

YOGA SHOWS THE WAY FOR DIVINE SPLENDOUR



Dr. Khwaja Tariq Hasan on yoga day at Lucknow

C.K. SUBRAMANIAM
Sanpada, Navi Mumbai

The most frequently used terms these days are Yoga and Yogi. Many people are under the impression that yoga is merely a technique for maintaining good health by doing exercises and controlling breath. However, in a broad sense, yoga all means to commune with God.

Life in God brings eternal bliss. It is a method which overhauls all facets of human personality. Yoga is a system of integral education of the body, the mind (or intellect) and the inner spirit. It shows the way for rising from the badness to goodness and then to Godliness and ultimately to eternal divine splendour. Those who have practised this science, perfected by the ancient seers of India, can be called Yogis and they were happy, harmonious and peaceful.

Yoga does not want people to turn away from life, it only demands spiritualisation of life. True yoga needs intense personal discipline coupled with deep thinking, under the guidance of an able teacher. Its foundation is

self control. Yoga sutra relates to the spiritual absorption (samadhi) meaning of practice (sadhana) accomplishment (vibhuti) and emancipation (kaivalya). Whatever a Yogi remains, there will be an atmosphere of friendship. He will spread an aroma of fraternity.

Yoga eight steps start with a vow (yama) of non-violence, uttering only the truth, practising celibacy and totally abjuring the tendency to acquire possessions. Yoga as a way to attain salvation and to get oneself freed from birth and death. Without mastering them and adhering to the prescribed discipline (Niyama) the other methods like sitting in particular postures and controlling breath (asana and pranayama) are of no value.

An aspirant of Yoga should submit himself to moral laws and be religious. Yoga's main purpose is the elimination of the forces harmful to the soul. The steps mentioned in the Yoga-Sutra will promote co-existence and peace. Those who lack a sense of social and spiritual responsibility should never try to seek the help of Yoga.



Cobra pose



Butterfly pose



Tree pose



Lotus pose

Ruqayya Rameez Dhanse (6 Years), Class: 1st
City: Khopoli, Raigad, Maharashtra



Editorial

DATE WITH HEALTH

Celebrating days is okay but only when it is a birthday or anniversary. We have become so use to "days" that we now celebrate them for every occasion. Father's Day Mother's Day Friendship Day and so on. We have become so obsessed with days that now for maintaining good health or to remind ourselves to maintain good health we have Yoga Day.

When we don't remind ourselves to eat food why do we need a particular Day to remind us to take our HEALTH seriously. Just like food choices there are different choices for keeping fit and healthy. Some take to walking and jogging while some prefer stretching and bending exercises to keep fit. There are others who join gym whereas many go in for Yoga which involves stretching and bending with rhythmic breathing.

The crux of the matter is do whatever but keep yourself fit. The other important point is nothing is achieved in a day. You don't get rich nor fit in a day. You have to keep working hard on a daily basis to keep yourself fit. If you are busy take out atleast half hour a day to do some physical activity so that the body is fit. A fit body goes a long way in accomplishing one's professional work too.

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EATING DISORDERS IN ADULTHOOD

There is always a phase in life where I have heard many people saying that "I live to eat" which may or may not cause problems with health in adulthood or later in life. On the other extreme are people who are extremely diet conscious and starve themselves even from the simple pleasures of life. I therefore recommend to find a good balance between stimulation of the taste buds and also maintaining a healthy mind and body. Because when the path of extreme is taken, it always leads to eating disorders like anorexia nervosa, bulimia, binge eating or other restrictive food intake disorders.

Today doing a BMI Body Mass Index is very easy and people tend to go on self-prescribed diets by watching reels and other social media messages. They also want to look like models which are seen on media. Many succumb to quick fixes which definitely harms the body and also the mental balance of an individual. Therefore, I recommend the following steps.

