Is OK Not to Be OK!  
It Is OK To Ask for Help!**

Do you remember when you started wailing about everyone judging you? You were bullied by someone, and as a result, you stopped eating, and now you are not eating anything throughout the day, which will undoubtedly lead to starvation and a major problem for you in the future. This is simply the beginning of an eating disorder.

If you've ever seen a 7-year-old youngster who started sitting on the last bench and his grades began to decline, he began to like his zone of solitude, and when a mental health specialist engages in conversation with the parents and offers some recommendations, the child's countenance illuminates once more.

As a mental health specialist, you will meet many cases in schools where it is tough to maintain a constant smile. When dealing with these cases, you may realize how helpless these children are when they come for counseling. Children began to cry, while others asked you not to tell their parents or teachers.

Mental health is important as much as your physical health.

Mental health needs more sunlight, more unashamed conversations, and more self-acceptance.

*Puneet Gupta*

# *MENTAL HEALTH AWARENESS*

Mental health is a fundamental facet of overall well-being, yet it has long been disregarded and stigmatized within society. Nevertheless, there has been a significant paradigm shift in recent years towards fostering awareness about mental health and comprehending its significance. According to the World Health Organization (WHO), approximately one in four people worldwide are affected by mental health disorders. Depression, anxiety, bipolar disorder, schizophrenia, and substance abuse disorders rank among the most prevalent mental health conditions. However, it is crucial to acknowledge that mental health exists on a diverse spectrum, with each individual's experience being unique.

One of the most formidable challenges individuals face is the pervasive concern of societal judgment, exemplified by thoughts such as, "What will others think of me?" or "If I take that step, I will become the target of ridicule." These internalized fears often hinder individuals from reaching their full potential. Mental health issues can have far-reaching implications for both individuals and their communities. They impact personal relationships, work productivity, and overall quality of life.

Furthermore, untreated mental health conditions can result in escalated healthcare expenses, higher rates of unemployment, and strain on social support systems. By proactively addressing mental health, we can cultivate healthier individuals and forge more resilient communities.

Countless approaches exist to tackle this issue, including Education and Awareness Campaigns, Improved Access to Mental Health Services, Workplace/Institutional Support, and many others. As a society, we must broaden our perspectives and embrace these individuals as integral community members. Instead of ostracizing them, we should foster inclusivity, providing the necessary support to help them overcome their apprehensions and flourish.

Raising mental health awareness is paramount in constructing a healthier, more compassionate society. By challenging stigmas, extending support, and facilitating access to mental health services, we can establish an environment where individuals feel empowered to prioritize their mental well-being. Together, let us strive for a future where mental health garners the same significance as physical health, nurturing a society that embraces the full spectrum of human well-being.

*Adhrushta Bathla | X-B*

## THE BATTLE OF TEENAGE

It seems vital to keep up a fictitious face  
In this period of life that's more like a race.  
My mind and me run after dreams hard to chase,  
Disparities and hurdles become subjects to embrace.

Anxiety and introvertism become my foes,  
But my whining can't get rid of those.  
Losing the people that were very close,  
To befriending the ones that just want the free shows.

