

DEAR DIARY...



Pragya Goyal



*A journal of a girl who wants to draw what
words can not explain.
A journal of a quiet girl who creates a world of
her own.
A journal of human emotions.*

UNSEEN WOUNDS



This artwork shows a female figure whose face is being forced into a smile by unseen hands, while her tear-filled eyes and pained expression reveal how she truly feels. The contrast between the forced smile and her emotions represents the pressure of hiding mental struggles behind a composed exterior.

Around her are distorted versions of herself showing grief, numbness, and fear. Above her, the large weeping eyes represent silent vulnerability. Below, a smaller figure tears open her own back, revealing a bloodied skeleton. A grim reaper figure holds her tightly, representing the weight of depression, trauma, or expectations that can slowly pull someone away from themselves.

AFTER THE TEARS



This artwork explores the emotions that can be seen through the human gaze. Eyes are often said to reveal what words cannot, and in this piece, I wanted to capture the quiet emotions that remain after someone has gone through pain.

The heaviness and emptiness in the eyes suggest sadness, exhaustion, and experiences that may never be spoken about. Sometimes, simply looking into someone's eyes can be enough to understand the pain they have experienced.

Tears may eventually disappear, but the emotions behind them can remain. This piece reflects the idea that eyes carry memories and can hold grief, loneliness, exhaustion, and emptiness, silently revealing what a person has been through.



STITCHING WOUNDS

This artwork explores the quiet and often painful process of healing oneself. The figure is shown stitching their own wounds, representing the emotional effort involved in recovering from pain and trauma. Their body carries visible scars, bruises, and marks of past suffering, while their posture reflects sadness, vulnerability, and isolation.



The act of sewing becomes a metaphor for self-repair. Healing is not shown as something quick or easy, but as a slow and difficult process. Despite the pain, there is also strength in the figure's ability to care for themselves and try to put the broken pieces back together. Through this piece, I wanted to show that healing can exist alongside sadness. Scars may not disappear, but they become part of a person's story. The artwork represents resilience, self-compassion, and the courage it takes to keep healing even when the wounds are still visible.

PULLED IN ALL DIRECTIONS

This artwork explores the emotional strain of pretending to be fine while feeling torn from within. The central face appears calm and composed, but is stretched outward into two different expressions—one sorrowful and the other numb. This represents the conflict between what we show others and what we actually feel. The stretched skin represents how mental pressure can distort a person's sense of identity and force them to hide behind a mask. Through this piece, I wanted to show the silent exhaustion of trying to hold yourself together while your emotions pull you in different directions.



