

# IMPERIUM

MAY 24 • ISSUE ONE

SUNCITY  SCHOOL

**INSIDE!**  
ANXIETY AND  
MENTAL HEALTH

**PERSONALITY  
QUIZ ON LAST PAGE**  
A CURATED  
PLAYLIST INSIDE  
MADE ESPECIALLY  
FOR YOU

**MENTAL HEALTH  
AWARENESS  
MONTH**

*pictures via pinterest*



# MENTAL HEALTH AWARENESS MONTH



The Month of May is mental health awareness month. Mental health refers to cognitive, behavioral and emotional well-being. Unfortunately, not many people realize its importance which is why we must spread awareness. Your mental health is as important as your physical health, and taking care of it is extremely vital.

**- Radhika Sharma and Prisha Gupta**

**Ask for help. Recognising you're not okay, acknowledging the fact that you need help and reaching out for it is extremely brave and a sign of strength. Don't ignore your feelings.**

**Nourish your body, and make sure to remain grateful to it. Stay hydrated. Remember you are loved and cared for. You're intelligent, talented, and incredibly valued.**



Illustrations by Amiya Leekha



# ANXIETY

-Radhika Sharma and Prisha Gupta

It's simply the body's natural response to stress. For students, being anxious before an important test is normal. But for several people, it's not just normal because it can cause an influx of emotions, paralyzing your social and academic life. If you feel anxious, reach out. It can be hard, but it's better to have all your emotions outside rather than inside. Talk to a friend, but understand that they cannot help you with your anxieties as well as a trained therapist can.

## HOW TO SUPPORT AN ANXIOUS FRIEND

§ Understand that social situations can be difficult for people with anxiety. However, despite this, anxious people still want to be included in plans. So don't stop inviting them out.

§ Anxiety can appear unexpectedly, so be aware that they might not explain why they aren't feeling up to it or why they seem off.

§ When they do want to talk, however, listen compassionately and non judgementally. It is essential to make them feel heard without making them feel pitied.

§ Let your friend know that it is okay to feel anxious and ask how you can best support them. Don't try to 'fix' them, simply be there for them, it is enough.



# ARE YOU FEELING ANXIOUS RIGHT NOW?

**YES**

**NO**

DO YOU KNOW WHAT TO DO TO FEEL BETTER?

**YES**

**GOOD,  
HAVE A GREAT DAY!**

**NO**

INHALE FOR 4 SECONDS  
HOLD FOR 7 SECONDS  
EXHALE FOR 8 SECONDS  
REPEAT AS NEEDED

REPEAT SEVERAL POSITIVE  
AFFIRMATIONS TO YOURSELF.

I WILL NOT FEEL  
ANXIOUS FOREVER.

I DECIDE HOW  
MY DAY WILL GO.

I AM IN CONTROL  
OF MY BODY.

EAT A GOOD MEAL &  
MOVE YOUR BODY.

REACH OUT TO SOMEONE  
YOU CAN TALK TO

A close-up, partial view of a green, ornate mirror frame. The frame is highly detailed with a repeating floral or scrollwork pattern. The mirror's surface is visible, reflecting a brick wall and a wooden chair. The text is overlaid on the reflection.

# **WARNING:**

**Reflections in this  
mirror may be distorted  
by socially constructed  
ideas of 'beauty'**

# BODY POSITIVITY

"How, I feel about myself is more important than how I look. Feeling confident, being comfortable in your skin—that's what really makes you beautiful."—Bobbi Brown.

Most of us have grown seeing a very specific body type as the ideal body. The idea of there being a "perfect body" has intertwined itself into the very roots of our mind. How many times have you scrutinised yourself in the mirror and wished it was all different?

We at a certain point tend to forget that it is our imperfections that make up our individuality. The concept of inner beauty and self-love is a common challenge, especially when we are fighting an internal battle and endlessly comparing ourselves to others.