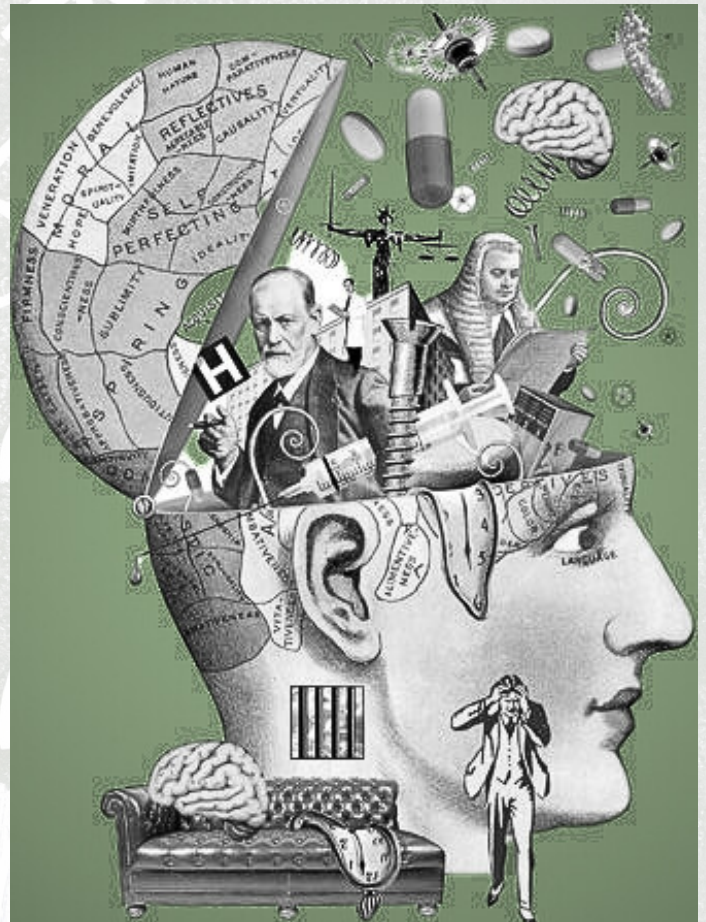
From outrunning karma to becoming a charmer  
Always fighting with the ones with armour.  
Reputation and grades being entities to push me further  
Towards trading my individualism in a barter.

Being called capricious on fake smiles,  
Sends me to desert with no vegetation from miles till miles.

High intellect must not be in their styles,  
And respecting others is definitely not a model of their aisles.

Can't become enough to fit in all standards,  
because being truly ecstatic is a part of major scandals.  
Self sabotage is one of teenager's enchanters,  
Losing is not an option so I battle with 'em like the great Alexanders.

— Parth Anand | XII C



“Mental health is just as important as Physical health, as attacks don't see places; they only see the right time.”

—Aryav arora | VII D

## FAMILIAR CHAOS

A bed of thorny roses,  
And stemware of poison to flee.  
A house soaked in gasoline,  
And broken mirrors reflecting broken peace.

There's something beautiful  
and exhilarating about it.  
Yet so destructive.

But it is comfort and familiar chaos,  
And that is all they have ever known;  
Their childhood has been spent in broken homes.

— Eshaana Singh | XII C

## **PRIORITIZING WELLNESS: MENTAL HEALTH**

We all live in a busy world with super draining schedules, and so we always forget to prioritize our mental health, but this can be a very unhealthy choice! Except for just being physically fit, it's also important to prioritize mental health for a healthy lifestyle.

Mental Health is a very unnoticed topic and is taken very lightly. But in reality, it's a very serious issue. 85% of people still struggle with mental health and have sleepless nights because of the same.

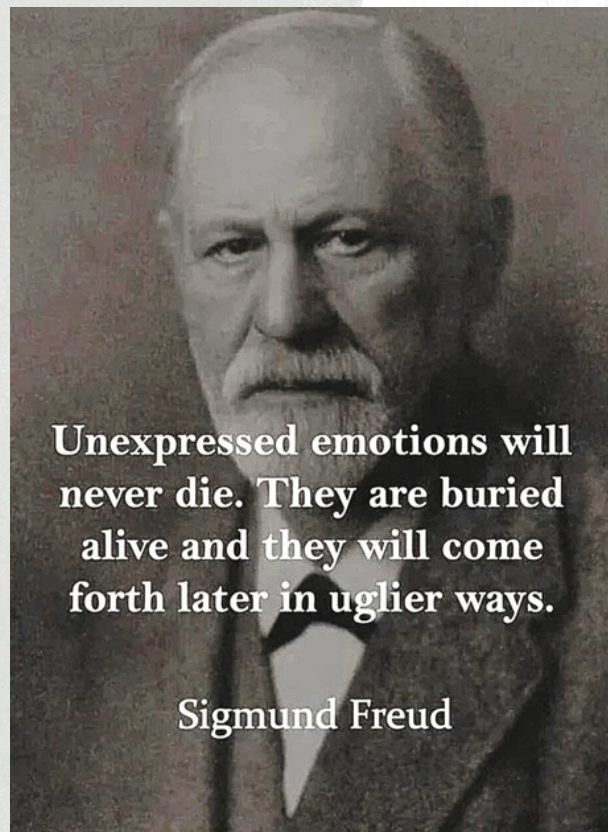
Mental Health can really be affected in many different ways such as over hours of work, having social anxiety, the feeling of not doing enough, comparing ourselves to others, etc. This may even lead to suicidal thoughts. A few ways we can take care of our mental health is by managing our stress and anxiety. There are many simple things that one can inculcate in their life to be mentally fit, that costs no money!