UNDER WATCHFUL EYES

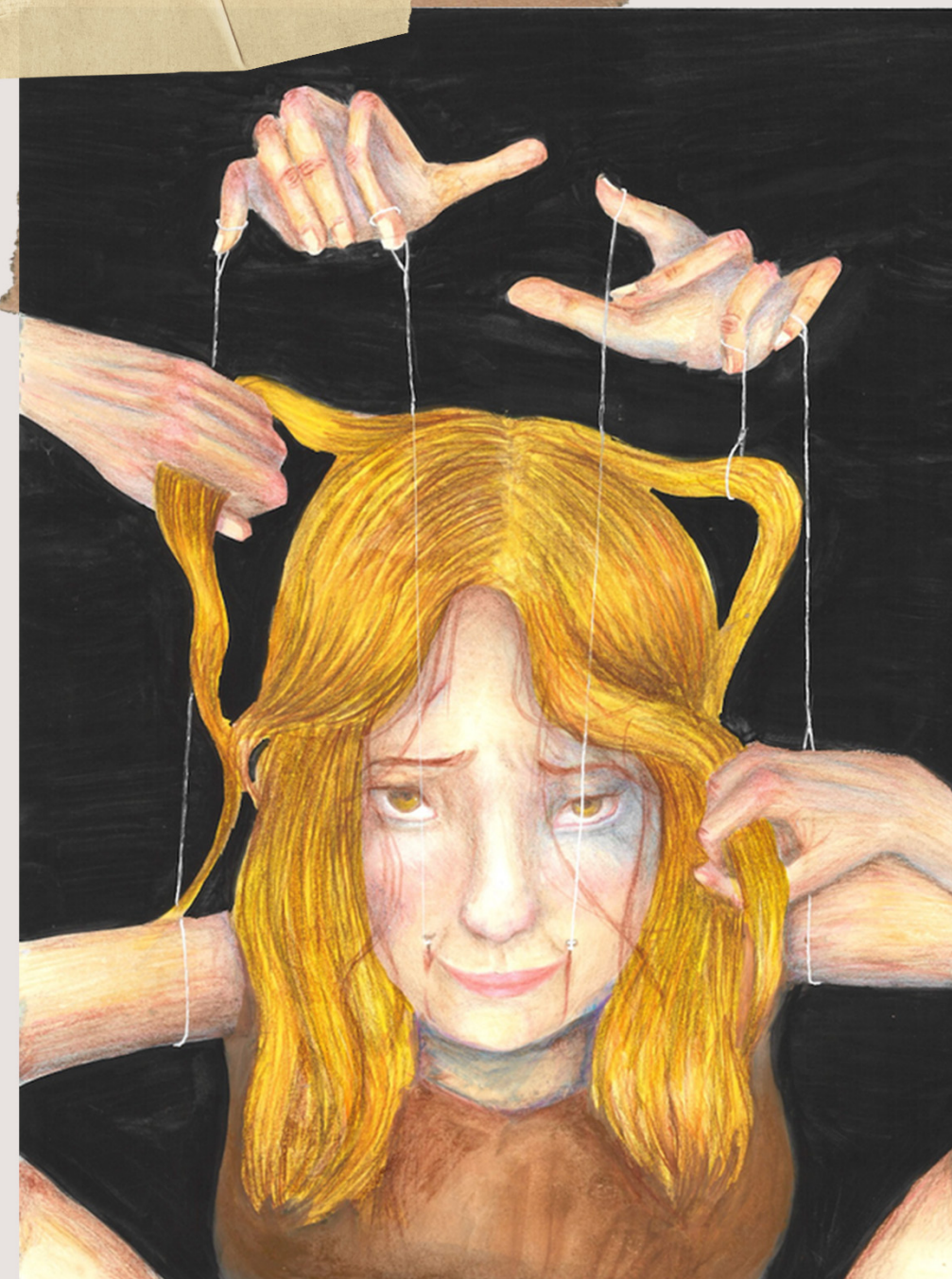


This artwork portrays the pressure of living under constant societal scrutiny. The floating eyes represent society's constant gaze and the pressure to be perfect. Her blank eyes reflect emotional numbness and the loss of genuine feelings.

The serpent around her neck represents the suffocating weight of expectations that can slowly make a person lose their individuality. The mushrooms growing from her form represent the space between life and decay, showing how societal pressure can slowly wear away one's sense of self.

"Under Watchful Eyes" shows how constant judgment and the pressure to be perfect can make a person feel disconnected from themselves.

STRINGS OF CONTROL



This artwork portrays the feeling of being reduced to a puppet. The strings pulling at the figure's hair represent the pressure to maintain a flawless image. Something that should represent beauty & individuality instead becomes a way of controlling her.

The many hands pulling at her represent family, society, and culture, all demanding different versions of who she should be. Although she wears a faint smile, her tears remain hidden, suggesting that she feels forced to wear her smile.

"Strings of Control" reflects the silent struggle of people who are expected to smile through their pain while their freedom is restricted by invisible expectations.

DISSOLVING

This artwork portrays a face partly melting into the surface, with a fading smile. It represents the feeling of losing oneself when emotionally overwhelmed or numb.

I wanted to show how mental health struggles can make a person feel as though they are slowly disappearing, even while still physically present.



TRAPPED INSIDE

This artwork reflects the feeling of being trapped by mental illness. The upper figure, half skull and half puzzle-faced, represents the loss of identity and the complexity of hidden struggles.

The lower figure is silenced by shadowy hands, while the colourful background contrasts with the grayscale figures to represent the chaos within the mind.

Through this piece, I wanted to show how mental illness can take away a person's voice and identity while remaining invisible to others.



THE MASK I WEAR

This artwork shows a figure peeling off a smiling face to reveal a tired and emotionless expression underneath. The contrast between the colourful outer mask and the grayscale face beneath shows the difference between how someone appears on the outside and how they may actually feel inside. I wanted to explore how people often hide their pain behind a smile, either to meet others' expectations or to avoid being judged.



TANGLED THOUGHTS

This artwork explores the mental chaos that can come with anxiety, overthinking, or an emotional breakdown. Both figures are surrounded by a storm of scribbled lines, representing racing thoughts, confusion, and inner turmoil.



The figure on the left represents how someone may appear calm and composed while struggling with mental clutter beneath the surface. The figure above is clawing at their own face, as if trying to escape their own mind. This represents the desperate feeling of wanting to get away from overwhelming thoughts that seem impossible to escape.

