

A Guide to starting Anime

Anime has gained huge popularity over the years. With the constant question "Is Anime Cartoon?", many might agree and many might disagree. The online war regarding this takes a heated turn most of the time. Anime was invented in Japan. It consists of hand-drawn and computer-generated animation, and people believe it to be a form of art. Unlike a cartoon show, an anime follows a distinct and complex storyline. Anime is usually adapted from mangas (Yes, there are some exceptions.) Manga are comics or graphic novels originating from Japan.

Many people believe that anime itself is a genre, but anime contains different genres. The 5 types of anime are Shounen, Seinen, Shoujo, Josei, and Kodomomuke.

Each type focuses on a particular style and who it is targeting.

Shounen is for the younger male audience, most of the series have a younger male protagonist. There's a bit of action, drama, comedy, adventure, and coming of age. Eg: Naruto, Attack on Titan.

Seinen is for the young adult or adult male audience, it is similar to Shounen but for a mature audience. It is more violent, satirical, sexual, or extremely

intense. The audience contains more high school teens. Eg: Tokyo Ghoul, One Punch Man.

Shoujo is the opposite of Shounen, it focuses more on romance and relationships rather than fighting and action. It tends to be more dramatic with a tinge of comedy and adventure. The protagonist is mostly a female. Eg: Vampire Knight, My Little Monster.

Josei is the opposite of Seinen. It is targeted toward a mature female audience and focuses on romance more than anything. They portray everyday scenes but with more erotic and dark subjects. Eg: Usagi Drop, Chihayafuru.

Kodomomuke is for children and focused on young viewers. They are cute and creative with a meaningful message. It is mostly fun and exciting but also teaches life lessons. Eg: Pokemon, Doraemon.

For someone who looks forward to watching an anime or for a beginner in anime, here are the best shows and movies you can start with:

Shows

1) Death Note

If you have asked anyone for an anime suggestion as a beginner, this is the first series they must've mentioned. Death Note is a story about Light Yagami, a high school boy who finds a Death Note belonging to a Shinigami. The book holds the power to kill anyone whose name is written. The anime follows the mysterious events taking place and how Light makes use of this power he happened upon. Death Note has only one season and it's a great show for a beginner.



2) Dragon Ball Z

Dragon Ball Z is a very famous anime and has been a part of our childhood too. It follows the adventures of Goku along with his companions who defend the Earth from evil. It teaches the values of Teamwork and Loyalty. Watching this show might take you back to the good old days.



3) Attack on Titan

Have you ever felt like you are missing out on something? That must be watching Attack on Titan. With the 4th season currently airing, the internet cannot hold its cool. The story revolves around the fight between man-eating titans and humans. If you would like to join the discussion and come up with theories, then this is the show for you.



4) Naruto

A must-watch for all anime fans and probably the one anime everyone has watched. Naruto is a story of a young boy who is a ninja and wants to become a Hokage, a leader of his village. This anime is quite long to watch and only those who are addicted can complete it.



5) Jujutsu Kaisen

Jujutsu Kaisen has definitely made a name as one of the most sought-after anime currently. With only a single season released, the anime has gained immense popularity. The story revolves around cursed energy, negative emotions, and fighting these inner monsters. Since it is just one season, it is easier to watch. And for anyone still on the fence about trying this anime, they have a movie releasing soon.

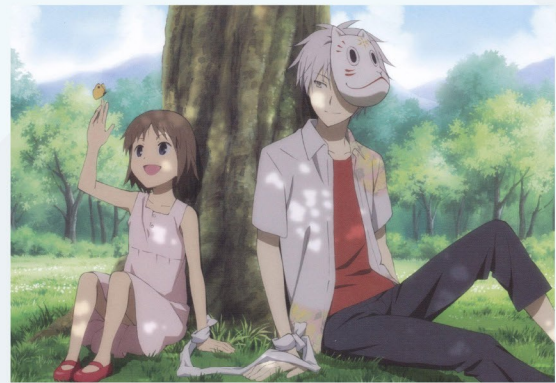


Some Anime Movies to Watch

1) Spirited Away



2) Hotarubi no Mori e



3) A Silent Voice



6) Haikyuu

The show that got me hooked on anime would be Haikyuu. It is a sports anime revolving around the volleyball team of Karasuno. Also known as the Fallen Crows. Their dedication to becoming better players and bringing the name of Karasuno to the top is a delightful watch.



4) Your Name



5) Weathering with you



Glynis. A. Fernandes
SYBAMMC A

Easter

I'm sure we can all recall what holy week was like a year ago. With the loosening of curbs and easing of lockdown restrictions, it sure has been wonderful to resume public worship. The fellowship. The communitarian feeling. The closer prospect of being together again to share and rejoice in the risen Christ. It was all missed. After two years spent in isolation and online services, this Easter sure ignited that spark of Christ's resurrection and saving power.