If you feel stressed- go for a walk

If you feel anxious- jot down your thoughts

If you feel sad- talk to your loved ones, practice gratefulness

— *Aanya Pandey* | X c



**Unexpressed emotions will never die. They are buried alive and they will come forth later in uglier ways.**

**Sigmund Freud**

**“** Physical health makes us a tough nut to crack, but mental health makes us uncrackable. **”**

— *Aryav arora* | VII D

## **NAVIGATING MENTAL HEALTH CHALLENGES IN ADOLESCENCE**

What is mental health/illness? Did you know that 19% of adults, 46% of teenagers, and 13% of children suffer from this illness? People struggling with this mental health may be in their own house, the person living next door, or even their children. This illness can even lead to eating disorders, depression.

Mood disorders such as depression affect nearly 10% of adults every year. It affects how we think, act, feel and make choices. You can improve your well-being by spending more time in nature or hanging out with your friends, or maybe you could try to get more sleep than you usually do. Child abuse, trauma, experiencing discrimination or poverty can cause mental health problems.

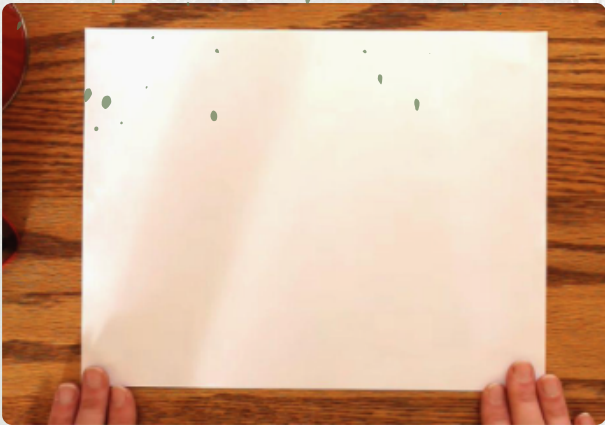
Nowadays, teenagers get bullied or feel hopeless, avoid social media, or even refuse to attend school. They get a bit aggressive or very sad sometimes. They often complain that they're in pain, more or less, with constant headaches or body aches. They could get in trouble with the police, often need help in daily activities, and even lose their appetite. During their teenage years, many adolescents prefer to spend hours alone in their rooms with their cellphones, lost in thought or idle activities. While this may seem unusual to some, it's a common behaviour for teens who crave solitude and introspection as they navigate the challenges of growing up.

They may resort to harming themselves by attempting suicide or engaging in inappropriate behaviour such as stealing, self-harm, or drug use. Despite knowing the consequences of their actions, they continue down this path, putting their future and their family's reputation at risk.

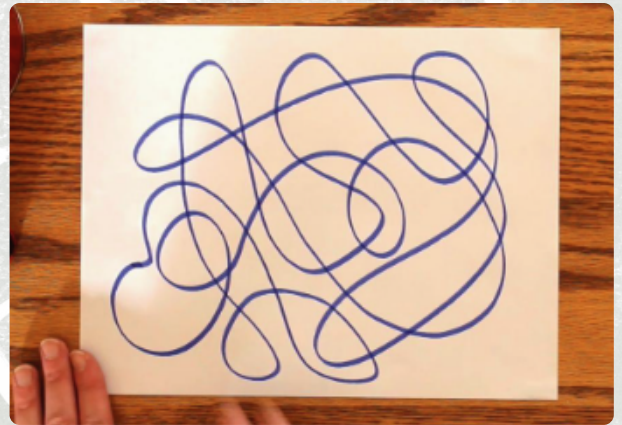
— *Naisha gupta* | 8th c

# Art Therapy

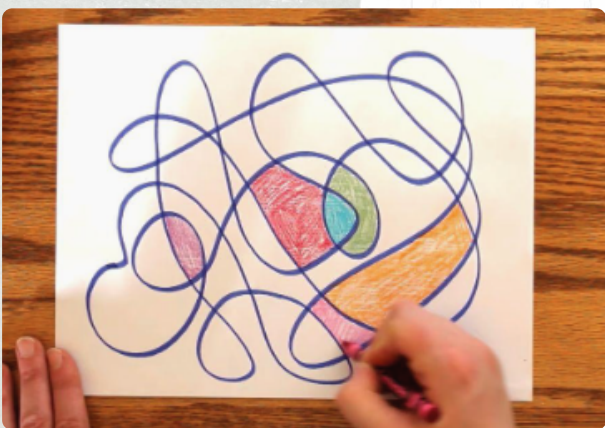
-Mannat Sardana | XII A



Take an A4 size ivory sheet.



