

VI.4 Art & Design

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Activity (Empathize)

Q-1) List out 3 (three) problems that you can empathize with someone else (empathize is not restricted to only humans). The list of problems can be environment/medical/ emotional or any other issues.

Answer- We live in a society where everyone has some problems in their life. No one is perfect in this world. But there is some issue which actually empathizes with us a lot.

Three common problems that I can empathize with someone else in day to day life are as follows-

1. Global Warming- Glaciers are melting, sea levels are rising, cloud forests are dying, and wildlife is scrambling to keep pace. It has become clear that humans have caused most of the past century's warming by releasing heat-trapping gases as we power our modern lives. Called greenhouse gases, their levels are higher now than at any time in the last 800,000 years.

The rapid rise in greenhouse gases is a problem because it's changing the climate faster than some living things can adapt to. Also, a new and more unpredictable climate poses unique challenges to all life.

Historically, Earth's climate has regularly shifted between temperatures like those we see today, and temperatures cold enough to cover much of North America and Europe with ice. The difference between average global temperatures today and during those ice ages is only about 9 degrees Fahrenheit (5 degrees Celsius), and the swings have tended to happen slowly, over hundreds of thousands of years.

But with concentrations of greenhouse gases rising, Earth's remaining ice sheets such as Greenland and Antarctica are starting to melt too. That extra water could raise sea levels significantly, and quickly. By 2050, sea levels are predicted to rise between one and 2.3 feet as glaciers melt.

As the mercury rises, the climate can change in unexpected ways.

In addition to sea levels rising, weather can become more extreme. This means more intense major storms, more rain followed by longer and drier droughts—a challenge for growing crops changes in the ranges in which plants and animals can live, and loss of water supplies that have historically come from glaciers.

END is near!

2. Break Up- Last year I had broken up with my girlfriend which takes me actually 1-2 months to stabilize myself. I can't express what I feel these days because it's my relationship with someone whom I actually love with great Compassion.

In this world full of a compassionate lover every day a lot of breakups take place. Someone had said right "Iss duniya mein dard sabse jyada beekta hai" and you can see the number of songs related to break up is much more than love. People actually listen to those songs because it sounds relatable to them with their love story. While writing this article I was actually listening to the breakup song named "*Aye Khuda*" by *Mithoon*.

A week ago, a friend of mine was telling her Break up story and also saying that those days with him were one of the most loveable moments of my life which I can't forget. She was also explaining how much he cares about me. I can feel the pain of my friend because I had seen that phase in my life. It's tough to adjust themselves quickly when someone leaves you.

3. Being a Freshie- Everyone is a freshie in his/her life when he/she starts something whether it's college life, job, entrepreneur, etc.

I'm a Junior student in my college and I had faced many problems in the freshie days of my college life. My college is in Delhi so I have moved from my native town to Delhi. In the initial days, I have to live with my uncle and have to travel a lot for college. My uncle told me to find a flat with college mates because he told me that "College life is the most important part of your life". You have to start living with college friends then you would get to know about the world because there you have all the freedom of your life and there you have to decide

by yourself what is right/wrong for you. We are with you in a bad time but you have to experience this life for the shake of your future.

I had started living with my college mates and experiencing the so-called "Bachelor's Life". This life is full of energy (to tackle any hurdle), positivity, negativity, etc.

From the last two years, I had seen a lot of freshies who came from their native town to Delhi with the same ambition I had come with and asking me the same problems which I had asked my seniors in my freshie days. I explained to them all the situation in detail because I had gone through that phase.

Q-2) List out at least 1(one) problem that you face frequently and you wish you had an alternative.

Answer- One problem which I had faced frequently and had an alternative to tackle it.

- **Depression-** Genuinely speaking today's life is full of depression. In this age of technology, the number of people with real happiness decreases.

I was in Kota preparing for JEE Exams and the competition was quite high to get good marks within the students. A lot of students committed suicide because they can't handle the pressure of getting low marks. Expectations from parents, faculty are always high to score good marks in coaching exams. If a student couldn't perform well in the 3-4 test exam then he/she think that they can't achieve anything in life and start taking extra pressure which leads to depression.

Due to depression, some students take the wrong decisions and does suicide. In the last 4-5 years, many students do suicide in Kota which defame the value of it and named "Suicide Hub".

I had also faced some of the issues and got depressed for a while but I came out of that phase and bounced back. My friends are quite helpful and when we feel depressed we share each other's issues and try to solve them.