



HISTORY OF HALLOWEEN

Halloween is known and loved by all. A festival where you dress up the scariest and venture out into a night full of spooks and fun, but do you know what halloween was originally meant for? From the definition to the traditions, right down to the name, Halloween has evolved into something completely different from what it was, and I'm here to give you all the answers you need!

Definition

Hallow (In Middle-Old English) means Holy. When used as a noun, it can also mean Saint. All Saints' Day was originally called All Hallows' Day and similar to Christmas Eve, an evening mass was held for All Hallows' Day, known as All Hallows' Day, which later on was summed to what we know today as Halloween.



Origin

While the festival did get its name from a Christian holiday, the origins of its various traditions and customs can be traced to the ancient Gaelic festival of Samhain. Samhain is held on November 1st but celebrations start from the evening before (31st October), according to the Celts it is believed to be a time when the barriers between

this world and the next are so thin, that they can connect with the dead. It was also believed that on November 1st the world of the gods was made visible to mortals, and the gods played many tricks on their worshippers. It was a time of fear, horror, but not only in Celtic beliefs. A Jewish Holiday called Yom Kippur also takes place in October and it involves repentance for sins as well as praying for those who have moved on from our plane of existence. These ties to the dead and the 'otherworld' gives Halloween its haunted theme.

Traditions

There are many traditions of Halloween, from costumes, to jack-o-lanterns, to trick-or-treating, etc. Almost every one of these traditions has an origin from which it evolved into the light-hearted festival we celebrate today:

Scary costumes

The most prominent tradition, without which you can't really call it Halloween, is wearing scary costumes. Celts practiced wearing disguises during Samhain as it was believed to be a time when spirits return home, mingling with the living folk. They made their appearance to such a likeness that they may be mistaken for spirits themselves to not be tormented

Trick-or-treating

Trick-or-treating involves going around the neighborhood (In costume, of course) and yelling "Trick or treat!" in hopes of receiving candy or sweets of some sort. Candies are distributed by homeowners in exchange for not getting tricked i.e. getting tp-ed (Having toilet paper thrown over their house), getting egged (throwing eggs on windows and doors), and such.



Quite a few theories are formed over the years about the origins of trick-or-treating. Some include:

- 1) During Samhain, Celtic folk would leave food out as a peace offering to the spirits wandering at night. Over time, people began to dress as these unearthly beings in exchange for similar offerings of food and drink.
- 2) During the Middle Ages, children and poor adults would collect food and money from local homes in return for prayers for the dead on All Souls' Day. Modern practices likely dropped the prayers in favor of secular practices with the inclusion of songs, jokes, and other "tricks."
- 3) Another theory speculates Modern American trick-or-treating stems from "belsnickeling," a German-American Christmas tradition where children would dress in costume and then call on their neighbors to see if the adults could guess the identities of the disguised. In one version of the practice, the children were rewarded with food or other treats if no one could identify them.



Jack-o-lantern

A jack-o-lantern is usually a pumpkin carved to be hollow inside, with a scary face and a candle placed in it. Some say this was used to ward off spirits, which might've been the case. The Irish used turnips (which were native to that region), removed the top, hollowed out, and carved to have grotesque faces. These were set on windowsills and on porches to ward off evil spirits and keep them out of the house. When the Irish came to the US, turnips were replaced by pumpkins (as those were native to the US) and so the tradition carried on to Halloween. In modern Halloween,

Jack-o-lanterns are simply used to light the way for trick-or-treaters.

Bobbing for apples

After much of the Celtic territory was captured by the Romans, the ancient Celtic festival of Samhain blended with the Roman festival of Feralia. In Feralia, Pomona the Roman Goddess of Fruit and Trees, and also a fertility goddess is revered and honored. This likely led to the inclusion of some apple-themed traditions of Halloween. Young people would try and bite into apples either floating on water or hanging from a string. It was thought that the first person to bite into an apple would be the next to marry.

Candles and bonfires


Bonfires were largely believed to be a beacon of sorts, a way to light the path for wandering souls and guide them to the afterlife. For both economic and environmental reasons, bonfires are replaced with candles. Besides, I think we can all agree a path lit with candles is way creepier than one with lights, right?

Black cats and bats

Black cats were thought to be a witch's familiar (an entity with



abilities that assist in the practice of dark magic) and tied well into the haunted theme of Halloween. They are also the target of many superstitions (most well-known being one that originates in India, a black cat crossing your path spells despair) Bonfires lit in open spaces attracted many insects (due to the warmth) which in turn attracted bats. Because of this coincidence that the people at that time did not know the reason for, as well as the shady nature of bats (hehe, get it?) bats,



were often thought of as the
harbingers of death.