First recognize that the presence of an eating disorder. This would be evident if you are obsessed with calorie count too much and are following every diet which comes to your attention. Once you have recognized next would be to go to a dietician who shall analyse your need. Whether you need to gain or reduce weight or there are other physical issues. Today the dieticians just do not help for weight management, but they also help you with mental and physical health management. The first step they shall prescribe is to get a full body check-up which shall give an idea of your body metabolism and the issues which need to be addressed. Then



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they shall put you on a diet which will start showing results only if you follow what they prescribe with commitment, because this is the difficult part to follow what has been prescribed and to trust the dietician.

Results are visible beginning from a fortnight and one starts feeling good and healthy. Now is the second challenge to keep the regular visits on. As some people are happy with the result and they stop going to the dietician or they go back to their earlier ways of eating as there has been a lifetime of conditioning.

To stay with this newly found health and the healthy food intake, exercise and rich vitamins, I recommend the following:

Along with the dietician schedule, also follow some additional steps like repeating positive affirmations.

"I am fit, healthy, beautiful/handsome, energetic, happy person"

"I enjoy healthy meals and love to exercise daily"

"I love myself and am glowing each day"

"Everyday in everyway my mental and physical health is getting better and better"

"I find creative ways to eat healthy food"

"My mind is always thinking positive things and I have positive solutions"

Repeat these affirmations when you wake up and before sleeping. Paste it near your mirror and repeat them with a smile whenever you go to see yourself in the mirror.

Along with the affirmations, I also recommend, adding yoga and relaxation techniques to your routine. Even performing just five asanas would bring a huge change in your mental and physical health. Pranayam is a very rich source of bringing joy and peace in your life and your quality of sleep.

Ensure that you sleep well. Talk to your dietician or your physician if you have sleep issues and do not hesitate to learn to sleep well. This is a very important part of your mental and physical health.

Go for walks which give you joy, so walk in the park if you are nature person or select the area which puts you in alpha brain wave. I love nature and water so I make it a point to walk at least 30 minutes getting fresh air and fragrance from the garden. Even in big cities there are parks and areas where one can walk. Going to the gym, dancing, Zumba, pilates or other form of indoor exercises are good, however outdoor is also essential.

You shall realise that you have a lot of energy and feel good. Be consistent and channel your new energy into activities you love. I know many adults who have career, family, friends, sports, travelling, cooking, swimming, learning a new language, movies and many activities in their life, because they are eating well and exercising too.

Wishing you all a very happy adulthood with excellent physical and mental health.

BREATHING AS AN INTEGRAL PART OF DANCE MOVEMENT THERAPY



Dr. Ms. Veena Iyer
Founder of Khoj, Holistic
Healing Therapist
as DMT practitioner

Recently in June we celebrated International Yoga Day. We all practiced various breathing techniques like Anulom Vilom, Brahmari, Nadishodhan, Bastrika, Kapal bati and more. This article is not about Yoga but on DMT which is based on the fact that body and mind are inseparable and disharmony in one affects the other. Also mostly the goal of DMT sessions is to heal participants from Trauma, depression, Anxiety and instil Self Esteem and Self Confidence and overall holistic healing. In this context we shall discuss how breathing is blended in DMT healing sessions.

The importance of Pranayama in Dance, especially in Dance Movement Therapy (DMT), is profound. It goes beyond just breath control—it acts as a bridge be-

tween the body, mind, and emotions, creating harmony in movement and enhancing the overall movement experience. Breath – The Silent Partner in Healing Through Movement

Breathing is something we do unconsciously every moment of our lives. But when we bring conscious awareness to it, breath becomes more than just survival—it becomes a tool for healing, connection, and self-expression. In Dance Movement Therapy (DMT), breathing is not an add-on; it is the starting point.

Breath as the Foundation of Movement, Breath initiates movement—a deep inhale can lift arms, while an exhale can release tension. It brings fluidity, allowing participants to move with grace and presence rather than stiffness or force. Breath-Movement Linking Simple movements like lifting the arms with an inhale and releasing them on an exhale help participants feel the connection between inner rhythm and outer motion.

Enhances Body Awareness : Pranayama brings the par-

ticipant's attention inward, making them more attuned to their body's sensations, posture, and energy. This deepens embodiment—crucial in therapeutic dance sessions.