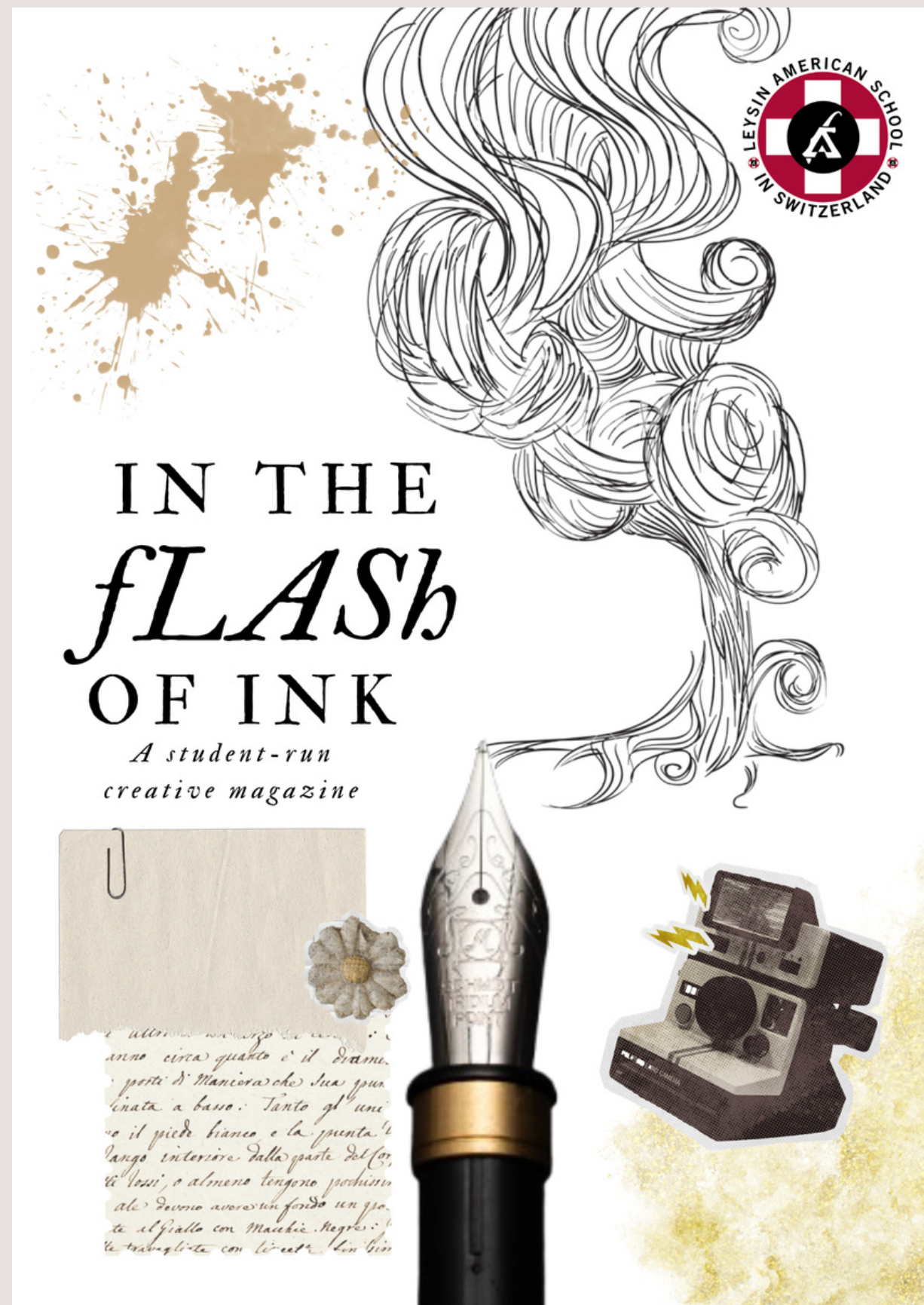


The following pages are selected works from different editions of the student magazine I founded at my high school (LAS). They showcase a range of the magazine's content and creative work, offering a glimpse into its development. I have removed the names of other creators for privacy reasons.



IN THE *fLASH* OF INK

*A student-run
creative magazine*



A note from the editorial desk...

Hello! Hi!

Third edition? Wow! I still remember when I was designing the cover page for the first edition. I wanted it to be perfect. I wanted to capture every possible aspect of the magazine. I spent hours moving each element by millimeters and centimeters, thinking, "This is going to be the cover of a magazine with people's creative work. It has to do justice to their work."