All these beliefs and traditions
evolved over the years to form what
we now celebrate as Halloween, a
festival of spooks, creativity, fun,
and lots of sweets. It's estimated
that by the early 20th century,
Halloween was celebrated across
North America by the majority.
And so it continues, and here we
are, waiting for 31st October to
celebrate it once again with friends
and family!

-Joshua Ohol, SYBCOM A



NOT EVERY SOUL MATE IS ROMANTIC STYLES

A 'soul-mate', a mate or a friend to your soul. The contentment, solace, and joy of your spirit. This individual might be your lover, best friend, teammate, brother, or even a total stranger. A soul mate doesn't have to be someone you are romantically associated with.

Your soul mate is your refuge; they are the people you can turn to in both your highs and lows. Even if you are the craziest person ever, they will always have a crazier notion. Someone who is essentially a duplicate of you with a few minor differences is your soul mate. You and they might possess the same bizarre telepathic ability, allowing you to finish each other's sentences and comprehend their emotions just by looking at one another.

I had always believed that my soul mate would be my partner, but now I see how mistaken I had been. My two closest friends became my safe harbour. They are my constant companions; they can correct me like a parent, make me laugh like a loon, and console me like a sibling. There is a lot of uncertainty

regarding the future, but it gives me comfort to know that, in the end, there will always be someone who will welcome me despite my circumstances.

Soul mates do not complete you; rather, they encourage you to reveal an aspect of yourself that will enable you to complete yourself on your own. They support you through the dark and challenging troughs of life, and can even make the end of the world seem like a joyful day.

Soul mates only come around once in a lifetime, and letting them leave would be your biggest mistake. I think that soul mates are meant to be together forever. No matter how much love was lost or how far apart they were, if something is meant to be, it will be. Just to find each other again, you lose each other. That is how you can tell if someone is the one. Because they both have the same place to hide, soul mates eventually cross paths. If you still haven't discovered your soul mates, don't fear; once you do, every hour, minute, and second of your life will have been worth it.

- Niyushaa Petigara SYBA A

GOOSEBUMPS WELCOME TO THE DEAD HOUSE R.L. STINE



‘Goosebumps: Welcome to the Dead House’ is the first book in the original Goosebumps book series which was published in July 1992. It was later re-released as the thirteenth book in the Classic Goosebumps series in 2010. It celebrated 25 years in 2017. Welcome to the dead house is the first of the many books written by R.L. Stine which was liked by all even in today’s time. This classic horror book became well known not only to children even to growing young adults. Since

Halloween is approaching, this book is the best to kick off the Halloween scare in the literary world.

The author of the book R.L. Stine is known for his horror series the Goosebumps and Fear Street. The common theme of the book as well as all the books in the series is that “Children triumphing over evil or children facing dangerous situations and using their wit and imagination to escape them”. Stine does not incorporate moral lessons into his novels and that his books are “strictly reading motivation” according to him. Stine has been referred to as the “Stephen King of children's literature”.



The book follows the story of Amanda and Josh Benson, a pair of siblings, who along with their parents move to a house in the town called Dark Falls. As soon as the siblings move into the house, they think that the house is weird and spooky but their parents don't believe them and assure them that they would get used to it. The parents also tell them to go out and explore the town and make new friends. The siblings do as the parents tell them, but the friends they make are not in their parent's mind and that these friends want to maintain the friendship.... 'Forever'.



The reason that this book was chosen is because- 1. It's Halloween and 2. It was recommended by a good friend. This is also the first horror book that I actually finished without putting it down. The favourite part of my book is how the children manage to overcome the situation with their wits and not panic. The least favourite part was when they killed Petey. Since the genre of the book is horror, it is a good book to read in this month specially during Halloween.



The reason that this book caught my attention is that the story is not complex and nerve-wracking like the books now-a-days. I also sympathise with the town of Dark Falls because of the tragedy they faced and the result they bore. Amanda Benson, one of the protagonists in the book and the elder sister of Josh Benson, is the character that I admire. Not only did she overcome the situation she faced bravely. But she also protected her brother and saved her parents when they were in danger. She is very mature, patient and sensible for her age. She is the one who is less stubborn in the pair of siblings. She is always there to help her friends and family and will always have their back. She loves and cares for her family very much. This book was also brought to life on television as a two-part episode titled, "Welcome to the dead House" in the Second Season of Goosebumps.