Emotional Regulation : Breath directly influences the nervous system. Practices like alternate nostril breathing or deep diaphragmatic breathing can calm anxiety, release emotional blockages,



or energize a low mood. Helps participants channel emotion into expressive movement without overwhelm.

Improves Stamina and Focus : Controlled breathing increases oxygen flow, enhancing physical endurance. Builds mental clarity and focus, essential for maintaining rhythm, coordination, and memory in choreog-

raphy or improvisation.

Promotes Mind-Body Integration In DMT, where healing through movement is the goal, Pranayama acts as a thread weaving together the mind and body, facilitating holistic healing. Breath becomes a non-verbal communicator, especially for those who struggle to express emotions verbally.

In DMT, Pranayama is the silent part-

ner—this pause is a powerful moment of awareness. Breath grounds the person in the present, connects them to their own body, and allows a safe space to begin movement.

Just as words carry tone and meaning, movement too has an emotional texture. That texture is enhanced and supported by how we breathe. Breath Awareness at the start of session when Participants are invited to sit or stand still, simply noticing their breath—its rhythm, depth, and flow. This helps in grounding, and prepares them to move with awareness.

Basically a Non-Verbal model of therapy, Emotional Expression Through Breath sometimes, like a sigh, a sound on exhalation, or even a yawn released during movement becomes a doorway to stored feelings. Breath allows those emotions to rise and be released safely. Group Synchronisation Breathing together in a circle can build a sense of shared space. It promotes empathy and trust—key elements in therapeutic group work.

Breath and Touch

In sessions that allow for light touch (such as placing a hand on one's own heart or shoulders), coordinating this with slow breaths adds comfort and self-compassion.

Healing Through Breath in DMT Breathing activates the parasympathetic nervous system—the “rest and restore” system. For people who carry anxiety or trauma, even a few minutes of mindful breathing during movement can offer relief. Over time, it becomes a tool they take home, beyond the session.

Elderly participants often find breathing-based movements less intimidating. For them, breath brings rhythm and flow into limited movement. For others, like those with chronic pain or loss, breath acts like a thread connecting scattered pieces of self.

In DMT, we move not to perform, but to feel, reflect, and heal. Breath is the companion that walks silently beside us in this journey—always there, always gentle, always wise. Let us breathe mindfully.

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MISSION CLEAN AND GREEN ENVIRONMENT

We at DATE WITH HEALTH have started an Environment awareness mission wherein we encourage people to use every opportunity like birthday marriage anniversary any other important achievement to plant a SAPLING and celebrate the occasion.

Muskmelons: several health benefits

Muskmelons offer several health benefits, including boosting immunity, aiding in weight management, supporting eye health, and promoting hydration.

Muskmelons offer several health benefits, including boosting immunity, aiding in weight management, supporting eye health, and promoting hydration. Their high water content, vitamins, and antioxidants contribute to overall well-being.

Muskmelon contains Vitamin C, which is essential for immune function. It also contains antioxidants that protect against cellular damage caused by free radicals. Muskmelon has a high water content, making it a great way to stay hydrated, especially in hot weather. Muskmelon is low in calories and high in fiber, which helps with satiety and can be a beneficial part of a weight management plan,



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states Bajaj Finserv. A and beta-carotene in muskmelon are beneficial for eye health, potentially reducing the risk of age-related vision problems like macular degeneration, says Bajaj Finserv.

Vitamins A and C contribute to healthy skin by promoting collagen production and protecting against sun damage, according to Bajaj Finserv.

Potassium in muskmelon helps regulate blood pressure by balancing sodium levels, says Bajaj Finserv. The dietary fiber in muskmelon promotes healthy digestion and can help prevent constipation. Antioxidants like beta-carotene help combat oxidative stress and reduce inflammation in the body. Muskmelon may also help with post-workout recovery, detoxifying the body, and potentially even relieving menstrual cramps.