Draw random lines using any desired color as per your choice to give your mind a sense of freedom and relaxation.



Take different colors to fill the gaps same as the empty voids in your life.



Your art masterpiece is ready full of bright colors same as your life filled with vibrant aspects.





### **1| Your Instagram account may be harmful for your mental health.**

Instagram and other social media platforms are designed to keep users engaged by employing features that trigger the release of dopamine in the brain, such as endless scrolling and notifications. These features create a sense of anticipation and reward, which can lead to compulsive behavior and a desire to keep using the platform. Over time, this can have harmful effects on mental health, leading to addiction, anxiety, and feelings of inadequacy. It is important to be aware of these design features and to use social media in moderation to maintain good mental health.

### **2| The brain is composed of 73% water.**

The human brain is composed of approximately 73 per cent water. Even mild dehydration, at just 2 per cent, can significantly impact cognitive functions such as attention and memory. Water is crucial for proper brain function, as it helps deliver oxygen and nutrients to the brain and removes waste products. Thus, it is essential to stay adequately hydrated to maintain optimal brain health and function.

### **3| The sensation of falling when half asleep and jerking yourself awake is called 'hypnic jerks'.**

As we relax our muscles before falling asleep, our brain can sometimes misinterpret the occurring sensations. Although muscle relaxation is a natural part of the process, the brain can mistake it for falling, causing a momentary panic response. This leads to the brain sending signals for the muscles to tense up, as if to catch oneself from falling, resulting in a sudden muscle contraction or "jerk" that can be felt throughout the body.

### **4| Owls Don't Have Eyeballs.**

While humans possess eyeballs, owls have adapted a unique vision system. Rather than eyeballs, they possess rod-shaped eyes fixed within tube-shaped sockets, also known as eye tubes or cylinders. This means that owls have to move their entire heads or bodies to look around. To avoid making noise and alerting their prey, owls have evolved to have incredibly flexible necks, capable of rotating up to 270° without sound.

## UNKNOWN LANGUAGES



Chung is an unknown language that has long been shrouded in mystery. Despite many years of linguistic research and investigation, little is known about this language. While the existence of the language has been confirmed, it remains largely undocumented and is known only through a few scattered phrases and words.

In this article, we will explore what little is known about the language of Chung. Chung is believed to be an ancient language spoken by a group of people living in a region that is now modern-day China. The language was spoken during the Han Dynasty, which lasted from 206 BCE to 220 CE. According to some historians, Chung was spoken by a small group isolated from the rest of society and lived in a remote region. It is believed that the language died out sometime during the Tang Dynasty, which lasted from 618 to 907 CE.

The few fragments of the Chung language that have been discovered consist of only a handful of words and phrases. These have been pieced together from various sources, including ancient texts, inscriptions on tombs and buildings, and oral traditions passed down through generations. The words and phrases that have been identified suggest that Chung was a tonal language, meaning that the pitch of a word could change its meaning. This is similar to many other East Asian languages, such as Mandarin Chinese and Vietnamese.

One of the most significant findings related to the Chung language is a set of inscriptions discovered in a tomb in the Shanxi province of China. These inscriptions date back to the Han Dynasty; however, much about the Chung language remains to be solved despite these findings. It is still being determined how widespread the language was and how it evolved. Some linguists have speculated that the Chung language may have been related to other ancient Chinese languages, such as Shang and Zhou. However, this is largely speculation; no concrete evidence supports these theories.

In conclusion, the Chung language remains a fascinating enigma for linguists and historians alike. While a few words and phrases have been identified, much about the language still needs to be discovered. Further discoveries could shed light on this ancient tongue, but for now, Chung remains an intriguing mystery that continues to captivate the imaginations of scholars around the world.