For most, Easter is primarily associated with Easter eggs, Easter bunnies, and Easter egg hunts. It's easy to get carried away with the annual Easter egg craze. I mean, finally accomplishing your 40 days of abstinence from social media, non-veg, alcohol, etc. does call for a celebration. And oh, a whole huge chunk of marzipan...mmm! It definitely seems irresistible to me. We're quick to affirm the Resurrection, but we often miss the journey. So let's not digress too far away, but sit and understand the crux of this sacred festival.

To put things in perspective, let's take a closer look at the holy week. The period of lent lasts for 40 days. Palm Sunday is the last Sunday of Lent and the Sunday which marks the beginning of the holy week- a period most sacred to the Christians. It commemorates the triumphant arrival of Jesus into Jerusalem, days before he was to be crucified. His act

of riding a donkey indeed reflects his humility, whilst the crowds of people threw their cloaks and garments and waved palm branches. These palm branches are widely recognized as a symbol of peace and victory. Since these palms are blessed, rather than being eliminated, they are gathered and incinerated to create ashes in observance of Ash Wednesday, the following year.

The Holy Week takes a somber turn on Thursday. We enter into the most solemn part of the church's liturgical year- the holy triduum. This three-day period leads up to Easter Sunday. Another highlight of this day is the humbling act of washing the disciples' feet as they prepare to share in the Passover meal.

Good Friday is the only day in the liturgical year that we don't celebrate mass. There is only a service held in reminiscence of the passion of Christ.

Easter is more than just the cross. We cannot know the joy of resurrection without experiencing the pangs of death, suffering, and loss. Lean back before plunging into the celebration of his resurrection. Sit at the foot of the cross and consider the depths of his love and sacrifice. Remember, there is no resurrection without the crucifixion. No Easter Sunday without Passion Friday. No empty tomb without the cross. This time in between is our reminder that hope is on the way. The silence of God doesn't correspond to the absence of God. Embracing this in-between time is a must. Amidst the waiting, the fear, the anticipation, and the threatening uncertainties of life, there's still hope.

Sometimes I sit in awe and wonder "what kind of love is this?" A love so rich, profound, and mysterious. It was

out of love for us that he tolerated the mocking, the spitting, the humiliation. Out of love for us, he bore and endured the lashes, the whipping, the scourging, the piercing, and the ripping of flesh. Out of love, He carried that heavy cross in the scorching heat and got helplessly nailed to a cross. Out of love that he gave up everything he had, to bear the shame, humiliation, mockery, and torture. With no assurance that we'd even reciprocate or return that love, no guarantee that we'd even choose him back. He walked such a weary, dull, and lonely path, utterly alone, so that we did not have to do so. And because he died and rose again, I can face tomorrow.

Easter is our reminder that the sickness that maims and distorts, the violence that terrorizes, the inequities that exclude, and the pain that so ravages people, will one day pave the way to a full and wholesome healing -if only we believe.

-Alicia Dias

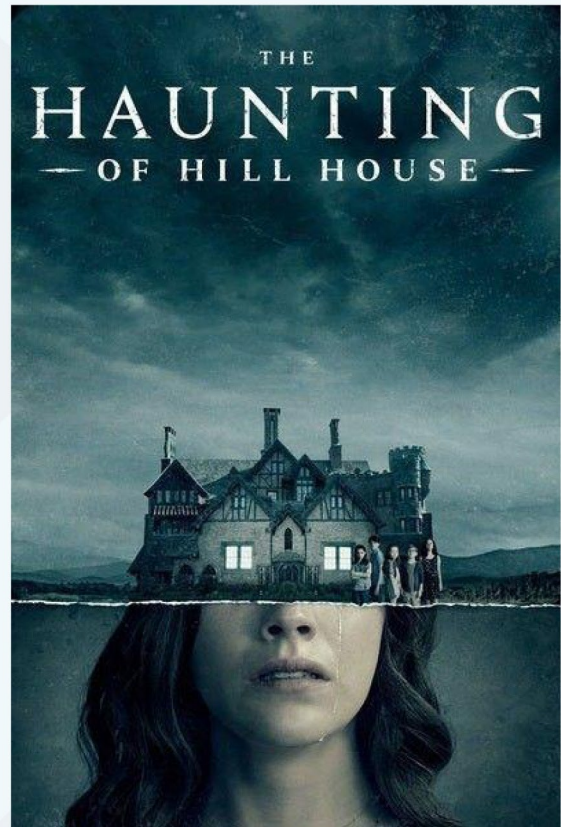
Relax like Your Life Depends on it

After a long year of stressful classes, it's finally time for every student to kick back and relax! With the end of exam season already here, you're all surely looking for the best ways to spend your vacation days in ultimate comfort. What better way to set the tone than snuggling up in bed with your favourite snacks and media in hand? Being an avid consumer of all kinds of media myself, I felt it simply too crucial to share my favourite ones with you.