It's humanly impossible for someone to be picture perfect. Loving one's own body and having a positive perception boosts self esteem, confidence and strength. It is completely okay to not fit into stereotypical sizes and standards set by society. Let us normalize nourishing our bodies.

Even huge stars have fallen prey to body insecurities. Popstars like Lizzo and Taylor Swift overcame their insecurities and embraced their bodies. If they can do it, so can you!

- Adviti Basu & Sairaa Julkaa



**ALL  
BODIES  
ARE  
GOOD  
BODIES**

**Taking care  
of yourself  
is productive.**



**YOU ARE  
SO LOVED**

**Life is way  
too short  
to spend  
another day  
at war with  
yourself.**

how to be happy:

stop comparing yourself to others



# I LOVE YOU FOR YOU

**"you're so skinny."**

**"lose some weight."**

**"cover those curves."**

SOMEONE ELSE'S  
BEAUTY IS NOT THE  
ABSENCE OF YOUR  
OWN.



Stop belittling someone for their appearance or for being bold enough to be themselves in this judgmental, fault-finding society we now live in. Stop commenting on one's personal choices or way of living. In today's world, people are obsessed with the sick thought of changing themselves to get the 'ideal body,' which not only often negatively affects their physique but also takes a hefty toll on their mental health. Most people today have multiple issues such as anxiety and eating disorders due to the body-shaming they face every day not only by other people but their families and close ones too. How can we expect people to be living happily if they are neglected and nagged at every step of the way for how they look? Start to accept yourself and the people around you for who they are, no matter the scars on their face or the number on the weighing scale. Switch to 'You look beautiful and I love you for YOU'

-Nayonika Chakraborty

Trigger Warning- mention of eating disorders and food.

# DEAR ANA

I wake up to witness another day,  
Same ol' routine once again.  
For a while I continue to lay,  
But when I rise, I feel the pain.

Looking into the mirror, I see no haze  
Just a scrawny body, with a gaunt grey face.  
I dress like December in the midst of mays  
And step out to meet the worlds worried gaze.

I sit down for lunch, my tray is full,  
But no more than a bite, goes down my throat.  
For what goes in and what comes out,  
I must make a note.

Dear Ana, my mind tells me you'll leave  
But my heart says you're here to stay.  
Will I be happy tomorrow ?  
Or fake another "I'm okay"...

-Aadya Sharma

# DISTORTED PERCEPTIONS OF BEAUTY

In July 2020, Dearbhla McCrave was diagnosed with anorexia and was hospitalized. Soon after her discharge, Dearbhla had to be brought back after she overdosed. Today, she fights for her life at Our Lady of Lourdes Hospital. This is just one of the many disheartening tales about eating disorders.

Society defines eating disorders as "an unhealthy obsession with attaining perfection or desired beauty". These disorders often co-occur with other mental health disorders such as anxiety disorders, obsessive-compulsive disorder, and alcohol and drug abuse problems. Personality disorders can also co-occur with eating disorders. Their root cause is unclear but certain factors come into play. People with a history of neuroticism or impulsivity are at greater risk. In a culture where thinness is a desirable trait, there are higher rates of people reporting eating disorders.

Even though these disorders can affect almost all people, they are primarily experienced by adolescents and women.

The three most common eating disorders are Anorexia nervosa, Bulimia nervosa, and Binge eating disorder.

Eating disorders also increase the risk of heart failure, fatigue, seizures, and kidney issues.

The overarching concern here is the lack of support that patients of these disorders receive. Often they remain untreated, and the weight loss is attributed to a desire for beauty. But make no mistake, these disorders if left untreated can be deadly.

- Ananya Vijn

# BOYS WILL BE ~~BOYS~~ WHOMEVER THEY WANT TO BE

- Ananya Sethia and Sohanshii Bhatia

Toxic masculinity, a stereotypical norm on how men all around the world are supposed to behave or act.

