

OCD A QUIRKY AND FUN TRAIT? PORTRAYAL OF OCD IN MEDIA



Obsessive Compulsive Disorder, or OCD, is not the same as Obsessive Cleaning Disorder. This misconception needs to be cleared due to the incredibly inaccurate portrayal of this widely-known mental disorder. OCD is defined as "excessive thoughts (obsessions) that lead to compulsive behaviour." This mental disorder is prevalent in 2% of the world population but is also present in almost 98% of the television world. Adding characters with storylines that suffer from OCD is a never-ending trend for writers. By doing so, they think they bring out the quirky and fun side of themselves, which is utterly wrong.

Sheldon Cooper from the popular TV show, Big Bang Theory is seen needing to knock three times without being interrupted or refusing to let anybody sit in his chair. The knocking takes a humorous approach and does not address emotions beyond irritation when it cannot be completed and gratification when it can. This makes it appear as if compulsions are performed because people like or want to do them, which is not the case. Another example is the character Monica Geller from another popular TV show, Friends, who is seen

vigorously cleaning her surroundings and behaving like an extreme neat freak. Although the show never points out that she suffers from OCD, viewers often claim that she is, which is not a fair representation of the disorder. Therefore, the real representation of the mental disorder is rarely displayed, causing scepticism among the audience, which leads to people saying "I'm so OCD" in regards to just liking things around them to be clean.

On the other hand, there are a few excellent films that capture the actual spirit of an individual suffering from OCD, such as Leonardo DiCaprio's role in Martin Scorsese's historical drama, The Aviator. Leonardo DiCaprio portrays Howard Hughes in the film, an aviation pioneer and film producer who was generally regarded as "eccentric" because of the compulsions he felt regularly. Various examples of the character suffering from OCD include the actor scoring his hands till they bleed, refusing to touch items that have been handled by others, bringing his soap to wash his hands, and so on. The film depicts the pain of compulsion and time-consuming behaviours, as well as how angry, frustrated and irritated, they



In conclusion, the portrayal of characters shown on television, especially those suffering from mental disorders, may not be accurate. Most importantly, the film and TV industry should not depict inaccurate portrayals of real-life concepts and conditions to their audience. In addition, the audience shouldn't be gullible towards atrocious media content and should educate themselves through the right one.

Written By: Jovita Francis, FYBA.

feel in certain situations and moments. Perhaps the portrayal is so accurate because the film, unlike most films, is about a real person and real-life circumstances. DiCaprio in the lead role certainly did a phenomenal job and doesn't hurt the audience's sentiments with the portrayal of his character.

The media plays an important role in shaping minds and attitudes. Therefore, representation of major problems, more importantly, mental issues, needs to be addressed accurately. In regards to the topic, OCD shouldn't be taken lightly or in a demeaning sense that offends someone who suffers from it. Instead, people should be educated on how to work well with people suffering from it. OCD treatment may not be a permanent cure, but it can help bring the symptoms under control so it doesn't rule an individual's daily life.

The Stupefying Success of Indie Music in India

Music is something I've always looked forward to, it is something that has got me through my worst times and made me dance with happiness at my best times, and had the power to make me smile and recall the memorable moments I've had. It made me cry when I needed to, gave me courage when I should have been tough. When I failed to express my feelings, I knew music could comfort me like no other. I believe there is a song for everything. And, I cannot imagine a day without music.

Music hails many genres like rock, pop, alternative rock, classic, R&B, and many more. But, one of the underrated forms of music is Indie. Indian Indie artists are considered underrated as they do not get the exposure they desire. Independent artists find it difficult to gather an audience as they do not represent any label or in simple terms, it's just "Non-Bollywood". Indie music can have its subtypes like rock, indie folk, pop, and hip hop. For years now, many Indie artists have produced music, but I'm sure we've rarely heard these names.

Indie music first started in The United States and, slowly many Indie artists emerged throughout the world. Today, many Indie artists are getting the recognition they deserve. Indie music and hip hop are two genres that are still relatively unknown to the general public, but musicians are gradually rising and claiming their place in the spotlight. In a

country Like India, where Bollywood music reigns supreme, it is fairly difficult to cater to the audience.

Indie music in India got the limelight in the 2010s. While YouTube was the new sensation and independent music artists got their platform. I was introduced to Indie music by one of my friends, the first song I heard was Aaftab by The Local Train, and I was absolutely in love with it and continuously played it on loop. I put Spotify on Shuffle and soon started discovering new artists.