I recommend this book to those who love reading books with the Horror genre and to all who want to introduce their children to horror. I would like to give this book 3.5 stars out of 5. HAPPY HALLOWEEN!

-Russell Azavedo SYBAMMC

FEATURED PHOTOGRAPH



-Pearl D'Souza FYBA A

HOW THE HOLLYWOOD HORROR GENRE HAS EVOLVED OVER THE YEARS.


Will your festive activity for this Halloween involve snuggling on your couch inside your own home, enjoying a marathon of Horror Films? Maybe your choices will include the first film that scared you as a child or the one you can discuss with like minded individuals, there might be films that you watch on every October 31st. Whatever the reason, these films have stayed with you.

Over any other film genre, you can often rely on horror films to reflect society's real life terrors and fears evolving with the time with which we live. As themes of horror have organically changed, the seeds of contemporary horror were firmly planted by Alfred Hitchcock in 1960 with the release of Psycho. Gone are the days of creature features and mythological beasts. Now the real life monster can be your next door neighbour, that person behind you in the grocery store or

in this case the harmless-looking hotel manager named Norman Bates. Directly influenced by Psycho, John Carpenter gifted us with the enduring holiday horror classic aptly titled Halloween (1978). Friday the 13th released two years later, took the budding slasher genre that Halloween sprouted and watered it with Miracle.

It's not proven that these filmmakers were internationally setting out to make a statement on pop culture, but it is worth noting that the popularity of Halloween, Friday the 13th and other slasher films came out at a time when reports of real life serial killer Ted Bundy, John Wayne Gacy and Richard Ramirez were headline news.

The year 1973 closed with William Friedkin's 'The Exorcist'. The film is one of the exploitation of the most fearsome resources of the cinema, it does not make it evil, it does not make it noble either. The year 2022



'Scream' is a film for a world in which everyone has an opinion on horror films. The 'Scream' is like an elevated horror film like the 'The Badabook'.

Friedkin's film is about a twelve year old girl who either is suffering from a severe neurological disorder or has perhaps been possessed by an evil spirit. Friedkin has the answers; the problem is that we doubt he believes them. 'The Exorcist' is one of the most powerful ever made. Our objections, our questions occur in an intellectual context after the movie has ended. During the movie there are no reservations but only experiences. We feel horror, shock, nausea, fear and small measures of dogged hope.

How we define the horror genre has changed significantly in the last 25 years, as has the relationship between filmmakers, viewers and even true story subject matter that creators mine for escapist entertainment. Movies like 'The Exorcist' let us shrink deep into an indirect emotional experience they are attacking us with. This is a movie that does not rest on the screen but it's a frontal attack. The Scream is a

nuisance in a way that feels genuine. The filmmaker did the best in both craft and genre deconstruction. Although the visuals are a reference to Hitchcock, but the new filmmakers have given a tribute to the director Wes. Hence it's mostly the emotional turmoil in the older version of horror Hollywood films and new Hollywood films mostly visual and leaning into melodramatic emotions.