Following is a list of the most captivating shows, movies and books I would give anything to watch for the first time again. To be showered in the perfect dose of horror, romance, action and other worldly knowledge, these are just the pastimes to get started with!

Shows

The Haunting of Hill House: This show follows the story of 5 siblings who have grown up experiencing paranormal activities. Set in two different timelines, the events of the house haunt them up to this day. Surpassing all cliché horror, this show will definitely send chills down your spine.



Also Watch - The Haunting of Bly Manor: Presented as a sequel to Hill House, this show observes a completely different story. Heartbreaking yet beautiful, this is a must watch.



Available to watch on: Netflix

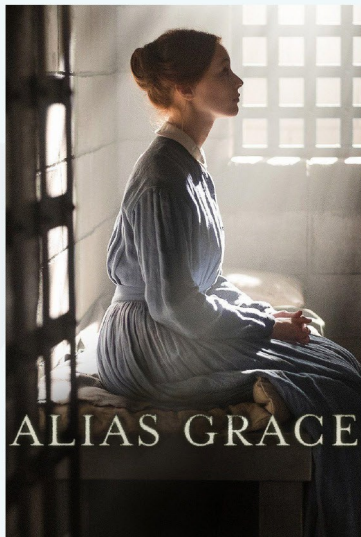
The Vampire Diaries: While this is a very old show and it is quite possible many of you have watched it, this list wouldn't be complete without it. Observing a love triangle between two vampires and their human love, this supernatural story will have you hooked from the very beginning to the end.

Available to watch on: Netflix and Amazon Prime



Alias Grace: Based on the 1843 murders of Thomas Kinnear and his housekeeper Nancy Montgomery, this miniseries retells the story of the accused Grace Marks. Innocent to any onlooker, this is a true mystery of how a delicate woman could be involved in such a heinous crime.

Available to watch on: Netflix



Maid: Observing the life of a mother Alexandra and her 2-year old daughter Maddy, this story delves deep into the messiness of addiction, domestic abuse, trauma, poverty and life for a single mother who works as a maid to make ends meet.

Available to watch on: Netflix



Derry Girls: Following life during the 1990s' Derry Troubles for 5 teenagers, all awkward in their own ways, this series is delightfully funny. With relatable characters and a hilarious storyline, you will definitely love this one.

Available to watch on: Netflix



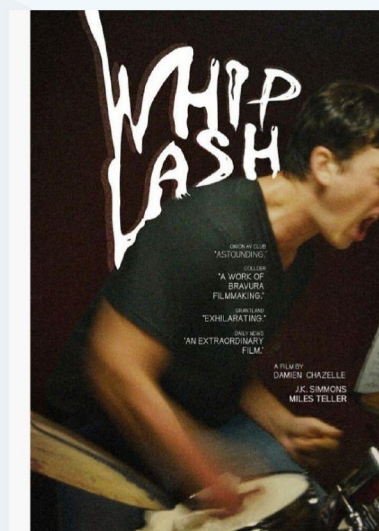
Bonus - Superstore: If you have liked the recommendations so far, you must absolutely watch Superstore. A sitcom situated in a big box store, this show is equal parts funny, sad, romantic with the most perfect ending a show could ever have.

Available to watch on: Netflix



The Imitation Game: This biopic fictionalises the life of Alan Turing, known as the Father of Computer Science and Artificial Intelligence. After putting in years of hard work into cracking the Nazi code Enigma, Turing faced disgrace by officials for being gay. The movie sheds light upon how bigotry cost us the loss of a true legend.

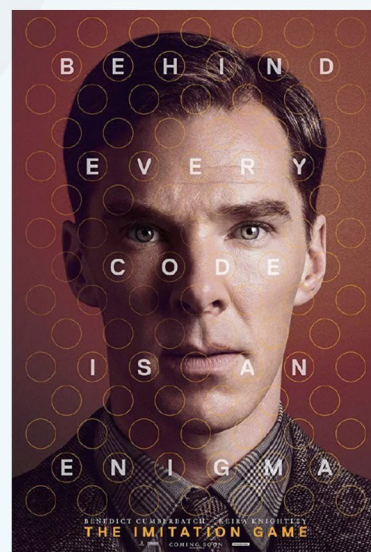
Available to watch on: Netflix



Movies

Portrait of a Lady on Fire: Based in France 1770, this is the story of an artist who has been commissioned to paint a reluctant bride, without her knowing. Watching her in secrecy and spending time together, they fall in love. Enchanting and exquisite, the aesthetics in the movie make it a thrill to watch.