-Arjun Krishana Sharma | X C

## REVIEWS AT GLANCE

### Movie Review



#### *The Perks of being a Wallflower*

Have you ever experienced that sensation when your stomach churns with excitement because of spending time with good friends for the first time, especially when you are a social outcast in high-school who is habitually harassed and bullied by others? However, that feeling becomes incredibly dismal and unfathomable once you revert to the same place - the gloomy and squalid void that arouses the loathsome sensation of being suffocated by your own thoughts that hover in your mind. "The Perks of Being a Wallflower" is a tale about a boy named Charlie (Logan Lerman) who begins high school as a complete social recluse, bullied and neglected because his best friend committed suicide the previous May before high school. In high school, he befriends new companions who bring him back to life. But once those friends are gone, his past demons return to haunt him. To witness how Charlie learns to kindle the flames of happiness within himself, watch "The Perks of Being a Wallflower," an enigmatic film masterpiece featuring a colossal star cast of Emma Watson, Paul Rudd, Nina Dobrev, and Ezra Miller.

-Parth Anand | XII C

### Book Review

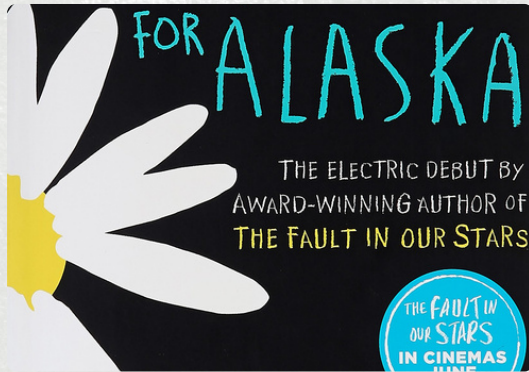


#### *(Un)Commentary : Alec Benjamin*

American singer-songwriter Alec Benjamin's words come from experiences and touch your soul. Famously known for his hit single 'Let Me Down Slowly' gained amasses with over 1 billion views on Spotify. It is astounding that he hasn't won a Grammy yet for his lyricism and unique vocals. Released in April 2022, his album (Un)Commentary with 13 tracks is an intricate wordplay. This album shows his perspective on the world along with vulnerability. Its opening track, 'Dopamine Addict,' with catchy, addicting lyrics, has a rather deep meaning pointing towards mental health struggles and how it can lead to substance addiction. 'Hammers' with downtempo, fast-paced beats represents metaphorical significance towards one's privilege. 'Shadow of Mine', another hit particularizes regret and past mistakes through intriguing metaphorical lyrics "We are shackled for eternity". With 'Speakers', we can see him experimenting with modern pop and soft vocals. 'Older', yet another meticulously written song, indicates the past, the present, the future and the process of growing up. 'Nancy Got a Haircut', unlike its name, portrays the dark side of being popular. Like its name, the upbeat song 'Hypocrite' suggests how hypocrisy prevails. 'One Wrong Turn', with humour, a plot twist and rhythmic beats, is a catchy song depicting how your actions pull you into darkness even though you have light. Overall, it's a catchy, meticulously planned album showing different aspects of life in an enthralling and drollness manner. Even though this type of music isn't well known now, it is bound to be a successful trend in the coming years.

-Kriti Arora | XII C

## Album Review



### *Looking for Alaska* By John Green

All of us have seen coming-of-age movies and have read books of the same. This book is one of the most famous coming-of-age books written by John Green, which is also his debut book.

This book's plot revolves around our protagonist, Miles Halter, and his search for the 'great perhaps'. He heads off to the sometimes crazy and anything-but-boring world of Culver Creek Boarding School, and his life becomes the opposite of safe. Because down the hall is Alaska Young. The gorgeous, clever, funny, self-destructive, screwed up, and utterly fascinating Alaska Young. She is an event unto herself. She pulls Pudge into her world, launches him into the Great Perhaps, and steals his heart. But a heartbreaking incident changes his life. Would life be the same, or some twists and turns come into play?

This book is a rollercoaster of emotions and feelings. Looking for Alaska is a novel about a teenager navigating his life through all the ups and downs of the world.

It is a good read for every teenager, as it is rich with emotions and phases every teenager usually goes through.

