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Our Forefathers**

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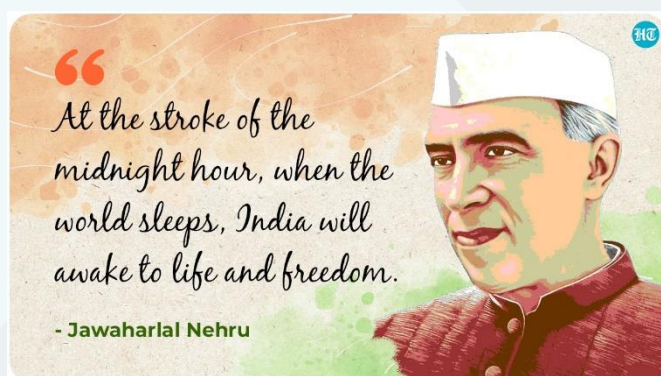
Revisiting My School for Independence Day

Everybody has a very special place in their hearts for their school. You will always remember the festivities, activities, and experiences that you made there. This year I was lucky enough to get the opportunity to revisit my school on the occasion of Independence Day.

The moment I set foot on the grounds of my school, I was overcome with nostalgia. The entire perimeter of the school's fencing was draped with tricolored flags. I met with my principal, and all of the teachers, and received their blessings. I felt as though I was back in my safe place when I was back on campus.

Shortly after the school's chairwoman arrived, the activities began. The principal hoisted the flag to open the event, which was then followed by a stunning march past. I remembered the time when I was in their position as I saw the student cabinet give commands. In a crowd of people wearing multicolored uniforms, the brilliance of wearing an all-white uniform stood out. I felt goosebumps as I looked at the Indian flag soaring in the sky.

My appreciation for the brave men and women who gave their lives to save our nation was strengthened in me by the



patriotic songs. I was in tears as I watched the young children perform on stage. The backstage antics, skipping class for pointless practice, and the goodies we received after the event made me long to return to those times.

This Independence Day let us take some time to value our nation and never forget the sacrifices made by the true sons and daughters of this country.

Jai Hind! Jai Bharat!

- Niyushaa Petigara,

SYBA A

The Letter From

Our Forefathers

Sitting in his post office he stares at the piled towers of envelopes.

A little flag sits on his tabletop, ceremoniously marking the occasion at hand.

A parchment of paper sits vacant, a letter to his son.

He wonders what his message shall be today.

A family tradition passed down like a baton in his arms.

As the pen touches the paper, the words flow out with vigour and grace.

The words come to him, at a fleeting pace.

"I remember a time when your great grandfather, delivered messages by land. Every letter is a story he said, for we the messenger must understand.

These are filled with words of love and care, sometimes they carry the weight of sadness and despair.

Treading kilometres on horseback to wherever his destination lay.

The India you knew was a lot different back then.

From horseback came the telegraph and rail.

The Raj brought innovation but at a cost too grave to let be and let live.

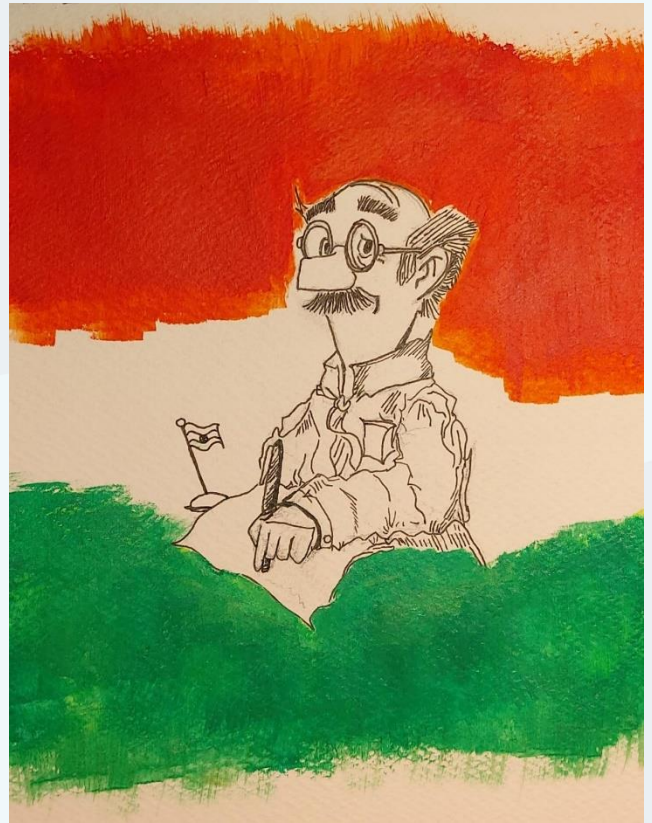
The plunder and looting were too much for those who opened their eyes to see.