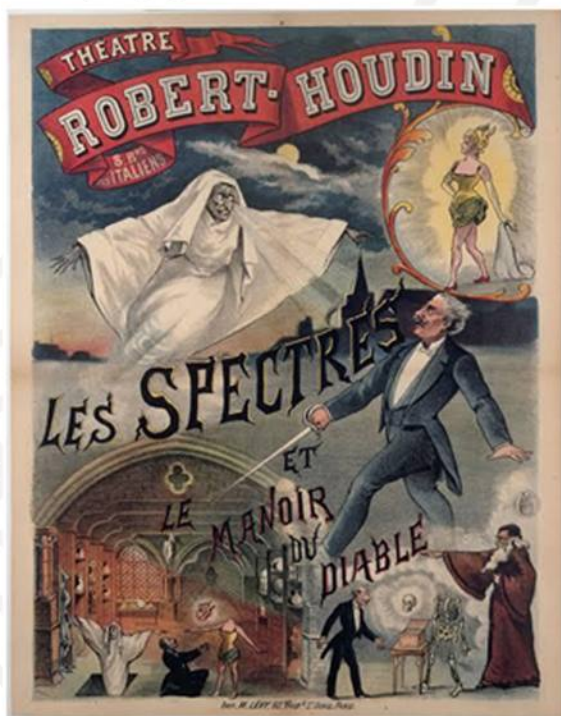
-Amantika Sarkar TYBMM

THE FRIGHTENING EVOLUTION OF THE HORROR CINEMA

Once upon a time, a tall, lean lady walked down the lane wrapped in a white thin silk sari. Her deep-rooted black locks fell over her head. As she comes closer to you, you notice her wrinkled hands are longer than her body. She petrifies the villagers with her sneak attacks and haunted music during the lonely silent night. Have you previously read this story? If you sit and think about it, it's almost the plotline of every horror movie. Especially in old Bollywood movies, where the ghost used to always be a woman ghosting around in a white sari.

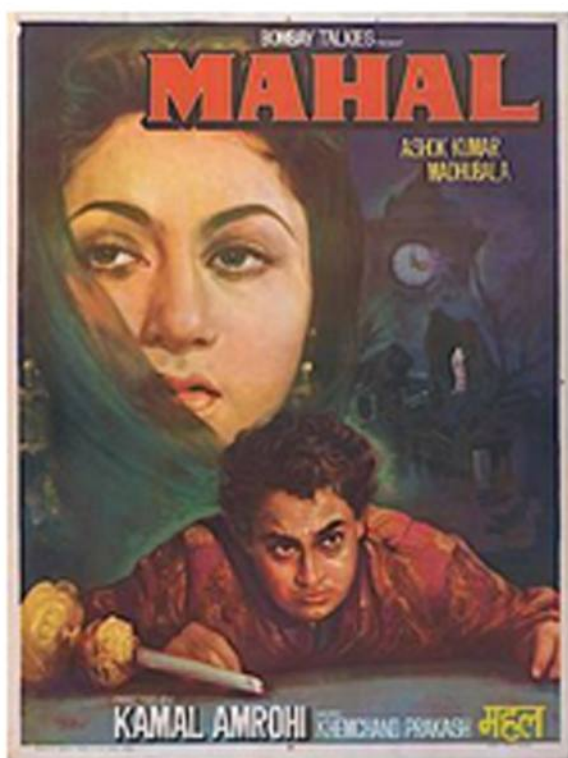
Horror, which had its origins in silent films and German Expressionism, only became a codified genre with the release of *Dracula* (1931). Many sub-genres emerged in subsequent decades, including body horror, comedy horror, slash-er films, supernatural horror, and psychological horror. The horror genre has been part of cinema since the inception of time. Horror

movies provide countless scare jumps and screams and have been constantly entertaining audiences with their thrilling, gruesome, appalling, suspense-filled, and terrifying plotlines.



The history of horror as a film genre begins with—as with many things in cinema history—the works of George Mellies. Just a few years after the first filmmakers emerged in the mid-1890s, Mellies created "Le Manoir du Diable," sometimes known in English as "The Haunted

Castle" or "The House of the Devil," in 1898, and it is widely believed to be the first horror movie. The three-minute film is complete with cauldrons, animated skeletons, ghosts, transforming bats, and, ultimately, an incarnation of the Devil.



Bollywood's tryst with horror films has had its share of ups and downs over the years. In 1949, Indian filmgoers were introduced to the concept of reincarnation with Kamal Amrohi's *Mahal*, which had Ashok Kumar and Madhubala playing the lead roles. Although it wasn't a horror film in the conventional sense, it did have a

supernatural twist to it, and for that alone, *Mahal* is credited as the first horror film made in India. It's been more than 60 years since *Mahal* was released, and the horror genre has had its share of ups and downs — right from being extremely scary to outrageously hilarious.

But the current horror genre cinematic approach between the two industries has taken a drastic turn. There is a major difference between the Bollywood and Hollywood horror genres. Hollywood has *The Exorcist* and Bollywood has *Raaz*. I am definitely not being sarcastic or ironic, but Bollywood horror films are not quite as scary as they are sensual, dramatic, or silly. However, they do have good plotlines that keep the audience intrigued till the very end, but those movies are often ruined by their unnecessary and distasteful sex scenes, raging background music, melodramatic acting, and predictable endings. But let's be honest, all these factors didn't matter when we were kids watching *Bhool Bhulaiya*. Shivers ran down my spine when I first took a glimpse at *Manjulika*. Many

of these horror movies have been a great part of our childhood. Nowadays, movies such as Stree, Bhoot Police, Roohi, etc., have the comedy element in them too. As a result, Bollywood horror films have become less frightening, but it's frightening to see the future of horror cinema as it may reach a dead end.