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BAG FOR BETTER TOMORROW 100% COMPOSTABLE BAG

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Polythene products are currently the most lightweight durable packaging material that is available on the market. The polythene packaging industry is one of the leading suppliers of products. Compostable Liners and Bags are the essential waste diversion product for home, business, or zero-waste events and are made with renewable resources. In typical parlance, the word compostable is distinct in meaning from biodegradable. While biodegradable simply means an object is capable of being decomposed by bacteria or other living organisms, "compostable" in the plastic industry is defined as able to decompose in aerobic environments that are maintained under specific controlled temperature and humidity conditions. Compostable means capable of undergoing biological decomposition in a compost site such that the material

is not visually distinguishable and breaks down into carbon dioxide, water, inorganic compounds and biomass at a rate consistent with known compostable material.

They are those that degrade naturally when they come into contact with the environment and thanks to the action of microorganisms that we find in nature. This biodegradation is performed without the need for human intervention. However, it is not regulated when a material is biodegradable, since there are no official parameters that stipulate it. In addition, it is a process that can also take tens and hundreds of years. Compostable materials are those that, under composting conditions, biodegrade becoming compost, CO₂ and water.

In this case, the process does need human intervention when it comes to being deposited in industrial or domestic composting plants. It should be noted that composting is a process of "controlled biodegradation" by a person which consists of supervising the process to ensure that the material ends up becoming compost or fertilizer.

There are numerous differentiating factors between traditional plastic bags and compostable plastic bags. First, unlike conventional plastic bags, compostable biodegradable bags do not require materials derived from fossil sources such as petroleum. On numerous occasions, this type of packaging comes from re-



newable sources such as sugar cane or potato. This means they are biobased.

As we have mentioned before, the compostability of these containers ensures that waste disappears quickly from the environment by managing it correctly in a composting plant. In addition, only plastic bags containing 50% recycled material or more and not less than 50 µm may be placed on the market. Any bag that is thicker than the established one, must be replaced by a more sustainable material, such as compostable. The plastics industry towards a more sustainable model. We know that compostable biodegradable bags can be an alternative to conventional plastic and it is changing time. The bag is for a better tomorrow.



HEALTH IS WEALTH WORKING ON WALKING

Trying to lose weight but don't like the gym? Then walking might just be your best friend. It's free, low-impact, and works for almost everyone—young or old, fit or just getting started. And here's the best part: a regular walking routine, even just 30–45 minutes a day, can make a real difference in your weight loss journey. But here's a question that many people ask: Is it better to walk in the morning or evening to burn more fat? Walking is one of the safest and most effective exercises, especially for weight loss. "It's gentle on the joints, helps burn calories, and improves overall health. But when it comes to the best time to walk, it really depends on your daily routine and energy levels.

Why a morning walk might be better. It starts your metabolism. If you walk early in the morning, especially before breakfast, your body may use stored fat as fuel. This can help with fat loss and boost your metabolism for the rest of the day. It sets the tone for a healthy day.



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Starting your day with a walk can make you feel fresh, focused, and more motivated to eat well. It's like a mental reset button. Fewer chances of skipping it.

Morning walks are easier to stick to as it has fewer distractions, less traffic, and nothing unexpected like work calls or sudden dinner plans. Helps you sleep better at night. Morning sunlight helps regulate your body clock. It improves your sleep quality, which plays a big role in managing weight. In winter or when pollution is high, morning mist and smog can affect your lungs. If the air quality is poor, it's better to walk indoors or on a treadmill or even a walker will do. The pedalling effect paves the way for an overall effect on the body. Even an evening walk can also work wonders. It helps to reduce stress.

Evening walks are great after a busy day. They calm your mind and reduce stress—one of the main reasons many of us eat junk or overeat. A short walk after dinner is most desirable.

MENTAL HEALTH

Mental health is more than the absence of illness. It's the ability to think clearly, feel deeply, cope with loss, manage stress, form connections, and find purpose. It's the internal compass that guides us through life—and when it falters, everything else can begin to collapse. According to the World Health Organization, nearly 1 billion people worldwide live with some form of mental disorder. And yet, most suffer in silence. Why? Because mental illness is still misunderstood. It's easier to say "I'm tired" than "I'm depressed." Easier to fake a smile than explain why you feel like you're drowning in a room full of air.