As the cracks began to show, the people stood up and hailed to break free.

A unified front of struggle began and slowly built in size and scale.

A seed was sown, and the roots were beginning to take shape.

Your grandfather soon took on the role, when Gandhi turned salt from sandy grain.



He saw a federation of 565 kingdoms unite at the midnight hour when the world slept and India awakened.

At that moment a nation was born, and the cheers of joy passed across the land. As the sapling emerged from the ground, the work for our founding fathers had just begun.

You are from the country that houses the wonders of the world.

From the frigid peaks of the north to the peninsular sweltering south, the hilly east to the temperate west.

The terrain is wonderful in broad variety and beauty.

Not a single god can rule over us, for our divine idols are innumerable.

Not a single cuisine can define us for we harbour countless hidden treasures of relish.

Not a single language can take place of the 121.

The surviving 88 tribes of the North East and Abrogenies of the Andamans remind us of how far we have truly come.

A vibrant land of many facets, yet bound by a single flag.

What it means to be an Indian, is to be coexistent and tolerant, not just taking a stand.

In an age of emails, you might ask who needs letters anymore?

Yet again, I'm a stubborn old man stuck in his ways. You either live with it or grumble and frown.

The nation has turned 75 years old today, yet it has a civilization that dates back thousands of years.

Our story is incomparable to any other democracy around.

The old often will clash with the new. These are trying times, testing our determination and resolve.

As the story turns a page through a new century, we must retain that unyielding spirit.

For this foundation was built on the backs of those who never backed down.

This is the letter from our forefathers, to the future of our country and our leaders of tomorrow, now."

- Amaan Ojha,
TYBBI, A

Movie Review –

The Half of It

The Half of It (2020) is a lighthearted teenage drama film directed by Alice Wu. The main cast includes Leah Lewis (Ellie), Daniel Diemer (Paul) and Alexxis Lemire (Aster) among others. This one is fun, I promise! And before you ask, yes, this one is a lil *insert limp wrist*

The movie follows the life of our academically (not so socially) proficient protagonist, Ellie Chu. Ellie lives in a small town called Squahamish with her father, who is a signalman and station master. Ellie wishes to help her father with their debt, so she does her classmates' assignments in exchange for money. Ellie mostly keeps to herself and her socializing is limited to when anyone needs her help. She is often bullied for her ethnicity and unpopularity. And so came along Paul Munsky, a dimwitted but adorable jock, who needed Ellie's help. Paul wishes to ask out Aster Flores, the daughter of the deacon and resident popular girl. At first, Ellie doesn't consider the offer, but a call for the electricity bill changes her mind. Little did Ellie know that one decision was about to change her whole life. Ellie plans to land Paul a date with Aster by chatting with her through Paul's phone. But as she began to speak more with Aster, she felt herself growing closer to her. Her journey of self-discovery, through the relationship she formed between two people, is both interesting and entertaining.