Available to watch on: Amazon Prime



Whiplash: An aspiring jazz musician, Andrew, under the tutelage of a teacher known for his terrifying methods, spirals into an obsessive frenzy at the hands of the ruthlessness of his professor. If anything, you should definitely watch this for the goosebumps inducing performance by Miles Teller and J.K. Simmons.

Available to watch on: Amazon Prime

Gangubai Kathiawadi: Based on the life of Gangubai Kathiawadi, sex worker, activist and madam, who was sold into a brothel at a young age by her husband. With accurate references to the locations and stories, the depiction of this Mafia Queen of Mumbai by Alia Bhatt is commendable.

Available to watch on: Netflix

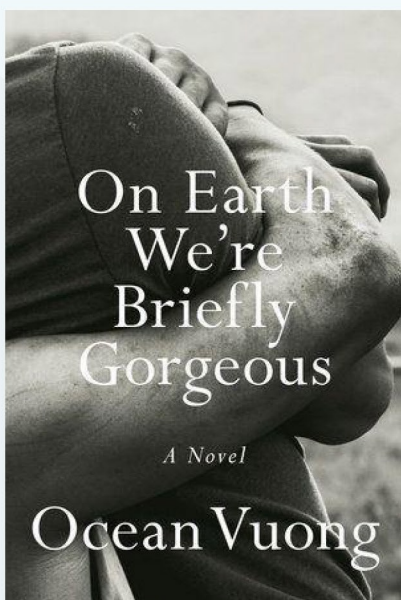


Encanto: On a lighter note, Encanto is a Pixar movie about the magically blessed Madrigal family. Infused with plenty of drama, wisdom and above all, plenty of groovy music, you can just never get enough of this movie.

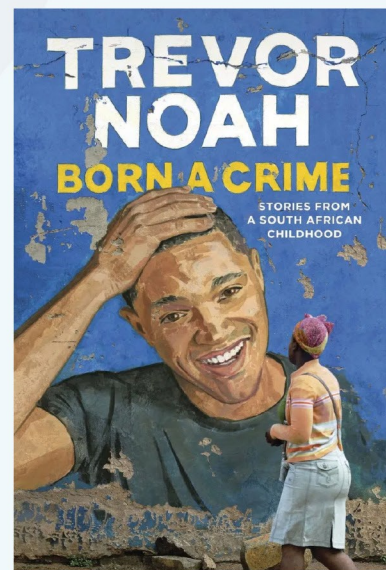
Available to watch on: Disney+ Hotstar

Books

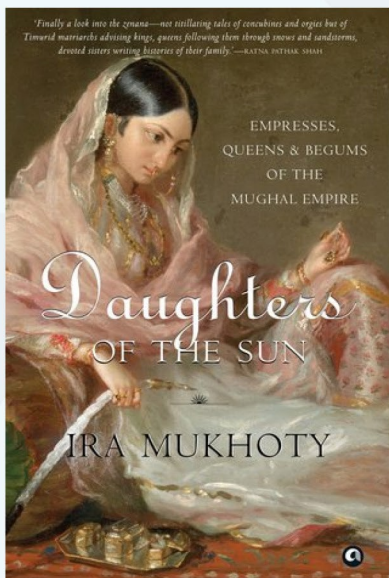
Born a Crime by Trevor Noah: Written by South African comedian Trevor Noah, this book is a collection of stories from his life during the Apartheid. Portrayed in his usual funny demeanour, this is an enthralling read.



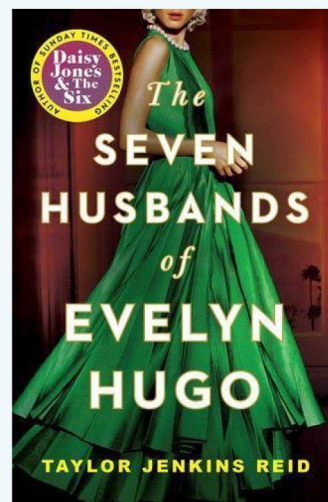
On Earth We Are Briefly Gorgeous by Ocean Vuong: In this book, Vuong explores the Vietnamese war that lives on in the trauma of his family. As a letter to his mother, he pens down the book in an excruciating retelling of his own abuse and life as an Asian gay man in a foreign country.