Mental illness isn't just "in your head"—it's in your brain chemistry, your neural circuits, your genetic code. It's the depletion of serotonin, the overactivity of the amygdala, the imbalance of dopamine. It's your nervous system stuck in survival mode, even when you're safe. Depression can shrink your hippocampus. Trauma can rewire your brain. Anxiety disorders can turn your own thoughts into predators. This isn't weakness. This is biology gone rogue. Mental health doesn't deteriorate in a vacuum. Poverty, abuse, pressure, isolation, grief, heartbreak—these shape the mind just as surely as trauma reshapes the brain. Childhood neglect, toxic schools, unstable homes—these are not minor memories. These are wounds. Even in high-functioning people—students topping their class, celebrities adored by millions, professionals managing teams—mental illness thrives in the quiet. Success doesn't shield you from suffering. Sometimes it hides it better.

Diagnosis: Naming the Ghost

Mental disorders are classified in the DSM-5 and ICD-11, ranging from anxiety, depression, PTSD and OCD, to bipolar disorder, schizophrenia, and personality disorders. Getting a diagnosis isn't the end—it's a beginning. It gives the pain a name, and names have power. They let you fight back. Yet stigma often stops people from even reaching that point. The fear of being labelled "broken" is stronger than the hope of being un-



Maisha Syed
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derstood.

Treatment doesn't come wrapped in a miracle. It's therapy sessions where you say things out loud for the first time. It's medication that balances your brain when willpower alone can't. It's long walks, journal entries, phone calls you're scared to make but do anyway. It's Cognitive Behavioural Therapy reprogramming toxic thoughts. SSRIs helping neurons reconnect. It's daily battles—small victories. Getting out of bed. Taking a shower. Saying, "I need help."

Recovery isn't a straight line. Some days you climb. Some days you fall. But every day you try—you win a little more.

A Global Emergency We Pretend Isn't There

Mental health isn't a luxury. It's a crisis.

Suicide is the 4th leading cause of death among people aged 15–29.

Depression is the leading cause of disability worldwide. Over 75% of people with mental health conditions in low- and middle-income countries receive no treatment at all. We talk about productivity, economy, innovation—but we forget that a nation built on burned-out minds cannot thrive. This is not just about feelings. This is public health. This is survival.

Mental illness is not attention-seeking. It is not weakness. It is not failure.