-Sonvi Singh | XII B

## Worth-A-Visit



### *Wanderlust-Xtreme Adventures*

Wanderlust-Xtreme Adventures is an outdoor adventure spot based in Saket, India, specialising in providing thrill-seekers with extreme adventure experiences. The place was founded to provide an adrenaline-pumping and unforgettable adventure to those seeking it.

This place offers various adventure activities such as bungee jumping, skydiving, scuba diving, white water rafting, trekking, and many more. The experienced and certified instructors ensure that all activities are carried out with the utmost safety measures.

Bungee jumping allows participants to jump from 50-200 feet securely strapped to a bungee cord, providing an unparalleled rush.

Skydiving from 10,000 feet offers breathtaking panoramic views and freefall thrills.

For water lovers, the company provides white water rafting trips suitable for all skill levels, taking participants through the river's rapids for an exciting journey.

All activities offer participants an unforgettable experience filled with excitement and adrenaline.

Overall, Wanderlust-Xtreme Adventures offers an experience like no other. The company's commitment to safety and the thrill of extreme adventure make for an unforgettable and thrilling experience.

-Mannat Sardana | XII A

# Achievers Of The Month

-Kriti Arora | XII C

## DPSG Football Cup:

Uttar Pradesh's team achieved the runner-up position in the U-15 National Championship hosted in Shivpuri, Madhya Pradesh.

- 1..Rakshit
- 2.Vihaan Garg
- 3.Adhyayan Chugh
- 4.Netanya Chabra
- 5.Aditya

Name	Class	Position
Sara	9th	Silver
Navya	9th	Silver
Yavyi	8th	Silver
Atiksha	9th	Silver
Dipali	7th	Silver
Tarishi	9th	Silver
Ipshika	7th	Silver
Yashasui	8th	Silver
Nandika	8th	Silver
Jasleen	8th	Silver
Sanvi	7th	Silver
Shanaya	9th	Silver
Yashika	8th	Silver
Saanui	8th	Silver
Kashwini	9th	Silver

# TETE-A-TETE WITH THE ALUMNI

-Sanaa Pathak | X-B



**Arnav Sharma**

With a keen interest in economics, he is pursuing an honours degree in this field while opting to minor in commerce.

**Sanaa Pathak:** Hi Bhaiya! Let's start by telling us a bit about yourself.

**Arnav Sharma:** Hi! So I am doing my first year at Delhi University right now. I am pursuing Economics honours. So major in economics and minor in commerce. I aim to go into strategy consultancy. So I will be targeting big things in the future!

**Sanaa Pathak:** That's nice. What did you study in 11th and 12th?

**Arnav Sharma:** I took commerce with math.

**Sanaa Pathak:** Oh, that's interesting. What extracurriculars did you do during your time at school?

**Arnav Sharma:** I played cricket and did dramatics. They were like stress busters to me.

**Sanaa Pathak:** What teacher would you say impacted you most?

**Arnav Sharma:** I would say two teachers. Naresh sir and Rajender sir. They were why I got admitted to a good college at DU. Otherwise, I would have ended up going to a private college.

**Sanaa Pathak:** Lastly, what advice would you give to those in KRM?

**Arnav Sharma:** I would say growing as an individual every day must sound boring, but it's important. Competition is more vast than you can even imagine. Make sure to compete at your best level. Ultimately, we truly see that there is only the survival of the fittest. I felt this at the end of my 11th when I did not score well, so the scenario changed!

**Sanaa Pathak:** All right! Thank you!

# Underrated Vacation Spots In June

-Sanaa Pathak. | X B



**Grenada**

A gem hidden amongst the Caribbean, Grenada is the ideal vacation spot. With a welcoming and laid back culture, the country also boasts 50 white sand beaches which is balanced by hiking trails to secluded waterfalls making it the ideal getaway.