Here are some of the Indie artists and bands in India that you need to know about:



1) The Local Train

This was the first Indie Band I was introduced to, and their music is beyond charming. The Local Train is an Indie Rock Band from New Delhi. Listening to their songs feels like a warm hug with meaningful lyrics. It has received a lot of support for a few years, with songs like Aaftab, Khudi, Dil Mere, Choo Lo, The Local Train is winning hearts and continue to do so.



2) Taba Chake

Taba Chake hails from Arunachal Pradesh and is a guitar player and singer. Having grown up in a tribal environment, it reflects in his music. His song Blush reminds me of the happy yet painful side of love. He introduced the Nyishi dialect in his music as it is fading fast, and he decided to give more importance to it. His album Bombay Dreams has received impressive reviews from critics.



3) Indian Ocean

Indian Ocean is an Indian Rock band that was formed in Delhi in the year 1990. Their albums are namely, Indian Ocean, Black Friday, etc. I recall the first song I heard of this band, it was Bandeh from the Black Friday album.

The first time I heard it, I felt like I was listening to any other rock song. But when I paid more attention to the lyrics, the message was crystal clear. Are mandir ye chup hai are masjid ye gumsum, Ibadat thak padegi ho, Samay ki lal aandhi kabristan ke raaste, Are latpath chalegi ho. It means, the temples lay quiet, the mosques are saddened, your prayers will laugh at you. These lines reference issues of communal violence. The lyrics are moving, powerful, and give you absolute chills. This song grew my respect for this band. Some of their greatest songs include Des Mera, Tandanu, and many more.



4) Prateek Kuhad

He is a singer-songwriter and makes independent music. He is famous for his track cold/mess which was featured on Barack Obama's Favourite music of 2019's list. He has written songs for a couple of movies like Karwaan, Baar Baar Dekho, and Gurgaon. Many youngsters are now developing a taste for his music. The reason why he has become one of the top indie musicians in the country is because of his honesty towards his own emotions. Some of his blissful songs include Kasoor, Saansein, and many more.



5) Anuv Jain

I was introduced to Anuv Jain's music when his song Ocean started playing. I was instantly addicted. The soothing voice, the minimal music will make you wish for more. In one of his interviews, he explained how sadness can prove to be an asset and how it helped him in making music. Songs like Riha and Baarishein are a treat to the ears.

- Glynis. A. Fernandes. SYBAMMC

Book Review

Pride and Prejudice

"I could easily forgive his pride if he had not mortified mine"- Elizabeth Bennett.

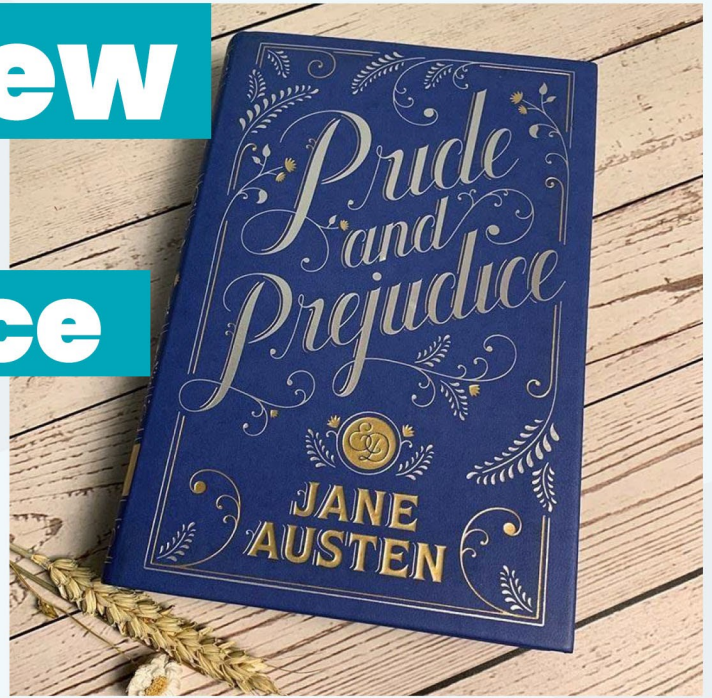
One of Jane Austen's most prized works, *Pride and Prejudice* is a book almost everyone has heard about. Whether you have read it or not, this literary art has not managed to escape anyone's bookshelf.

Regarded as a classic, this book is considered to be way ahead of its time, seeing how it is based in a time where women were seldom seen voicing their opinions.