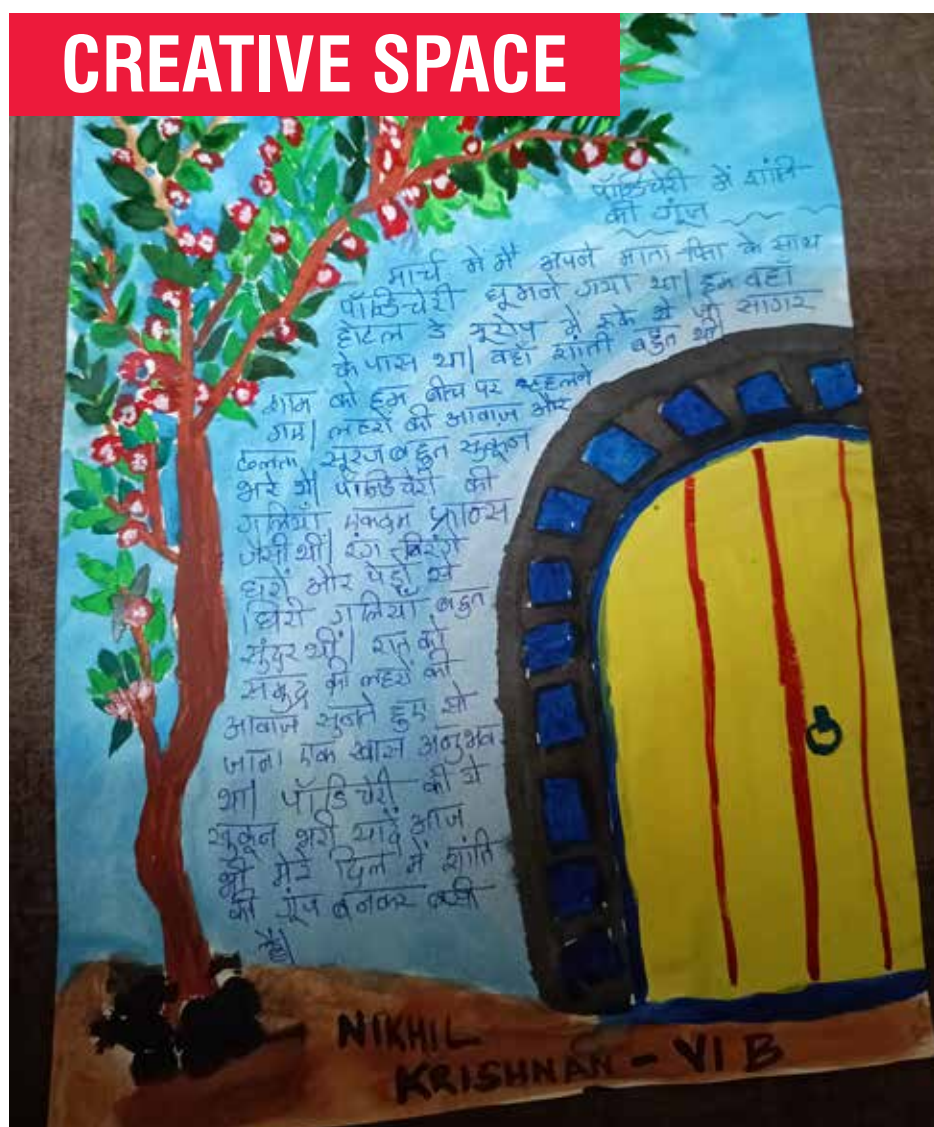
It is the student hiding tears behind a perfect grade. The friend who always checks in, but never gets checked on. The teen staring at their ceiling at 2AM, wondering if they matter. They do. You do. The bravest thing anyone can do is stay. Breathe. Try again. Ask for help. Say, "I'm not okay"—and let that be enough.

The mind can be a battlefield. But you are not the war. You are the one who survives it.

Mental health is not a luxury, not a trend, not a weakness. It is health. It is life. And every person struggling with it deserves to be seen, heard, and healed—not shamed.

So, talk about it. Support one another. Be gentle with yourself. Let the healing begin—not with silence, but with truth.

CREATIVE SPACE



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne



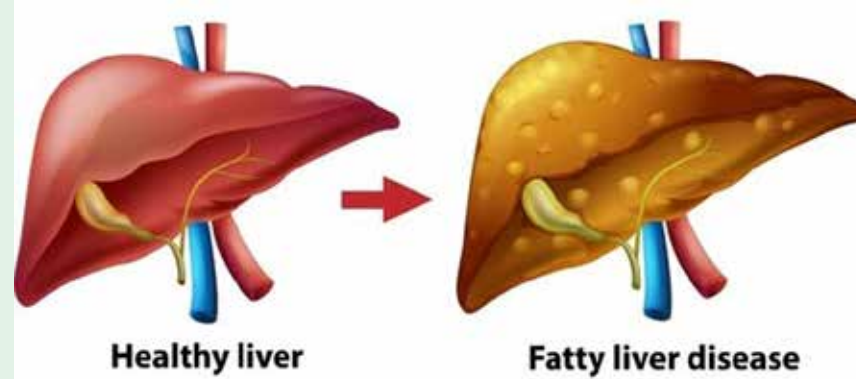
Ayansh Rathour (9 yrs), Class 4, Euro School, Balkum, Thane

FINDING WAYS FOR FATTY LIVER

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Fatty liver is quietly becoming a household concern, especially as sedentary routines and processed diets take center stage. But here's a comforting thought, food can heal too. There are 4 specific snack combinations that may support the reversal of fatty liver, when paired with a healthy lifestyle. These aren't just random healthy foods, they're carefully chosen, based on how they affect liver fat metabolism, inflammation, and gut health. It's easy to assume dates are "too sweet" to be good. But what most don't realise is that dates are rich in soluble fibre, a component that helps reduce fat accumulation in the liver by slowing down digestion and sugar absorption. Paired with walnuts, the combination turns powerful.