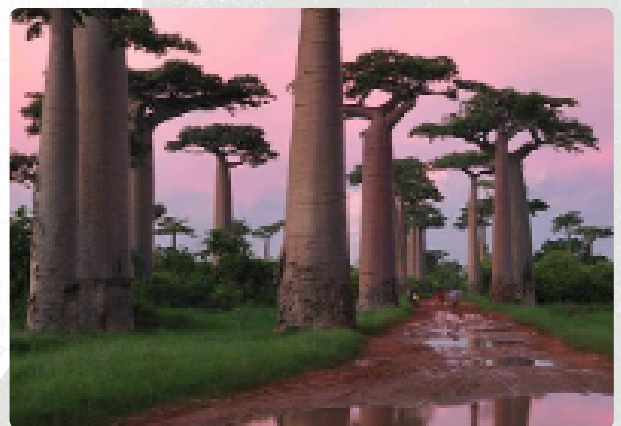
**Albania**

If you're looking not to bankrupt yourself, but want to tan against the balkan coast, Albania's the place for you. The albanian culture is one to appease the finer eye with a wholesome culinary scene and enchanting views. The place is also elysian for history buffs with roman ruins scattered through the country.



**Laos**

Assured to give you an experience unlike another, through its hollow caves and never ending waterways it's a dream destination tying together the landlocked country is an ideal escape for those seeking solace in nature. Laos is a concoction of cultures and small towns just waiting to be explored.



**Madagascar**

A relatively "off the radar escape" and a beloved home to King Jullian, Madagascar is a thriving hotspot of biodiversity and adventure whilst also being somewhere you can simply relax by the clashes of the waves. Madagascar enjoys its dry season in June. This makes it an ideal time to visit this beautiful island nation.

# TALE OF UNKNOWN SPORT

## INSUKNAWR



## HISTORY

Insuknawr, or rod-pushing, is a traditional Mizoram game exclusively played by male participants. The Mizoram State Sports Council has officially recognized Insuknawr as the 'Mizo National Game.' It serves as a rigorous assessment of one's physical power and endurance. The game's objective is to forcefully propel the opponent outside the designated circle within three to five rounds.

## DESCRIPTION

Before the commencement of the game, every player grips the rod beneath their arm, resembling the stance seen in a tug of war. The end of the rod should extend at least four inches below the armpit, while the centre of the rod must align precisely with the centre of the circle.

A round is considered a tie if no player is pushed out of the circle within 60 seconds. If all three rounds end in a tie, a tie-breaker is initiated without time constraints, continuing until a player is pushed out. During the competition, each player endeavours to propel their opponent outside the ring, utilising either the back or the side of the circle. If a player falls to the ground, they are declared the loser. Additionally, negative points are assigned if the rod's end touches the ground. These negative points may aid in determining the victor in a tied game.

Any player is prohibited from destabilising their opponent by manipulating the latter's rod. Although an adept player can manoeuvre or slide within the circle, the game or round is only considered won once a player successfully pushes their opponent out.



# CAREER BUZZ



Freelancing is doing specific work for clients without committing to full-time employment. Freelancers often take on multiple projects with different clients simultaneously. The Internal Revenue Service (IRS) considers freelancers to be self-employed individuals. Freelancers handle contract work on a part-time or full-time basis and often sign agreements before starting projects.

With freelancing, the client pays per project, per task, or per hour, depending on the agreement. Freelance projects typically involve short-term assignments, although satisfied clients often request follow-on work. Most freelance jobs are available in the skills, service, and creative sectors, such as copywriting, programming, engineering, and marketing.

## Benefits of freelancing

### ***Flexibility***

As a freelancer, you are able to choose your own hours and decide when and where to work. For example, you can work from home or when you're at the beach. Freelancing flexibility helps promote a better work-life balance.

### ***Choice of clients and projects***

Working as a freelancer allows you to select the projects that match your skills and interests. You can also pick clients who fit particular criteria.

### ***Setting your own rates***

You may enjoy greater control of your earnings potential since you generally set your own rates as a freelancer. The amount of work you're able to handle daily or weekly is another factor that is likely to determine your earnings.

### ***Improved skill set***

As a freelancer, you may have the opportunity to work on more specialized projects, giving you greater experience with niche subject areas.

### ***Exposure to global brands***

Because you can choose your clients and projects, you have the opportunity to develop meaningful relationships with businesses from around the world.

### ***Disadvantages of freelancing***

#### ***Isolation***

Unlike a part-time or full-time job, having a freelance business may get lonely, especially if you're working remotely. If you thrive on day-to-day interactions with colleagues in a work environment, you may find freelancing isolating.