"You... like a girl"

When we tell boys not to "act like a girl," or "cry like a girl," we are sending across the wrong message. This toxic messaging translates to boys deeming women as inferior.

"Toughen up, you're a man."

The idea of men being tough and unbreakable, and telling boys to "man up", deprives the child of emotional expression that is detrimental to his long-term mental health.

"Real men don't cry"

Boys are always told to avoid displaying any indication of weakness or vulnerability. This way of thinking leads boys to believe that these 'softer' emotions are only for girls.

"You're too soft."

This statement sends a misconstrued message to boys. They should never be told that they are "too" anything.

"Boys will be boys".

This statement is more harmful than one would imagine, sending across a message to young boys that there is an invisible shield they can hide behind instead of being answerable for their wrongdoings.



illustration by  
Sohanshii  
Bhatia

# ENTERTAINMENT CORNER

**how to scan spotify codes:**  
open the app and click on search.  
on the top right corner, above the  
search bar, click on the camera icon  
scan the spotify codes to discover a  
playlist made just for you and a  
podcast to boost your mental health



## THIS MONTH IN HISTORY

MONTH OF MAY

Clara Barton founded the American Red Cross in Washington in 1881. An American nurse, Clara was a noteworthy humanitarian and suffragette. During the Civil War, Barton organized facilities to organize supplies for wounded soldiers. She also wrote the American amendment to the constitution of the Red Cross, which provides for the distribution of relief not only in war but also in times of natural disasters.

# LOCKDOWN DIARIES

- Sohanshii Bhatia

## THE JERUSALEMA CHALLENGE

Everyone has at least heard of the Jerusalema challenge, if not already been a part of it.

If you haven't, it's a dance challenge where people perform on the song Jerusalema (sung by master KG). This social media trend that took off last year in February, the Angolan dance troupe Fenómenos do Semba created the viral #JerusalemaDanceChallenge video that showed off their dance moves after they broke into a group dance, all the while eating lunch from plates in their hands. The Jerusalema went viral when the whole world is going through a pandemic because it gave a chance for people to connect and build a community.



## GUESS THE GIBBERISH

'Guess the Gibberish' is a filter on Instagram which gained immense popularity amid the lockdown. It required people to guess jumbled-up words and phrases in under 10 seconds.

Can you guess the gibberish?

1. WE LOAF ORE CHIN
2. HUE ONLY LEAF ONCE
3. DAWN WAYS MY TIME



# VAMIKA BHARADWAJ

## Batch of 2020- School Topper

Vamika Bharadwaj is a school alumna who graduated from Suncity School in 2020, getting into St. Stephen's, and is majoring in English. Here's what she has to say about the pandemic, her interests, exams, and more!



# INTERVIEWING A STUDENT ALUMNA

(Vamika Bharadwaj interviewed by Prisha Gupta)

## HER INTERESTS

Vamika spends her time reading. Her interests lie in manga and anime, and it is what she used as stress busters. She strongly recommends Mob Psycho 100 to first-time anime watchers. It is her all-time favorite anime, and she especially adores Reigen Arataka! She has come to love manga much more recently, because they are easier and quicker to read and extremely time-efficient during her busy college days. Most anime are based on manga, but Vamika prefers the parent manga over their subsequent anime.

## SCHOOL LIFE

School life was mostly enjoyable for Vamika, and she still is in touch with her school friends. She took liberal arts in school, scoring a 98% in her 12th boards. She says that she was unsure of what she wanted to do, but her family was extremely supportive of her and it was where her interests lied. Her favorite subjects were English and Political Science in school! Talking about exams, she says that boards account for a lot in our country and are given much importance by those around us, so much so that everything you do leading up to a single exam can be quite stressful for students. However, leading up to the exams, revision and studying take up most of a student's time which doesn't leave room for stress. Vamika also added that every student has a different studying process — while hers included mainly reading, others might benefit from different methods. She strongly advises students to stick to the NCERT: it's the only book they need if they study it well.

