



## THE REALISATION

Oh! what a peaceful day, one girl from that group of five girls initiated the conversation. They are gathered after a long time for their music classes. While cleaning their music room they didn't forget to share their secrets and gossips. Musical instruments and chairs everything is covered in dust. All these girls are very concerned about their social media life. While replacing old chairs they discussed about all others they know and pointed out at others negatives and about their insecurities and made fun of them with evil laughs. They changed the bedsheets, tablecloth, curtains to a white shade just for their videos. As the room is small after cleaning, some lied on the floor on the bed. The hyperactive girl among them adjusted a chair and sat on that with her one leg stretched to the lap of her friend who is sitting on the bed. She opened her social media account and scrolled. After hours of discussing everything she saw online with other girls



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and planning to buy and wishing to go to that places. she saw photos of. One of them coughed as the air inside the room is dusty. Her diving through social media reached on zara's account; she read zara's post loudly,

Zara was one of these girls once. Yes, once this was a six girls group. zara's height made her seen among these girls. she was the tallest in that group. Straight black flawless hairs which is always in braids, specs which is a full black in colour and a dark brown eyes full of untold stories gave her a mature look than others of her age. Her lean body, long neck, collar bones which are visible clearly and the serious face made her look sharper. Some people always teased her for being thin. But she didn't took that seriously. Being called as matchstick, bean, etc. by her friends not only made her sad but a little anxious about her not so white skin. zara thought herself as a model for luxury brands because the figures she has seen about these models over medias, magazines, newspapers resembled with



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her appearance: she smiled whenever she looks in the mirror.

Her friends always loved being younger in the family but somehow they are not the youngest in their respective families. But zara, the younger in her family didn't understood why they talk like this. Zara when she was a little girl, she was the centre of attraction in every parties and weddings in her family. she loved that elders giving her piggy back rides and getting chocolates from guests. short hair which curled up from ear level. small butterclips on hair with candies on face and packets in hand. she played and danced through people everybody. watched her with affection. Christmas was her favourite time of year because all her family members will be together for christmas eve.

Time flies, many christmas came, many weddings celebrated. but she was not the centre of attraction anymore. Zara grew up. she watched others celebrating christmas she felt alone without her friends and cousins.



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Everybody busy with their own life. The friends she loved the most took advantage of her, they loved her only for her help and gifts. She realised her friends were cheating with smiling face. Zara felt completely lost. Her friends started to discuss about her, made fun of her and ignored her.

From the little girl who was loved by everyone to adult who is hated by many she faced hard times alone. This change made her depressed, made her anxiety higher and importantly destroyed her focus. She lost track. The top student in school became the average in class, The active student became silent. The outgoing and social girl changed to silent who no longer wants to go out.

The grades, everything affected her. Her family began to scold her and compare with other children. Blamed her for everything, pointed out her faults in public and made her feel bad about her. For all the bad things happen her family concluded that it is because of her. She don't know what to do next or where to go.



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..... All that Zara wanted was a open talk, a hug of safety feeling. Time passed, exams came, she realised no one is there to hold her or look at things she wanted to say.

..... Zara realised meaning of poems and stories she spent her time discovering new poems and novels. Now she felt the presence of someone who understand her feelings. After posting favourite poems and stories online zara began to post her own writings.

..... While searching for poems she found the meaning of her name; Zara which means radiance, princess or blooming flower. Zara realised being a princess is not someone who is always surrounded by people with affection, not someone who always get candies as present, not someone who gets lovely hugs and kisses all the time. But she got to know that a real princess is someone who fights for her dream, one who never put back her steps with fear of the enemy or stay stuck in the



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midst of war. The one who moves forward in battleground even without guards. The one who gave warmth of love to her people. The one who not only keeps her safe but also her kingdom from devil actions.

Zara understood the meaning of 'Sun is alone too but it shines brightly'. She wears her smile like she is wearing the crown and her confidence as her sword. Zara decided to come out of the shell. She made her presence strong in the crowd. She helped her friend's also who are struggling mentally. She made them realise the importance of mental health and understanding about our own peace of mind. She decided to bloom with grace wherever life plants her. She worked for her grades, prepared for what to choose and where to go, restored her confidence as she is moving to next unit of life. Being independant, Being self-sufficient.

"BE kind to others, because we don't know what the person next to us is going through" they all looked at each other as that girl put her phone on desk after reading.



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Zara's post on her social account. We shouldn't have behaved like that to Zara. Maybe she really needed our presence when we were all were not in good behaviour to her. Now she is rebuilding on herself another girl replied and she stood up for practise session. Everybody got up and took music notes and played their instruments. After a while sweet melodies filled the room as they played major and minor chords on piano. The indoor plants that they newly put on the table listened the music, even the breeze was in the same rhythm. They realised their mistake, the silence among them said it. Music went out the room and filled the air.