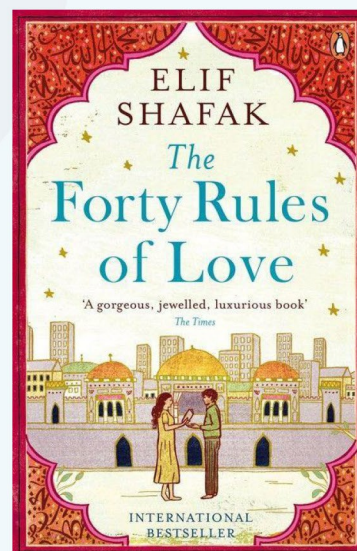
Seven Husbands of Evelyn Hugo by Taylor Jenkin Reids: This is a fictional dramatic novel that follows the life of Old Hollywood superstar Evelyn Hugo through her last ever interview.



Forty Rules of Love by Elif Shafak: In an interesting synthesis between current day fictional Ella - Aziz story and the 13th century factual Shams of Tabriz - Rumi story, Elif Shafak puts forward a gentle, reassuring guide that will serve as a reminder to treat everything and everyone with love.



Daughters of the Sun by Ira Mukhoty: Retelling the stories of Mughal women, queens and empresses that lived in the shadow of men, this is a historical novel that paints a graphic picture of the allure, grandeur and royalty of the Mughals.



- Riya Shukla, SYBA A

CONSEQUENCES OF LOW SELF ESTEEM

How your overall opinion of yourself matters.

MASLOW'S HIERARCHY OF NEEDS.

A human being's cognitive skills are what separates us from other species in the intelligence department. All of the human growth, advancement, and inventions are all powered by the best supercomputer in the world- our brain. Thoughts, opinions, and perspectives about every minuscule detail in our life and how we deal with everyday situations are shaped by the events that we go through. Sometimes, we may develop a lower opinion of ourselves due to circumstances where we felt unheard, powerless, or in pain.

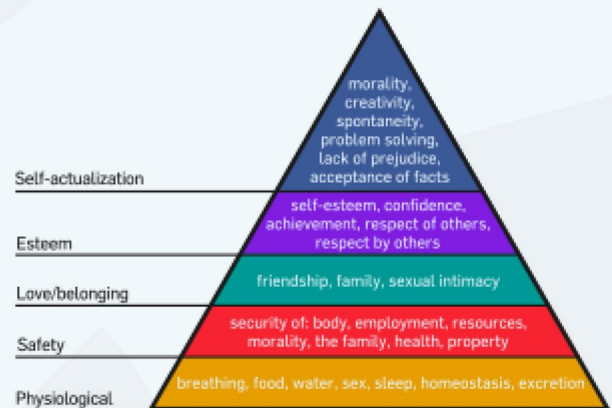
Signs of Low Self Esteem



1. Constant Self Comparison:

If you constantly find yourself downplaying your achievements and paying attention to others' lives over your own ignoring your wins then you may have esteem issues.

Oftentimes this stems from giving



importance and value to the ones around you due to events where your accomplishments weren't celebrated enough and this can hamper your path to success.

2. People Pleasing behaviour:

If you had to grow up where the mood of your primary caretaker determined the course of your day and you had to manage the emotions of the people around you, ignoring your feelings at that moment, you might develop esteem and confidence issues over time. People pleasers often tend to put their feelings second, dismissing their likes and dislikes to accommodate someone's feelings or opinions towards them. This constantly leaves them on the edge requiring an external factor to validate their feelings. People pleasers find it difficult to be their authentic and true selves in fear of disagreement from the other party.

3. You Feel Like You Have Little to No Control over Your Life.

People who feel this way, often believe that they are incapable of making positive changes in their life or society. Every small task may seem huge and the tendency to be independent relationships with your loved ones may be high. This can not only hamper your relationship with yourself but also with others.

4. Problems asking for help

Oftentimes, low self-esteem can make us internalise that asking for help makes us incompetent as compared to our peers. An already low value of oneself goes down one more step due to the fear of being seen as 'weak'. This can lead to major problems such as isolation, weak relationships, and procrastination.

5. Lack of Boundaries

People with low self-esteem usually also fear being alone and suffer from major imposter syndrome. When we fear being alone, we become okay with other people and their opinions ruling our life, and hence, we live according to the rules of others. Lack of boundaries can lead to unstable relationship dynamics that can solidify the fear in one's head of their inferiority and that if they don't comply, they are the problem – which is of course, not true. However, some manipulative people can take advantage of people with esteem issues which can lead to a series of abuse or problems.