The Half of It effortlessly manages to make the audience feel at ease. It has a corny vibe, slow but not boring pace and



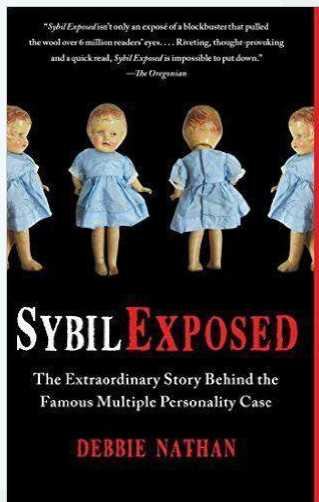
portrays a fun ending. Although the characters are very stereotypical, they find a way to be significant in their own right, making them all the more lovable. The movie discusses many aspects and views on what love is, with heavy influence of philosophy in its dialogue. Another thing to love about this movie is the amount of food scenes, this movie can get you hungry real fast with some great shots of the quaint kitchen in which the “Sausage Taco” was born.

The soundtrack of this film is like a spotify playlist that should be titled, “What Teenage Feels Like”. The lighting and sound choices are classic, including the title cards, transitions and time skips. It's almost as if the movie is self-aware about its persistence in maintaining romance novel tropes. At least that's something right? As corny yet not-so-corny as it may seem, I would still recommend you to watch it. Because hey, sometimes sticking to your roots can still make one wonderful watch. I would rate this movie 3.5/5

- Joshua Ohol,
SYBCOM A.

Book Review – Sybil Exposed

The Extraordinary Story Behind the Famous Multiple Personality Case



Picking up right where we left off in last month's edition, this review paints a much clearer view of the story of Shirley Ardell Mason, alias Sybil Isabel Dorsett.

When intrigue regarding this infamous case struck in the mind of American feminist journalist and writer, Debbie Nathan, almost four decades after the release of 'Sybil', its successor labelled 'Sybil Exposed: The Extraordinary Story Behind the Famous Multiple Personality Case' came into being.

Drawing her conclusions from a number of papers, tapes, records and such left behind by the three women, Sybil, Dr. Cornelia Wilbur and Flora Rheta Schreiber themselves, Debbie Nathan painted quite a picture of the psychological world during the 1970s. She offered a detailed dive into many things, including the way bouts of physical as well as mental illnesses faced by women were, at the time, labelled "hysteria". With psychologists like Freud and theories like psychoanalysis being the most popular influence in the field, various experts at the time engaged in barbaric practices that would be quite frowned

upon now. She shed light on the way Dr. Cornelia Wilbur, Sybil's therapist, turned this particular multiple personality case into such a sensation through power-grabbing moves that potentially ruined her patient's life. Suffering from past failure in the field of chemistry, Dr. Wilbur proceeded to train under Freud follower Dr. Robert Richard Dieterle, notorious for engaging in hypnosis to induce regression therapy in his female patients — causing them to act like children, on camera, for all the world to see.



As the story progressed, Sybil, who was surely a neglected child in her strictly Adventist upbringing and in search of love and affection, found the attention she had been seeking in her regular sessions with Dr. Wilbur. Consequently, eagerly waiting for the fame that would come with the publicity of such a complicated case of Multiple Personality Disorder, which during this time only had registered cases in hundreds, Dr. Wilbur started breaking all ethical protocols one expects to maintain in a client-therapist relationship. From extending Sybil's sessions way beyond the allotted time or even meeting with her outside sessions to better comfort her and

employing her as an assistant to making house calls in the middle of the night to coax Sybil out of her latest outburst and even lending her money in order to pay rent and continue her studies, the case of countertransference in this situation proved detrimental to Sybil's life and mental health.



