

A Day in the Life of a Student Who Never Sleeps

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The alarm goes off at 6:00 a.m but I'm already awake. I lie on my bed staring at the ceiling, waiting for some sleep that never comes. The room is quiet and dark and the night feels like it lasted too long. Even though I know the day is going to be hard, I still get up when the alarm rings.

In the early morning, the house is very quiet. I sit at my desk with my books open, trying to study. My eyes move across the pages but the words feel far away. Even simple ideas are difficult to understand when you're tired. The hours seem to go slowly and before I realize it's already time to get ready for school.

When classes start, I try my best to look normal. I listen to the teachers, take notes and answer questions when I can. My friends joke and talk with enthusiasm and I smile along with them even though I feel extremely tired inside. No one would easily notice how hard it is for me.

The hardest time is usually break. The hallway is full of noise and people but all I want is silence. Some friends ask if I slept late again and I just give a short answer. Talking about everything is too heavy so it's easier to stay quiet.

In the afternoon, the lessons feel longer than usual. My eyes burn and my head feels heavy. But I still try to finish the work because students need to do their work no matter how they feel.

After school, I plan to rest. But evenings are full of activities. When night comes, my body feels tired, but my mind is still awake. Thoughts rush through my head and sleep is still far away.

The hours go by and before I know it, it's very late. I tell myself tomorrow will be different that I will sleep earlier. But again, tomorrow comes and soon the clock points to 4:00 a.m again.

Still, students like me who never seem to sleep hold on to hope. We think one day, a peaceful night will come and our struggles will be worth it. So we stand up and face another day without any sleep.

Life Without Phones for 24 Hours — Possible or Impossible?

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Mobile phones have become a large part of our everyday life. We use them to chat with friends, check social media, complete schoolwork and even wake up to them in the morning. Since they are always with us, it is common to wonder what would happen if we just didn't use them for one day. Would it be possible to live without phones for 24 hours or would it feel impossible? There are valid points for both possibilities.

On the one hand, living without a phone for a day could be possible and even beneficial. First, humans existed for many years without the use of smartphones and this proves that life is still possible without them. Taking a break from phones could allow people to unwind and focus on the real world around them. Rather than spending time reading messages or watching videos, they could spend more time talking to family and friends in person. This would allow them to build stronger relationships and make communication feel more meaningful.

Moreover, not using phones could help alleviate stress. Many



people feel the need to respond to messages quickly or check notifications. Without a phone, they could feel more relaxed and liberated. Students, for instance, could concentrate better on their assignments without distractions. They could also have more time to engage in activities such as reading, drawing or playing sports. A day without phones could remind people that there is many other fun activities beyond the digital world.

Another aspect is that not using phones could be beneficial for health. Staring at a phone

screen for many hours could lead to eye strain and sleep deprivation. Taking a break from screens could help people relax their eyes and sleep more better at night. Hence, a day without phones could be beneficial.

On the other hand, it is also believed that it is difficult or even impossible to survive without phones for 24 hours in today's world. The reason is that phones are used for a variety of very important tasks. People use phones for getting directions, making online payments, getting updates

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A Day of Devotion: Honoring Buddha Day



On the auspicious Full Moon Day of Kason (Buddha Day), the Global Pathways International School (GPIS) community—including our founder, teachers, parents, staff, and students—gathered on April 27, 2026, at Sule Pagoda to observe this meaningful occasion together. This sacred day commemorates three significant events in the life of Gautama Buddha: his birth, Enlightenment, and Parinirvana.

In keeping with tradition, participants engaged in merit-making activities, including collective worship and the

ceremonial pouring of scented water on the Maha Bodhi Tree, symbolizing reverence and the



preservation of the Buddha's teachings during the hot Kason season. The community also took part in a peaceful clockwise circumambulation, reflecting mindfulness, unity, and spiritual devotion.

The event offered a valuable opportunity for reflection on compassion and wisdom while strengthening community bonds. We extend our sincere appreciation to all who participated and contributed to making the day meaningful. May the merits gained bring peace, prosperity, and happiness to the entire GPIS family.



about school and communicating with colleagues at work. Without access to these resources, it may become difficult to perform daily tasks. Some people may even face serious issues if they do not have phones.

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Moreover, phones give people a sense of security. The reason is that people feel safe when they know that they can contact someone quickly if they are traveling or are out alone. This makes them feel less worried about unexpected situations.

Phones are also significant in terms of social interaction. Many people have maintained their social relationships using messaging applications and online platforms. Going offline for an entire day may make some individuals feel left out or isolated. In a world where communication occurs at a fast pace, being left out of updates and messages may lead to anxiety and confusion.

Living phone-free for 24 hours can be considered both possible and impossible. It may have advantages such as stress relief, improved concentration and enhanced health. On the other hand, modern living relies greatly on phones for communication, security and other daily activities. Instead of avoiding phones altogether, a balanced approach may be to restrict their use and take occasional breaks when needed. In this way, individuals can benefit from technology while still being connected to the world around them.



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