TRIGGER WARNING AHEAD!!



Hollywood horror movies, on the other hand, have grasped the true essence of what the horror genre is supposed to be. Iconic movies such as The Exorcist, Silence of the Lambs, Conjuring, Get Out, Texas chainsaw Massacre, The Grudge, etc. These movies have done an exceptional job of adding the psychological and thriller elements into the plot and making it more sensible than using the deceptive and silly plotlines of goofy and



spooky spirits. However, the new horror films have become mundane and have disinteresting plot lines, which makes the endings predictable and disappointing. Horror movies should serve the main purpose of their genre, which is outrageously terrifying, horrifying, spooky, spine-chilling, excellent storytelling, and intensity of the plot. If they tick off all these checkpoints, it would give birth to an excellent horror film, which would make the audience scream their lungs out and would leave a horrifying mark in their memory.

-Jovita Chettiar- SYBA B

CITY CENTRIC

THE SHADES OF MARINE DRIVE

As we climbed into the backseat, the car sputtered to life making its way down the lane.

The afternoon sun filled the air with the warmth that chased the lazy birds and winding crawlers to the ground. Driving across familiar junctions, between towering roads and buildings the engine picked its pace along the highway towards its destination.

On the edge of Mumbai, the city that never sleeps, lies the necklace of the queen.

A stretch of yellow streetlights so iconic to the city that its identity rests upon this coast side road.

Marine Drive is the perch the city sits on overlooking the Arabian Sea. Beyond the pale blue horizon of the water sits trailing clouds that through the hours like a chameleon, changes their shape and form.

Pulling onto the line of parked cars through the crowd of people, all eyes are fixated on the closing event of the day. The moment the sun turns from yellow to orange as it



as it fades beyond the curtains of the waves around.

From vendors to performers, tourists, to souls looking for comfort, the crowd is varied this evening. Taking the front row seat to the show that sits before them. The show that we the audience are very much a part of, is the bustling noise of residents of this place we lovingly call 'home.'

Be it the early hours of the morning or the ungodly hours of the night, each shade of the sky draws a different set of onlookers. From romantic couples to lonely hearts, from college kids to working class, they sit amongst each other as the sun plays its part.

Leaning against the concrete floor,
we sit and gaze as the skies over the
Malabar turn colour under dusk to
emerge at dawn.

As the dots of faraway fishing trawlers
battle the currents, seeking another
catch before the day draws to
a close.

There comes a distant merchant
ship over the horizon snailing to the
port in the distance, and there appears
an adventurous seagull riding
on the railings of a double-decker
bus as it makes its routine stop at
the signal.

As the drive glows like a column of
fireflies in the night, the people take
comfort in the humid cool air
wrapped in the arms of one another
tight.

With piping hot snacks being the
menu for the evening, my parents
pass on a balloon with cotton candy
to uplift my moods as I swing between.
Like a lone bird above the
trees dodging the westerly sea
breeze.

Running along the pavement
through the crowd, feeling like a
child once more as the years pass
me now.

As I carry the frail hands of my
aged parents to the car, the shades
of monsoon grey emerge from
down the yard.

As the lights disappear from the
mirrors to unfamiliar roads and
junctions inside the town, the story
of Marine Drive remains fresh in
my mind as I fill my ears with the
nostalgic tunes.

In the silence of the backseat I see,
my old parents holding hands with
love and glee.

What once was the joy of a Sunday
Drive to see the sea.

These are the shades of the Marine
Drive I know, the city may change
but would never affect her timeless
glow.

-Amaan Ojha TYBBI

SEASONAL DEPRESSION

A COLD AND HARSH AILMENT

Do you have the “winter blues” or is it seasonal depression? It is totally normal to feel a little down during the winter months as it gets colder and the days get shorter. Although, Seasonal Affective Disorder – commonly referred to as Seasonal Depression – is much more severe than the typical winter blues.