Walnuts are one of the few plant-based sources of omega-3 fatty acids, which studies have linked to reduced liver inflammation and improved enzyme levels. A study even suggested that walnut intake is inversely associated with non-alcoholic fatty liver disease.

Together, dates and walnuts offer both sweetness and satiety, a snack that's not only liver-friendly but also emotionally comforting. Just two dates with a small handful of walnuts, twice a week, can become a gentle act of self-care. Dark chocolate and liver health? Sounds like a stretch, but the truth lies in the polyphenols. High-quality dark chocolate (at least 70% cocoa) contains antioxidants that help reduce

oxidative stress, a key player in liver fat damage. Now, adding nuts like almonds or pistachios amplifies the benefits. These nuts contribute vitamin E and healthy fats, both crucial in protecting liver cells. A study noted that patients consuming diets rich in vitamin E and unsaturated fats showed improved fatty liver markers. This combination isn't a green light to binge, but a mindful square of chocolate with a few nuts, once or twice a week, creates a guilt-free pleasure that nurtures both body and mood.

Apple slices with a drizzle of raw honey and a sprinkle of cinnamon aren't just a cozy snack — they represent gut and liver synergy. Apples contain pectin, a type of soluble fibre that feeds gut bacteria and binds to fats, helping flush them out. Raw honey, in moderation, supports

beneficial gut microbes that influence liver metabolism. This combination can be eaten warm or cold, making it a comforting option for all seasons. It's a gentle reminder that healing doesn't always come in harsh flavors. Probiotics have received a lot of buzz, but not all yogurts are created equal. Plain Greek yogurt is protein-rich, low in sugar, and packed with active cultures that restore gut health — a key driver in managing liver fat levels.

Topping it with berries like blueberries or strawberries adds polyphenols and vitamin C — both of which help reduce liver cell stress and inflammation. A small bowl, a few times a week, can be a quiet ritual that supports long-term healing.

RYAN CHRISTIAN SCHOOL - VASHI INVESTITURE CEREMONY 2025-2026

Date: 14th June 2025

Time: 8:30 AM to 10:30 AM

Venue: School Auditorium

Leaders are not born but made by their experiences in life. To inculcate the leadership qualities in the students a school council board was formed after interview and brainstorming sessions.

The most auspicious ceremonial occasion of the school, Investiture Ceremony was celebrated on 14 June 2025, with full pride and solemnity. The Investiture Ceremony is one of the momentous oc-

casions when the school entrusts hope, faith and the mantle of responsibility to the newly appointed school cabinet. This ceremony signifies the reliance and confidence that the school consigns in the newly appointed council members.

The event commenced with a tree plantation, symbolizing growth and responsibility.

The ceremony then moved to the auditorium, beginning with soulful prayers and prayer songs in English, Hindi, and Marathi.

Warm welcome speeches and a welcome song set the tone for the occasion, followed by a meaningful skit on leadership presented by the students.

The Honoured Guests present for the day –

1. Mr. Umesh Sharma - Founder of premium training institute Genius Gems with mission of "One stop solutions for all".
2. Pastor Kartik R Sarkar - Founder & Pastor - New Hope Fellowship & New Hope Charitable Trust

A special felicitation of guests was conducted, expressing gratitude and honor towards the dignitaries present.

The highlight of the ceremony was the oath-taking ceremony conducted after the guest speech, where newly elected student leaders pledged to carry out their duties with sincerity and dedication.

The event concluded with a vote of thanks, the Ryan song, school anthem, and the national anthem, making it a memorable and inspiring occasion for all.



TOGETHER.. YET LONELY



Shabd Chawla (16 yrs)
Noida Extension

Nowadays you might have seen a lot of people zoning out to a completely different thought or pondering over something for a very long time, as soon as we approach them, they shake their body in tiniest motion and pretending as if nothing happened and start looking at each and every member in the group to show as if they have been making notes of each and every point being discussed even if the topic is as useless as 'pizza vs burger'. Familiar with this situation right?