It's not easy to share your work for everyone to see. Sometimes it's because of a lack of confidence, and sometimes it's because there isn't a platform to share it. For me, before this magazine, it was both.

My hope for this magazine was to create a platform where people could share their work and others could take the time to appreciate it. Amid the monotony of everyday life, we rarely take a moment for ourselves. I wanted this magazine to become a little excuse to take a break, slow down, and enjoy the time we have.

Seeing this grow from an email into three editions (and more to come) has been really special. I still remember the late nights spent designing, sitting on the floor brainstorming, and all the little memories that came along the way. Nothing brings me more joy than seeing people find a place where they can express themselves in a language of their own. And, of course, seeing all the positive responses afterward makes it all the more worthwhile.

Looking through all the submissions has also shown me just how many creative minds we have at this school. I feel really honoured to be able to bring some of that creativity together and curate it for a magazine.

This magazine would be nothing without the people who share their work and those who take the time to read it.

Thank you to everyone! I'm excited to see what comes next!

On behalf of the editorial team,
Pragya Goyal

LONESOME

For her there will be none.
No muddy shoes
Crooked smiles
No scratches and scars

Remnants of days of fun
No birthday cards upon her walls
Water balloons
No days in the sun

To look fondly upon
Fingers aching for others to hold
Wrists bare of badly made bracelets
While the other girls twinkle

Stars in their own galaxy
Charmed and claimed
Pillars of something distinctly girl.
To be watched but never touched

From the sidelines of a rusted swing.
All pluto can do is watch
As they slide into smooth orbit
Of their own perfect girlexy.

PARTICLE TELEPATHY

Pragya Goyal

Wait! hold up. Something educational? Boring. *scroll* WAIT. Okay, okay, I get it. No one willingly reads educational stuff while flipping through a magazine. But hear me out, this might just become one of your "hear me outs." (Yes, I regret that joke. No, I won't delete it. I haven't had coffee in a week so lower your expectations.)

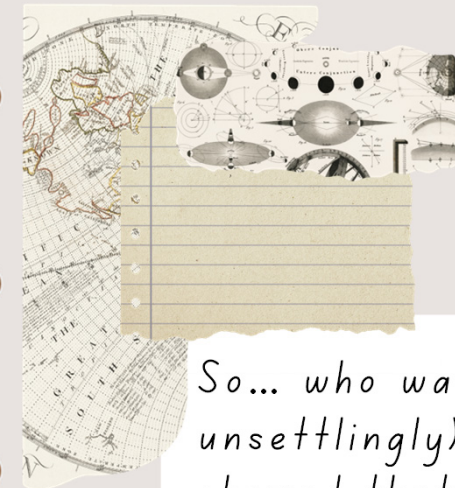
Imagine this: you and your significant other decide you need some space. Naturally, the most reasonable solution is to fly in opposite directions... into space. Obviously. Now you're both out there, floating dramatically, wondering, "Do they still think about me?" Instead of texting like normal people, you decide to flip a coin (because of course that will work in zero gravity in space). And nothing says emotional stability like outsourcing your relationship to probability. You flip your coin: heads. Great! Clearly, they're thinking about you. At that exact moment, your significant other flips their coin. Tails. Which, in their system, also means you're thinking about them. Beautiful. Romantic. Slightly concerning. So you both realize this is ridiculous, fly back to Earth, and live happily ever after. But what if I told you... your coins were always going to land that way? Not a coincidence. Not luck. Literally... meant to be. Congratulations! You've just accidentally walked into one of the weirdest ideas in physics: quantum entanglement.

Now, here's the "official" definition: Quantum entanglement is a phenomenon where particles share a single quantum state, so their properties stay correlated no matter how far apart they are.

Yeah, no. We're not doing that. Let's translate. Quantum entanglement basically means two particles are linked in such a deep, dramatic, long-distance-relationship kind of way that whatever happens to one instantly affects the other... even if they're on opposite sides of the universe. It's like telepathy. But for particles. And somehow less questionable than your last situationship.