#### ***Uncertain job security***

Freelance work is likely to be erratic—you might have more work than you know what to do at some points but struggle to land projects at other times. You may need to continue working regularly to maintain a steady income in the early stages of your freelancing career.

#### ***Administrative responsibilities***

As your boss, you must handle legal paperwork, invoicing, marketing, and other relevant administrative duties. These responsibilities may require considerable knowledge of bookkeeping, tax regulations, and office technology and take time from your area of focus.

#### ***No employer-funded benefits***

As a self-employed person, you don't have an employer who contributes to health insurance, 401(k) retirement offerings, and other benefits associated with a full-time job.

	<b>FREELANCING</b>	<b>FULL-TIME JOB</b>
<b>Flexibility</b>	<b>You have the freedom to work from anywhere at any time, depending on your preferences or circumstances. And you get to pick your clients and projects.</b>	<b>Having a full-time job means you perform specific duties during set working hours. You also typically have set responsibilities.</b>
<b>Stability</b>	<b>Unlike full-time employment, freelance work can be a bit unpredictable, making it harder to plan for the future.</b>	<b>Full-time workers generally have a stable, predictable income and work schedule, making it easier to plan for future expenses.</b>
<b>Benefits</b>	<b>Independent workers typically don't have access to employer-funded benefits like paid vacation time, retirement plans, health insurance, and sick leave.</b>	<b>Benefits are a significant upside of full-time employment, like paid vacation, health insurance, and retirement plans.</b>
<b>Motivation</b>	<b>As a freelancer, you operate as your own boss, making self-motivation a necessity.</b>	<b>As a full-time employee, you're expected to meet specific performance standards to earn raise or promotion.</b>

## In demand freelance gigs

1. Web developer
2. UX designer
3. Programmer
4. Graphic Designer
5. Video Editor
6. Website Designer
7. Photographer
8. Outreach coordinator
9. Marketing strategist
10. Customer contact manager
11. Copywriter

Once you know the type of freelance work you have the skills for and are interested in pursuing, you'll be able to reach many potential clients by using a freelance marketplace or [freelance website](#).

### To name a few :

- Upwork inc.
- Fiver
- Peopleperhour
- Toptal
- Behance
- Dribble.

## START UP QUEST



Meditopia is a Berlin-based startup that sells a meditation app with benefits like better sleep and stress reduction. The company claims that its products, released in 2017, have become the most downloaded mental coach in markets where English is not the primary language. By incorporating elements of the local culture into its offerings, the company asserts that it sets itself apart from rivals.

Meditopia has locations in 75 countries and works with therapists, psychologists, and meditation experts to tailor its service to each region's cultural and language-based needs. Appropriately, it needs to date created 3,000 "bits of content" in 10 dialects and cases to have 14 million clients in 75 nations. The company has raised \$18.2 million through four funding rounds since its inception in 2015. The company received \$15 million in funding for its most recent Series from Highland Europe and Creandum, early backers of Spotify and Klarna in Europe.

In a public statement, Meditopia prime supporter Berk Yilmaz said: "Our culture, the happenings around us, our language, the people we talk to, our community, politics, and other factors all play a significant role on our mental health. Our peace is primarily affected by these. Along these lines, mental health should be dealt with privately, customized to our nearby necessities and culture."

The company said it would use the money to expand its product line and reach. Creandum Partner Carl Fritjofsson stated: The age of social media has made it possible for people to always focus on other people. We are currently experiencing a new generation of technology that enables users to focus solely on themselves. We've followed Meditopia for the past two years and have been amazingly intrigued by how they've had the option to catch this open door worldwide, all while being one of the most capital-proficient run organizations around.

# MEET THE TEAM

**ESHAANA SINGH**  
XII C

EDITOR-IN-CHIEF,  
GRAPHIC DESIGNER

**PARTH ANAND**  
XII C

EDITOR-IN-CHIEF

**KRITI ARORA**  
XII C

KRM EDITOR

**SANAA PATHAK**  
X B

KRM EDITOR

**SONVI SINGH**  
XII B

KRM EDITOR

**MANNAT SARDANA**  
XII A

KRM EDITOR

**VEERAL BAJAJ**  
XII A

KRM EDITOR

**ARJUN SHARMA**  
X C

COLUMNIST

**ARNAB GHOSH**  
XII B

COVERPAGE DESIGNER