Today, most people don't just zone out to a completely different thought or randomly start day-dreaming about something, most often the reason for being silent or not participating in the conversation is people feeling lonely in their lives or abandoned by their groups, friend circles and even their family. They have reached a point where they have even stopped faking their smiles to show their participation in the discussions. These people often do not add their inputs to a conversation because deep down a sense or maybe a fear of not acknowledging their input lingers in them, they usu-

ally feel a sense of awkwardness if their input to the conversation was not brought to light seriously or was left hanging.

Now I am no psychologist or for that matter, I had a commerce background but a few emotions, actions and movements are quite distinguishable to realise that some of the people in the group are not enjoying as much as others. However, one should note, there is a huge difference between introverts and people who feel lonely. Introverts usually prefer not to socially involve themselves with anyone or avoid small talk, and try to reduce their interaction with others as minimum as possible signifying that, if there is no social interaction between them and the rest of the world, they remain happy and it doesn't affect them at all.

The main problem however comes with the people who usually feel desolated is that they are not introverts and don't even want other people to categorise them as introverts just because there is no social interaction from their side, if and when given a chance, they too wish to hang out like an extrovert, portraying their real side with engaging conversations, appropriate humour and charming interactions with the group. You may notice that they might have been a jolly person earlier with a fun loving and go-to personal-

ity, however, due to some instances, or maybe with time, they became quieter and quieter and ultimately reached a point where they had been labelled as an introvert.

We as population are very large but we as people are very small, the main issue with human nature is the issue of 'Quick Judgement', take an example, a student who is a very good dancer, participates in assemblies and events, fumbles once during a show, very few people like his teachers, parents and close friends will know him from his previous excellent performances but majority of people I am saying will remember him from the moment he fumbled on stage. I know some people might be contradicting it by denying it there will be some people who would remember him for his other performances but deep down, we all know that people in these instances remember a person for their instances of mistakes, fumbles and awkwardness portrayed and imposed by them only!

Similarly, during meet-ups, a description by a third person about someone acts as the major element of embedding a first impression in someone's mind, and if a rumour has been floated by someone, this adds a cherry on top of the cake. Rumours can act as a benefit or loss to someone's image, practically the ru-

mour spread is often because of envy or hatred to demean another person even if that hasn't been verified or confirmed by that person. We as humans crave gossip, talk of downfalls, seeing problems in others' lives however when the same things apply to us, we start criticising and blaming others. Based on the descriptions, rumours and other agents creating an image of someone, in the back of mind, a wrong image starts developing for someone without even meeting them personally which gradually develops into hatred and creates a sense of alienation in the other person's minds when they realise that people don't want to talk and do not enjoy their company which eventually leads to distancing. Many times, people even realise why they are being isolated from

other members of the group but do not wish to bring up this topic and discuss it personally as they realise that they can do nothing to change someone's impressions and think it's better to stay quiet and let things go like they usually do.

Another important reason for the development of a feeling of desolation might be 'informal Generational Gap', you might have heard this term while chatting with your parents or grandparents signifying how quickly and how different things have become to a particular generation. Now this term here I am not using literally, what I mean is that nowadays many youngsters define fun as 'clubbing, casual relationships, vapes, smoking, abnormal social interactions, savage disrespects' and whatnot. Teenagers usually categorise

it as 'cool', but many people including myself do not wish to categorise it under the term 'cool'. What kind of fun is there where you try to ruin your physical or for that matter even mental health. People who do not wish to associate with this kind of fun are often looked at with an eye of disgrace or people calling them boring. In a world of clubbing and casually hooking up with someone you met 5 minutes ago, people who prefer to visit cafés, libraries, and ambient restaurants with their loved ones who have known them for years and even decades!

All these reasons together result in breaking apart people from their loved ones and their groups because of which a silence starts developing which is unspoken to others but very loud to ones who actually feel it.