Debbie further shares that once the book deal was struck with Flora Rheta Schreiber, when the writer went on ahead to Sybil's hometown to corroborate all the stories Sybil recounted under the influence of barbiturates, she came up empty-handed. While these barbiturates were known as quite the Truth Telling pills at that time, in truth, they are sleep inducing sedatives that tend to make the patient delirious and conjure up hallucinations of events that didn't even take place. As such, due to the wide use of these pills by psychologists everywhere, patients ended up recounting gruesome and cruel stories of abuse, almost always induced by their own parents and caretakers. Such was the influence of Freud's psychoanalysis theory that no psychologist thought to further look into the matter of the millions of cases being filed against perfectly loving parents once they were out of therapy and over the influence of barbiturates, having come to the conclusion that all of their problems stemmed from this abuse and their parents were to blame. It truly was a scary time to be a part of the psychological field and it only kept getting worse for Sybil as

she got caught up in the web of lies spun by her doctor and best friend, Dr. Wilbur. Nathan emphasises that while Dr. Wilbur surely comes off as an evil shrew in this story; it will likely never be proved whether she did it knowingly or not. As the date of the release of 'Sybil' came closer, Schreiber was quite worried about this book that she had hesitated to write due to the lack of facts but instead ended up giving it a dramatic spin to better sell the story, keeping Sybil's real name out of the book at her insistence. There are no words to be said about how quickly the book shot Schreiber and Dr. Wilbur to fame and glory while Sybil was forced to cut off contact with anyone from her past life, lest people recognise Shirley was, in fact, Sybil.

Worried about how things were playing out, Sybil even wrote out a letter admitting to lying about all her multiple personalities in order to keep enjoying the attention showered on her by the doctor but as it turns out, Dr. Wilbur completely disregarded that as a meek attempt at terminating therapy by a patient who was merely scared of digging deeper into their own psyche. Further evidence of the whole story being a sham only induced by a woman who was constantly drugged up on over a dozen barbiturates, tranquilizers and anti-psychotics was when a fellow colleague of Dr. Wilbur reiterated Sybil asking him which character, he would like her to play when he sat in on a session with her during the usual doctor's absence.

Needless to say, this story is an extremely twisted tale of what went on in the lives of these three women and an extremely detailed and interesting look into just how the story conspired. Even with my best efforts, this review does not even begin to cover how hooked the book will keep you so make sure you give 'Sybil', as well as 'Sybil Exposed', a read!

— Riya Shukla, TYBA

FEATURED

PHOTOGRAPH



- Alan Varghese, TYBAMMC

Why Is Everyone So

Obsessed With F1

The most popular sport has been a wildly debated topic for decades and every country has a different answer, some say football, some say basketball. There are even a few wild cards like cricket and rugby thrown in. However, if one were to check on social media they could arrive at a very different conclusion. Formula 1 racing has been gaining popularity steadily for many years however in the last 3 years its reach has simply exploded with fans in every corner of the world. On the other hand, F1 is known for being notoriously hated by other fans of “real sports”, that do not require machinery or engines. While that mentality does exist, and it is very difficult to change it, it is flawed with the growing popularity of F1 among the youth. Another major reason for that growth is the ease with which it is to follow the competition and the high stakes that come with it. So for those of you that don't follow F1, let's break it down and hopefully you too will become a huge fan of the sport.

How does it work: Formula 1 consists of 10 different teams with 2 drivers each all competing to win as many of the 23 races in a season as they can, to secure the most points. Points are awarded per race with the winner of each race securing 25 points, second place getting 18 and the number descends further until the tenth driver gets one point. The driver who gets the most points at the end of the season is awarded the drivers championship and the team whose 2 drivers collectively have the most points receive the constructors championship. With the basic understanding of the sport out of the way let us talk about the 2022 F1 season.



It has been an interesting season so far after 2021, which culminated with Red Bull Racing and winning the drivers championship after 7 years of Mercedes dominance, many spectators expected Mercedes' Lewis Hamilton to have a strong comeback after losing their crown to Red Bull's Max Verstappen last year in an epic battle for the drivers championship that was so close it went all the way to the last race of the season in Abu Dhabi to decide the winner. However, Mercedes have not been having the year we all thought they would, instead of returning to their previous held standard for seven plus years of driver domination Mercedes are currently third in the standings which is a surprise to many considering their lead driver Lewis Hamilton is arguably one of the best of all time and easily the most well-known driver in the sport right now. Mercedes' chances of winning the championship are slim but they can still try and come third which brings us on to the next team currently sitting in second.