6. Trouble accepting positive Feedback

In the year 2017, a research conducted by the Journal of Experimental Social Psychology found that low self-esteem is directly correlated to not being able to

accept or capitalize on compliments from others. A negative self-opinion may cause one to be unable to accept or even comprehend compliments or positive gestures by others. In extreme cases, one may believe that the other party has cruel intentions behind the same due to being met with suspicion and distrust.

How to raise your self-esteem?

There are several ways in which you can improve your self-esteem.

1. Identify and Challenge Beliefs That Don't Serve you.

Sit down and take a note of how you feel about yourself, whether it's writing it down or talking to yourself in a mirror. Identify the beliefs that you have internalised that would be cruel if you said them to others or your younger self, this will cultivate a mental shield to all the negative opinions of others and yourself that you believe as facts.

4. Identify the Positive Aspects of yourself.

Oftentimes, we only take into consideration the negative aspect of life such as our limitations and negative events that shaped us. Understandably so. However, if we let this impact us in our daily lives, we will never be able to focus on the present. The past and the future do not exist and can only be recalled and replayed multiple times, hence try to live in the moment and be more aware of the little things that make you happy.

3. Connect with like-minded and Positive People

People such as your family and friends can help you cultivate self-love by validating all the positive things they see in you. Be sure that the ones who you

associate with have your best interest.

4. When Life gives you struggles, Take a Break.

Taking a break when you're exhausted is as important as motivating yourself. When life gets too difficult to handle give yourself adequate breaks and give yourself grace for making it ahead so far!

5. Learn to say No and assert your opinions

Saying No can be very important especially if we are in a situation that does not sit right with us. Prioritising your needs is a way of reinforcing respect for oneself and also in the eyes of the ones around you.

6. Improve Your Physical Health

Studies have shown that maintaining one's physical health can release chemicals into the brain stream that can promote mental health growth as well. Inculcating activities such as light to moderate exercise, swimming, or playing a light sport can brighten up your day.

7. Face challenges as they come.

There's always going to be a time when life can seem unbearable. At times like these, taking into consideration your well-being and the support of your loved ones, try to face your fears. What's the worst that'll happen? You'll lose and learn. It is a learning to humans.

Stephanie Liban Cardoz, SYBA.

WHAT MAKES YOU NOT A BUDDHIST

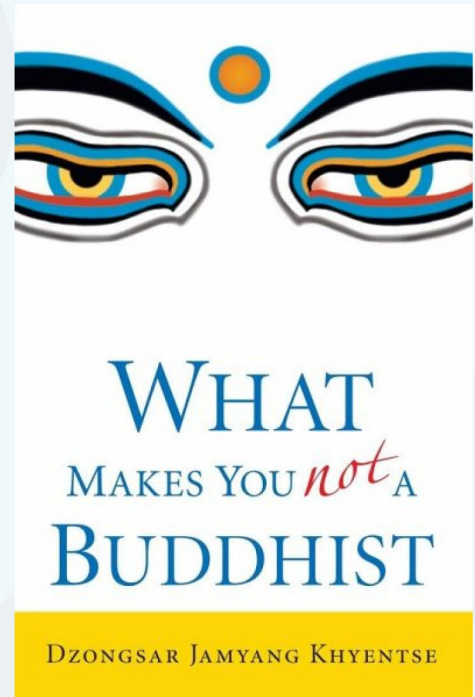
This book is a vital summary of the essence of Buddhist philosophy. Dzongsar Khyentse Rinpoche makes a note of the terms he used to translate the four seals into modern English. He indicates that markets are frequently made to appeal to a larger audience that will grasp what is being stated. Even if the phrases employed do not fully reflect the concept underlying the four seals, they are more understandable to a Western audience.

The book has a bright, even contemptuous tone to it. To make Buddhist teaching more digestible and interesting to the average individual, Dzongsar Khyentse Rinpoche weaves strands of modern pop culture into his presentation. The book reads as serious Buddhist philosophy combined with hilarious Western cultural observations, which truly puts things in perspective: we see the hype around consumerism and materialism for what they are. However, the book's substance is an explication of essential Buddhist doctrine.

So, what prevents you from being a Buddhist? This small extract encapsulates the core of the lesson and the book:

You are not a Buddhist if you cannot recognize that all composite or produced things are transient if you believe that there is some basic element or notion that is eternal. You are not a Buddhist if you cannot accept that all feelings are painful if you believe that certain emotions are simply enjoyable. You are not a Buddhist if you cannot accept that all realities are deceptive and empty if you think that certain things exist intrinsically. And if you believe that enlightenment can only be found inside the confines of time, place, and power, you are not a Buddhist.