The book is based on the life of Elizabeth Bennett, the second child of the five children in the Bennett family. It starts with Mrs Bennett trying to find a decent proposal of marriage for her daughters. The opportunity comes in the form of Bingley's arrival in town. Hoping to get one of her two elder daughters, Jane and Elizabeth, a marriage proposal by the end of the ball, Mrs Bennett arrives at the ball in full spirit. There Jane meets Charles Bingley and soon the two immediately take an interest in each other. Although their meeting was going great, the same couldn't be said for Mr Bingley's friends, Mr Darcy and Elizabeth. Although slightly intrigued with each other, their meeting was less than cordial. Soon the time had passed and although nothing was official it was clear both Jane and Mr Bingley shared affections towards each other. But it all stopped abruptly one day, with Mr Bingley's

departure without so much as a reason. This saddened Jane a lot. Soon it was revealed that Mr Darcy had persuaded Mr Bingley, along with his sisters who weren't fond of their family, to leave town. This angered Elizabeth to no end. As mentioned before, Elizabeth's character was ahead of her time. With little interest in marriage, not being very interested in the normal things women at that time were interested in. The book, 'Pride and Prejudice' is apt to its name with Mr Darcy and Elizabeth being both proud and prejudiced respectively. Jane Austen has done a fantastic job portraying her characters while also simultaneously keeping the reader's hooked to the book.

- Shruti Nangia, FYBA



FEATURED PHOTOGRAPH



By Brandon Pinto

Movie Review

The Danish Girl



A story the world was not ready for, a wonderful person this earth could not contain. Such is the story of Lili Elbe, the protagonist of this month's feature. The Danish Girl is a biographical drama film released in 2015 and directed by Tom Hooper. The movie's cast includes Eddie Redmayne as Lili Elbe, Alicia Vikander as Gerda Wegener, Amber Heard as Ulla Paulson and Matthias Schoenaerts as Hans Axlil.

Lili Elbe, who was a famous and successful painter under her birth name, was one of the first humans known to undergo sex-reassignment surgery. The Danish Girl is a beautiful illustration of her journey of finding herself. The movie portrays heavy themes surrounding gender and sex stereotypes and handles them rather beautifully. As mentioned earlier this movie is a biographical depiction of a trans woman of the same name in the 1920s. Our protagonist is shown to be a successful painter in the prime of their life and career but makes it pretty evident that they don't particularly enjoy the fame and attention. Living in a happy and healthy marriage, you would think they have everything they need in life. Yet it seemed something was missing, something hidden so deep inside them that even they had forgotten it. But one fateful day it so happened that their wife (who was also a painter, albeit not gaining fame) required a model and her friend wasn't available. At that moment, there was a moment of unknown realization that

forever changed the course of our protag's life. This is the beginning of a journey that no amount of words can justify, it must simply be experienced. I highly recommend this movie although you might want to sit with a tissue box and a blanket rather than popcorn. Interpret that as you will, you have been warned!

I give this movie a 4.5/5 stars

-Written By: Joshua Ohol, FYBCom.

The Good Boy Grooming Tutorial

An Efficient Routine for Dog Grooming

For many people, pet grooming brings up ideas of bows, ribbons, perfumes and a fluffy pet ready to stop by a dog show. However, pet grooming is not all that and is very vital for your beloved companion's overall health and well-being.

A good pet grooming routine requires a few basic steps to be followed every set period depending on the necessity and breed of your pet to ensure its great health and vanity.

Many find it difficult to groom their dogs at home as not all pets like the experience of having their nails trimmed or ears cleaned. To avoid any fuss, it is necessary to create habits and routines when they are puppies, just in time to create this routine as a fun bonding activity that will strengthen your relationship. Even if you choose to use a professional pet groomer, here are regular grooming techniques that you can still do at home with your pet!

Important benefits of pet grooming -

1) Brushing

Brushing is often assumed as the only element of grooming, but it's not all about the physical appearance of your furry friends. Regular brushing leads to



(pohjakroon on pixabay)

the removal of dead hair, lice and prevents any future infections. Brushing enhances the coat's shine and texture as the natural oil of your pet's skin is spread evenly in the process. Brushing ensures ventilation which gives you time to access any ticks, fleas, identify skin problems such as bald or dry patches.



2) Bathing

Bathing your pet depends on your dog breed. If you have a tall or short fluffy pet that sheds enough hair to clone itself every week- Pomeranians, Huskies, Retrievers and Poodles, (we're looking at you) bathing twice a month will do the



(oritslama, pixabay)

1. Squeeze some doggie toothpaste onto the soft toothbrush and allow your dog to lick it off. Lightly spread it around the inner gum area as well.

2. Gently lift your dog's lips and rub the toothpaste evenly against your dog's teeth and gums for a few seconds.

3. Do not forget to give your dog its favourite treats for positive reinforcement.

job. However, if your pet is an indie breed, or doesn't shed a lot, for example -Rottweilers, Great Danes, Pugs, Dobermans, etc. then bathing once a week is very important. Bathing is necessary for your animal to remain clean and germ-free. Consult your veterinarian as to what sort of bathing schedule they would recommend for your breed of dog.