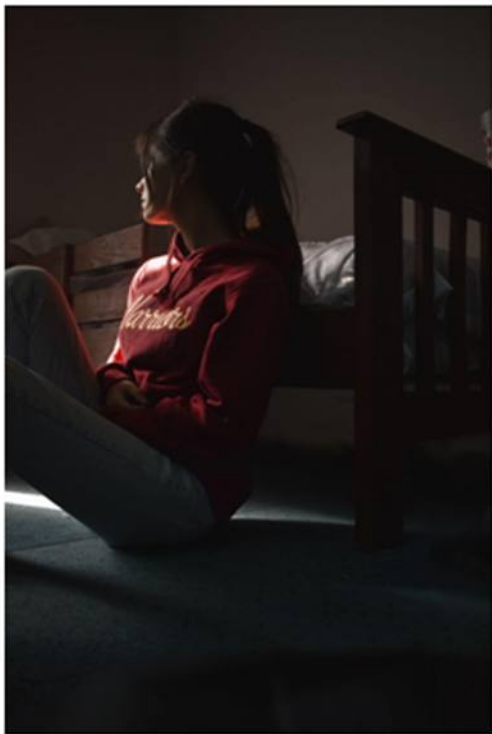
What is Seasonal Affective Disorder (SAD)?

Seasonal Affective Disorder (SAD) is a form of clinical depression that occurs around the same time every year and comes and goes with the change in seasons. Most people who have SAD, experience a winter pattern, where symptoms begin early winter and go away during summer. Although, some people experience a rare form of SAD, in which they have a summer pattern, where symptoms begin during the summer months and end during the winter months



Symptoms of Seasonal Affective Disorder (SAD)

According to the American Psychiatric Association, SAD is a severe form of depression. Hence, there are some mood changes and symptoms of depression that indicate that someone might have SAD. Some of the symptoms of winter SAD are anxiety, extreme fatigue, limbs feeling heavy, trouble sleeping, suicidal thoughts, etc. Symptoms of summer SAD are agitation and restlessness, decreased appetite and weight loss, episodes of violent behaviour, etc.



Causes of Seasonal Affective Disorder (SAD)

Researchers aren't quite sure what triggers SAD, although a leading theory suggests that it has something to do with a change in the biological clock. This clock regulates one's mood, sleep and hormones. As the days have grown shorter and the nights have gotten longer, the body finds it difficult to adjust hence triggering SAD.

Some research also suggests that the decrease in sunlight results in the brain producing less serotonin, which helps regulate moods.

Other research suggests that the overproduction of melatonin - a

hormone that regulates our sleep cycles, due to the decrease in sunlight causes people to sleep longer during the day. Due to the overproduction of melatonin, people aren't completely awake until later in the day and hence sleep late at night, thus triggering a vicious cycle of insomnia.

How long does Seasonal Affective Disorder (SAD) last?

According to Dr Lily Yan, an associate professor of Psychology at Michigan State University, symptoms of SAD can linger for roughly five months for some people. Most people start experiencing symptoms around October and November.

Stressful life events such as a death in the family, sudden exams, work-life instability, etc. can trigger depressive episodes earlier than usual. The most severe symptoms of SAD are seen around January and February. Some experts suggest that this is due to the accumulated marginal effects of SAD over time.

Diagnosis of Seasonal Affective Disorder (SAD)

If you have symptoms of Seasonal Affective Disorder (SAD), don't try

to diagnose yourself. Seek professional help as SAD can be difficult to diagnose as it can mimic other conditions.

Your mental healthcare professional will diagnose you with SAD if you have displayed:

- * Symptoms of major depression.
- * Depressive episodes during a specific time of the year for the past 2 years.
- * Depressive episodes occur more frequently during a specific season than during the rest of the year.

Prevention and Treatment of Seasonal Affective Disorder (SAD)

To date, very few studies have investigated the prevention of SAD, and existing studies show no clear evidence that it can be prevented. Although experts recommend that people get as much sunlight as possible, eat a well-balanced diet, and exercise for 30 minutes every day. Some of the prominent evidence-based treatment plans for SAD suggested by experts are as follows:

* **Bright Light Therapy:** This essentially involves sitting in front

of a light therapy box, which mimics the light from the sun, for 30 minutes a day early in the morning.

* **Cognitive Behavioural Therapy (C.B.T.):** This is a form of talk therapy that aims to shift negative thinking. This form of treatment produces the longest-lasting effects of any treatment approach.

* **Antidepressant Medication:** Sometimes, mental healthcare providers may recommend medication for depression, either alone or paired up with Bright Light Therapy.

Conclusion for people with Seasonal Affective Disorder (SAD)

The outlook is positive as there are treatment plans for it. A person must speak to their mental healthcare provider and formulate a treatment plan that's suitable for them. of a light therapy box, which mimics the light from the sun, for 30 minutes a day early in the morning.

- **Cliff Coutinho, SYBA.**

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