Ferrari is a name synonymous with speed, which is quite ironic since they do not have the fastest car in the world, nonetheless, Ferrari has earned that reputation through years of making some of the most desirable sports cars in the world. It has also earned that reputation by being the team with the most wins in Formula One history. Off late though Ferrari's luck seems to be waning, their last

championship win was in 2007 and they haven't appeared in the top two spots in the championship standings in the last three years. This year it looked like that might change, with 2 young exciting and talented drivers on the track Ferrari's year started off great with 2 wins in the 3 races of the season and young Monegasque driver Charles Leclerc looked like a title favourite early on. Alas, a tale as old as time began with Ferrari, car malfunctions and bad team strategy began weighing their drivers down and when competing with a team as fierce as RedBull with a driver as fierce as Max Verstappen, Ferrari succumbed to second place and now looks like Charles Leclerc will be fighting to keep that spot against Redbull's secondary Driver Sergio Perez.



This brings us to the most elusive team in the sport with arguably the hottest topic of the sport right now, RedBull Racing and their lead Driver Max Verstappen. The 24-year-old reigning champion is looking to become a wo-time champion this season and his 80-point lead looks like he's succeeding in his goal. Max Verstappen began racing under the Red Bull banner at 17 making him the youngest driver to ever race in Formula One history. Red Bull Racings success in the last 2 years has mainly been due to the fact that their lead driver is so aggressive and makes such

few mistakes that he is able to capitalise on other driver's mistakes even if he does not necessarily have the fastest car.



Formula One is a sport with millions of fans for a reason and with its growing popularity among the youth, it is sure to become an even bigger phenomenon in the coming years.

-Caelan Dua,
TYBAMMC

The Science of Storytelling

Storytelling has been around for roughly one hundred and fifty thousand years. Humans have only learnt to read and write roughly five thousand years ago. In other words, humans have told stories approximately thirty times longer than we've written them.

Storytelling is important because of the key role it plays in human experience, culture and history since the dawn of mankind. Another reason storytelling is so important is because it's deeply embedded in the human psyche.



Listening to a story is an investment. Someone is investing their time to listen to you. The more emotionally invested your audience is, the less sceptical they become about your story. One of the greatest investments a person can make is falling in love. The way people long for each other, yearn for each other, dream about their significant other, etc.

On average, it takes our brain 13 months to fall out of love, chemically speaking. During those 13 months, your brain is flooded with neurotransmitters and hormones tricking your cortex, thus lowering your observant skills. After 13 months, your brain comes back to normal and starts questioning things.

A similar thing happens in storytelling. In storytelling, the same hormones can be released. Hormones such as dopamine,

oxytocin, endorphins, etc. When telling a story, the speaker should induce at least one of these three hormones in the audience's brain.

Let's Look at what these hormones do and how to induce them in the brain:

1. Dopamine:

Dopamine essentially increases one's focus and motivation and improves memory. You can induce dopamine in the brain by building suspense and by strategically releasing cliffhangers.



2. Oxytocin:

With oxytocin in one's brain, people become more generous and trusting. It also stimulates bonding between people. You can induce oxytocin in the brain by creating empathy for the character.



3. Endorphins:

Endorphins make a person more positive, creative and relaxed. It also helps to reduce stress. You can release endorphins by making the audience laugh, play some music before you begin, make the audience dance a little, and take a few deep breaths (deep breathing exercise).



Now that we've looked at the neuroscience behind storytelling, how about I give you some additional tips?

- When telling a story in the first person, you want to take the listener on the same emotional journey that you experienced. Now there will be a

temptation to jump ahead when you're telling the story - to tell the listener what you learned by the end of the story as you're telling it; don't do that. If you slow down and take people on the same winding journey you went through, stories connect more. So don't hide your mistakes, tell the listener your mistakes and what you learned from them. At the end of the day, people learn from their mistakes.