The book is divided into four sections, with each section taking up one chapter. The first chapter is titled "Fabrication and Impermanence." We find, after a lengthy period of reflection, what



Buddha discovered: that every event we see is the result of several things briefly joining together to create the impression of an independently existent reality. This illusion is dispelled when we realise that everything that originates eventually fades away and that everything is in a constant state of change.

"Emotion and Pain" is the title of the second chapter. Here we see what Buddha discovered about emotions and their link to pain and misery: that all emotions include clinging to a sense of self. Buddha taught that all emotions, whether happy or bad, are ways in which we connect with a sense of self. We tend to gravitate toward "good" emotions and push away "negative" ones. We're either aiming to "grow" or "defend" ourselves when we clutch or push away. In any situation, we have a strong attachment to our sense of ourselves.

"Everything is Emptiness," is the title of the third chapter. In the original Pali, this is commonly presented as anatta (no-self), and several Buddhist scholars have rendered it as "all composite things are non-self" or "empty of self." That is, there is no intrinsic existence or is-ness in any compounded phenomenon. This comes logically from the first seal, as well as from contemporary physics, which maintains

that everything is in a constant state of flux. Dzongsar Khyentse Rinpoche outlines Siddhartha's willingness and ability to realise that all of our existence is only labels placed on objects that do not genuinely exist, and how this led to his awakening:

"Nirvana is Beyond Concepts," says the fourth chapter. This fourth seal is particularly intriguing because it is not expressly described as one of the three properties of life in the Pali Suttas. Specifically, the first three seals are *anicca*, *dukkha*, and *anatta*. This last seal, however, may be seen to naturally follow the first and third seals. If all conditioned objects are ephemeral, empty, and devoid of inherent existence, we cannot describe them as if they genuinely exist: a rock, a tree, a cloud. All of these items are verbs, not things. In reality, there are no objects to speak about, not even more complicated processes like you and me. Everything is a procedure.

This is also the reality of current quantum physics: even the tiniest measurable particles of matter are not eternally everlasting and indivisible components, but rather constantly changing and fluctuating streams of energy (which aren't objects). In other words, there are no names, no genuine objects, only labels that represent those obvious things as linguistic conveniences. And so it is with Nirvana—it is above words, labels, and notions, and, like everything else, it exists immediately in the field of experience—a condition of consciousness. However, because we understand this, we may talk about Nirvana as though it were a real entity, thereby facilitating communication as a matter of language custom.

This concept is eloquently represented in one of Buddha's most well-known teachings: the road, the vehicle, is a transitory mechanism that permits us to pass over to the other side—much like a raft that transports us across a tumultuous river. It may even be custom-made for our specific situation. However, once we've crossed, we don't keep the raft on our backs; instead, we chuck it away after it's fulfilled its job.

With this book, Dzongsar Khyentse Rinpoche has supplied us with a much-needed drop of clarity in an age of uncertainty and information overload. In his explanation of the four seals, he

has dispelled much of the ambiguity surrounding the many schools of Buddhism. He has assisted us in understanding what is necessary by relying on Buddha's teachings and practices, lifestyle, and perspective.

An article by Pearl Dsouza, TYBA

Featured Photograph



- Brendon Martins, SYBAMMC

MOVIE REVIEW— SHARMAJI NAMKEEN

Jab se retire huye hai, mata chad gayi hai sar par.

Why is it necessary for someone to retire at the age of 60? Is the person rendered useless or insane?

Retirement is the start of a highway, not the conclusion of a road. Sharmaji Namkeen is a heartwarming film about life after retirement and the love between a father and his sons. Alongside this, the theme of corruption in real estate is brought out.

This film is remarkable because a single role is played by two separate actors, which is quite rare in the world of cinema. The tragic death of Mr Rishi Kapoor during the making of the film created an impediment that was extremely tough to overcome. As they say, "the show must go on," thanks to Mr Paresh Rawal who stepped into the shoes of Sharmaji Namkeen and made it possible for the viewers to see their favourite Chintu Ji on the screen one last time. Other notable actors in the film include Juhi Chawla, Suhail Nayyar, Isha Talwar, Taaruk Raina, and others.

Sharmaji, a 58-year-old widower from Delhi, finds it difficult to adjust to life after retirement. To keep himself engaged, he tries several things, but none of them seems to work. Finally, he discovers a reason to cook and fulfil his culinary dream. Sharmaji is surrounded by the company after being hired as a chef by a kitty group (until his sons find out). He finds amusement in the high society ladies' discussions, who are as lonely as him.

The film is light and breezy, demonstrating that dreams have no age limit and can be realized whenever a person desires. It also demonstrates that, in this increasingly independent world, parents' opinion is valued, and they always want the best for their children.