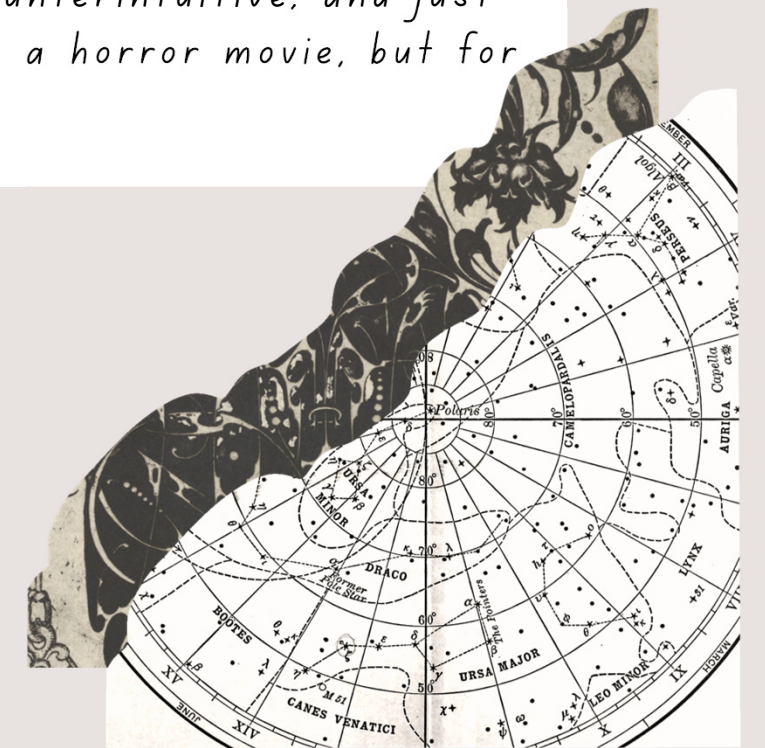
Before we go further, I need you to do something important: think about everything you know about physics. Got it? Great. Now throw it out the window. Because quantum physics does not care. Makes my life seem like a lie... but then again we grew being told Santa and the tooth fairy are real. So really is there anything truthful in our lives? Back to our coins. Before you flipped your coin, the result wasn't decided. It wasn't secretly heads or tails... it was both, in a weird quantum way. Only when you actually flip it does the universe go, "Fine, pick one." But here's the strange part: the moment your coin lands, the other coin instantly "chooses" its matching outcome. Not later. Not after a signal. Immediately. Which raises a slightly alarming question: how does the other coin know? Because if information is somehow traveling between them faster than light... that's a problem.

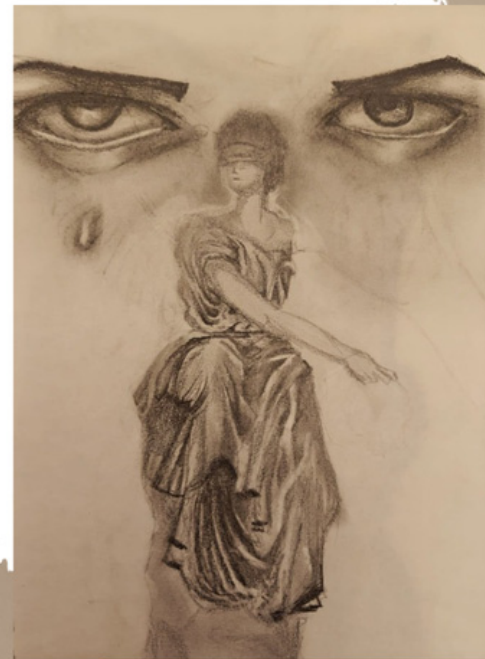
According to Albert Einstein, nothing can travel faster than light. So he wasn't exactly thrilled about this whole situation. He and his colleagues, Boris Podolsky and Nathan Rosen, came up with an explanation (now called the EPR argument). Their idea? Maybe the particles already knew what they were going to be. Maybe there are "hidden variables" we just can't measure yet. In other words: the universe isn't weird, we're just missing some information. On the other side was Niels Bohr, who essentially responded with the scientific version of: "Nope. It really is just that weird. Deal with it."



So... who was right? Surprisingly (and slightly unsettlingly), Bohr. Experiments done years later showed that those hidden variables don't exist. The universe really does behave in this bizarre, interconnected way.

Fun fact you absolutely did not need: Einstein called this phenomenon "spooky action at a distance." And honestly? Fair. He might not have won that argument, but he nailed the vibe. Because quantum entanglement is spooky. It's unpredictable, counterintuitive, and just a little bit unsettling. It is like a horror movie, but for physics.





Pragya
Goyal



The End?

This is just the beginning...

Didn't get to share your work?

Don't worry!! We are still accepting submissions for our next edition. Feel free to share your work to see it get published in the next issue

Until Next Time!





**THANK
YOU**