- Every story needs a constant element of mystery to keep the listeners engaged.

You need to constantly raise questions in the listeners' minds and every time you answer one, you need to ask another if you wish to keep their attention. The term for raising questions in your listeners' minds is known as an "open loop". It's commonly used in copywriting for advertising and marketing purposes.

Also, open loops create suspense and as mentioned earlier, suspense releases dopamine in the brain.

- The best stories have lessons at the end. The audience should always gain something valuable at the end of the story. Before telling a story, ask yourself, "What is the audience supposed to take away from this story?"

- At the end of your story, tell the audience why they went on the journey with you. To help you with this part, you need to answer the following questions; "Why did I go on this journey?", "What did I learn from this journey?", "Why did I feel it necessary to share this story?". Also, if there's some action, you'd like your audience to take, tell them.

- Add the story of a person. When telling a story, make sure that you have a person as its focus. Telling stories is great, but people connect with people easier as compared to abstract ideas.

So far I have broken down the neuroscience behind storytelling and have given some additional tips. Now let me give you a structure to become a master at storytelling.

1. "Once upon a time":

As children, I'm positive we've all heard stories beginning this way. What I mean by this is that you need to have something specific and not "Once upon a time". This could be; last Tuesday, 5 years ago, yesterday, etc.

2. They used to do this:

In this part, state what the main character used to do. This could be; completed

courses, paid for resume building courses, etc. I'll explain what I mean by this further.

3. One day something changed:

In this part, you need to elaborate on what change occurred in the main character's life. This could be; came across an advertisement.

4. Hence, they did this:

After the change, the main character decided to do this. This could be; decided to sit with a counsellor.

5. As a result, they did that:

This is the finale of your story. Your main character has made their final move. This could be; enrolled in an MBA program.

Now I'm going to practically apply all the information that I have provided to you to become a great storyteller. But before I do that, I have a few additional tips.

- Anchor your story:

Anchor your story by having memorable pieces. Specific characteristics of a place, character or situation.

- Functional Storytelling:

Utilize stories to release the hormone you want in your audience. This is so that you can control your audience's actions.

- Sparking Action

For sparking action, stories must have a happy outcome for the character who took the desired action. The story could also have a negative outcome for those who didn't take the desired action.

- Motivating People:

If the motive is to motivate people to take an action when they might not be inclined to do so, it's best to go light on the details.

Now that I'm done with the informative parts, let's put everything together. The neuroscientific aspect, general tips, additional tips and the structure.

With the growing number of unemployed graduates increasing as the days go by, times are clearly becoming harder. This is the story of Rahul Dsouza - a newly graduated B.com student.

Rahul, being a fresher, was struggling to find jobs once he had graduated. With the demand for B.com graduates stagnating and supply increasing astronomically, he had lost all hope.



He completed numerous certified courses, networked on LinkedIn and even paid for resume-building workshops but, alas, nothing seemed to work. He applied for over 300 jobs, but unfortunately got rejections from all of them.

One day, he came across an advertisement about the placement packages offered by NMIMS for their MBA graduates. He decided to sit with a counsellor from NMIMS and eventually decided to enrol in their MBA in Finance program.



3 years ago, he graduated and got a placement of 30 LPA. A few days ago, he shared on LinkedIn that he received an offer from Deloitte UK for 180,000 pounds, that's roughly 1.8 crores. At the end of his post, he mentioned that he was extremely grateful for the opportunities that NMIMS opened for him.

This could be your story, instead of struggling, let us help you reach your potential so that you can live the life that Rahul is now enjoying!

Go through this story and see how I've practically applied all science, tips and structure.

Bonus Tip: In the end, I've generated a call-to-action by utilising the power of Rahul's story.

You'll see many institutions/brands utilising stories to sell their product or service. The above story is an example of what a university could use to get students to enrol. That being said, this structure along with the tips can help you improve your personal storytelling, delivering presentations, speeches, etc.

- Cliff Coutinho,
SYBA.

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