The film's strength resides in the seamless transition between two Sharmas. Even though their pitch and moods differ, it's easy to believe that a character is played by two different persons who are only linked by the signature sweater, scarf, and attaché bag. The film does not become preachy or theatrical at any point. Hitesh Bhatia has created a lighthearted movie that addresses themes like ageism and gender stereotypes.

Streaming on Amazon Prime Video, I give this film a 4/5. It's entertaining, and I wouldn't mind watching it again.

-Niyushaa Petigara
FYBA A

Things to do during the Vacation

Finally, it's the time of the year we've all been waiting for - Vacations! The academic year is over and we couldn't be happier. But what to do during the vacation? That is a question many students face.

Well, I've got you covered! This article will help you decide what you should do during the vacation to make the most out of it. In this article, I'm going to disclose how to increase concentration and become happier. I'm also going to give away a huge secret that will help you land your dream job in the future, so read till the end!

1. Read Books:

Look I get it, not everyone likes reading books. Like, let's get real, who wants to read a book when you can watch a movie, right? WRONG! Reading books is one of the best things you can do for yourself. It's an exercise for your brain that helps improve concentration, focus and memory.

Another benefit, it can also increase one's IQ. Yes, IQs constantly change. Studies have found that people who read books have higher IQs when compared to their non-reader counterparts. Studies have also shown that reading books can delay or at least slowdown brain degenerative diseases such as dementia.

From personal experience, books can never disappoint you. They will always outshine their TV Series or Movie Series. Reading books boosts creativity tremendously. This is because you draw mental images of characters, the surroundings, the "scenes", etc. in your head.

If you want to read a breathtaking novel this summer, I'd recommend Don Quixote. It's regarded as the best novel in the entire world and is the second-largest selling book in the world. Second only to the Holy Bible.

2. Learn a New Language:

I think that I can without a doubt say that all Mumbaikars speak at least two languages. So this point shouldn't be that hard to sell. Nevertheless, I'm still going to ;)

Learning a new language opens doors to numerous opportunities. You can communicate with a greater number of people and in the globalised world that we live in, it's almost necessary to know multiple languages. Research shows that people who speak multiple languages are better at analytical tasks. And a similar benefit to reading books, it delays or slows down neurodegenerative diseases.



3. Learn a New Skill:

This is the most basic and generic advice that we've all heard. So you must be thinking, why is it on this list? Well, I'm going to narrow it down for you! Learning a new skill is something we all have on our bucket list, or at least I hope it is ;)

When I say learn a new skill, I mean something creative. It could be painting, dancing, swimming, calligraphy, etc. This new skill can become a form of therapy for you. And yes, It's legit therapy. It's called Art Therapy. Art Therapy is used to treat numerous mental problems. Stress, anxiety, depression, etc. are a few of the things art therapy is used to treat.

For me, my art therapy is calligraphy. It started as a distraction from schoolwork and has now evolved to be a constant factor in my life. It has helped me with my anxiety, stress and numerous mental problems that have come over the years. Any time I feel down, I run to my drawer and pull out my calligraphy pens and paper.

Your art need not be something specific, it can be anything that helps you express how you feel. This could be something such as dancing without any specific steps or painting without any specific design in mind.

4. Learn Martial Arts:

The world is a scary place, we all know this. Learning martial arts will always be beneficial to you, in more than one way. Apart from the obvious, martial arts provides you with a full-body workout. It also increases confidence and flexibility. Studies have shown that children who participate in martial arts have greater confidence and perform better in school as compared to those who don't.

Martial arts lower blood pressure and heart rates. One significant benefit of practising martial arts is that you need not go to the gym. Since it's a full-body workout, you don't need to run on a treadmill or lift any weights to achieve your dream body!

One surprising fact about learning martial arts is that it improves memory and learning skills. The exact same benefit as seen in reading books and learning a new language, learning martial arts can delay or slow down neurodegenerative diseases.



5. Volunteer:

And finally, the one that I promised you at the very beginning. The one that can help you get your dream job. It's Volunteering! There are numerous volunteering opportunities available and this is because people don't know the value of it. We live in a digital society and in this society, it is necessary to have a digital presence.

Recruiters are always on the hunt for talent and the first place they look at is LinkedIn. LinkedIn, if you don't already know, is the world's largest social media platform for working professionals. Volunteering experience is invaluable as it boosts your profile visibility tremendously. The more volunteer experience you have, the better it is for your future.

Now, apart from the business aspect, volunteering can help you find like-minded people and form bonds with them that can be life-changing. For some, volunteering can bring about a sense of purpose, thus becoming happier. Studies have shown that volunteering improves one's self-esteem!



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