(u/Whompingtobewhomping, Reddit)



(petwebmd.com)

3) Teeth Brushing

Ever been a part of a cuddle session only to be greeted by a foul breath? That smell is a signal of many periodontal diseases that await you. Regular brushing is essential to avoid these types of diseases caused by food rotting in the inner crevices of your pet's teeth. Ask the vet for Dog toothbrushes and kinds of toothpaste. If your pooch has a no brush policy, then I'm sure your vet will be delighted to suggest dog chew sticks that'll do the trick!

4) Nail Trimming

Over time your pet's nails grow extremely sharp which can pose a health hazard to their eyes, your eyes, their skin, your skin and the furniture in your home! Regular trimming will prevent any ingrown nails, accidental cuts, or infections caused by the same. Joint pain and arthritis are very common among older pets and trimming can ease their pain. To avoid your pet turning into knives-on-paws, learn to trim your pet's nails by a professional or take them for weekly trims. Oftentimes, vets will have a professional groomer at the clinic that you can check in with after any visits.

Steps-

1. Hold the foot steady or use the handbag method.
2. Snip off a small bit at the end of each toenail below the quick.
3. Repeat Steps 1 and 2 on each paw, and don't forget to clip the dewclaws. (Dog-friendly Nail polish optional!)



(Vizslafotozas, Pixabay)

5) Ears

Ears come in all shapes and sizes, but the problems are often the same. Most breeds are susceptible to ear infections that host parasites and ticks which can be very painful. Oftentimes, a pet's moods, appetite and overall health decrease if ears are not taken care of. Clean, wax-free and odourless ears are ideal. Ears that have an unpleasant smell, swollen bumps or tick bites must be shown to a medical professional immediately.

Steps-

1. Make your dog as comfortable as possible and hold its head in a position where its ear is exposed.

2. Apply solution recommended by Vet.
3. Using a clean, soft cloth or sponge and gently wipe out the excess solution.



(sofi130504 , Pixabay)

6) Eyes

Eyes are the window to the soul. Eye care also affects the overall health of your pet. The hair around their eyes must be trimmed to avoid infections. Do not allow eye discharges to settle and harden around the eyelids. They can quickly turn into breeding grounds for tiny fleas. Eye health is very important in animals and many breeds are prone to cataracts and old-age blindness. Check with your veterinarian at least once a year. Oftentimes they will recommend a coated pill or fish oil to deal with the same. DO NOT diagnose your pets and only take any decisions after your vet's approval.

Any watery eyes or anything that looks sore should also be checked by your veterinarian.

7) Physical Health

I'm sure you spoil your pets with the tastiest meats and ladoos, but a healthy dog is a happy dog. Ensure two good walks a day. If going outside isn't an option, come up with indoor games that involve lots of running activities that will get their energy exhausted for the day.



(Peggychoucair, pixabay)

8) Mental Health

Make sure that your dog's brain is well stimulated with exercises such as hide and seek, scavenger hunts and fetch and carry. Brain training is just as important for your dog as physical exercise. They both play an even role in maintaining your dog's overall health.



(Iconicwebsites, pixabay)

- Stephanie Liban Cardoz, SYBA

Chocolate Chip Cookies

Recipe

INGREDIENTS:-

- 1 ½ cups whole wheat flour
- ½ cup cocoa powder
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ cup butter
- ½ cup brown sugar
- 4 tbsp. milk
- 1 tsp. vanilla essence
- ½ cup chocolate chips
- 1 tsp. coffee
- A pinch of salt



METHOD:-

1. Take the butter, vanilla essence, and brown sugar in a bowl and whip it with a hand mixer till the mixture becomes light and fluffy.
2. Sieve the whole wheat flour, cocoa powder, baking powder, baking soda, salt, and coffee in another bowl. Mix the dry ingredients and keep them aside.
3. Add dry ingredients to the butter and sugar mixture.
4. Mix these well and the dough will start to form. Knead the dough well.
5. To give the dough proper consistency and structure, add milk.
6. Add the chocolate chips.
7. Keep kneading the dough till it can hold shape.
8. Make small balls of the dough and flatten them to give the shape of a cookie.
9. Sprinkle some extra chocolate chips on the cookies.
10. Preheat the oven at 180° C.
11. Place the cookies in the baking tray and let them bake for 18 minutes.
12. Let the cookies cool down for 15-20 minutes after removing them from the oven.

Enjoy your freshly baked cookies!!

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