

THE DEFINITIVE  
**YOUTH**  
MAGAZINE  
**SHOUT**

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LIVING WITH HAIR-FALL  
PROBLEMS AS A TEENAGER

**PG 6**

THE CURIOUS CASE  
OF DREAMS AND  
NIGHTMARES

**PG 3**



There is no tradeoff between  
**SLEEP AND PRODUCTIVITY**



ILLUSTRATION: FATIMA JAHAN ENA