## COLLEGE LIFE

Vamika got into college at the bridge of the pandemic. She'd initially gotten into a different college, considering that St. Stephen's announces the list of accepted applicants relatively later than other colleges, but she was elated when she got into the college of her choice. It was slightly intimidating, but it was an extremely happy moment for her. Colleges did not begin till the end of 2020, but when they did, lectures were held online. She says that everyone probably had a different experience with online lectures, but she feels that her professors were extremely helpful and provided the best resources they could. It was harder to make friends in college in the online situation because it's just not the same, but she maintains that college has been a positive experience for her so far.

# REEL-REVIEWS

take a break, watch a movie

## THE WOMAN IN THE WINDOW

- Suhinaa Saluja

This Netflix Original film released on 12th May 2021 directed by Joe Wright, is based on a 2018 best-selling novel with the same name. The movie revolves around an agoraphobic woman, Dr. Anna Fox, who witnesses a gruesome murder from her window and tries to solve it. It is a super intense film and will keep you engaged throughout. This is the perfect movie to Netflix and Chill with, this Friday night. Keep up till the end for a highly unexpected plot twist!!!

Rating- 8.5/10

## THE DIG

- Sara Manchanda

This interesting movie is a narrative of a true incident, which revolves around the mysterious mounds in the property of Mrs. Edith Pretty (Carey Mulligan), a wealthy landowner in England. In the late 1930s, during the eve of WW2, she hires an amateur archaeologist Basil Brown (Ralph Fiennes) to dig into these mounds. They discover a marvelous piece from the Dark Ages while digging up a burial ground. A slow but remarkable and captivating 1hr 52m movie for all the history lovers. A well-directed movie with a wonderful cast!

Rating- 7.5/10

## NOMADLAND

- Sara Bhatnagar

Nomadland is the type of film that doesn't need a climax or suspense to hook you. It's an intimate portrait of life beyond materialism, revolving around people, their everyday lives, relationships, and obstacles. Its main motive is to make you realize money cannot buy happiness. In my opinion, this film is an inescapable cinematic masterpiece and just. (Chloé Zhao? More like chloé wow!)

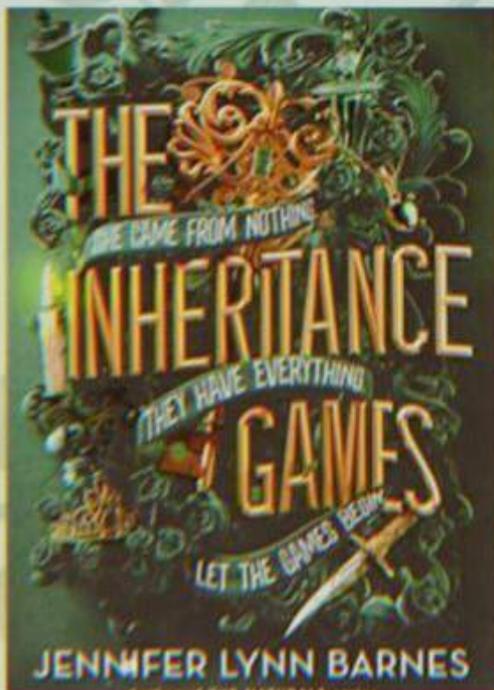
Rating- 8/10

# BOOK REVIEW

## The Inheritance Games

'Time flies when you're having fun.' That is the best way I can describe reading this. 'The Inheritance Games' is a book that had me hooked from the first line. It follows Avery Grambs, a poor orphaned girl who is determined to change her life. However, her plans fall in turmoil as a billionaire Tobias Hawthorne dies and leaves his entire will to her. The catch? She has no links to him whatsoever. This book has so much more to it than just being "a Cinderella story" and is a must-read for all those who love fast-paced, entertaining escapes! The Inheritance games is the first book in the series by Jennifer Lynn Barnes and the second book named The Hawthorne Legacy is set to be released later in September this year.

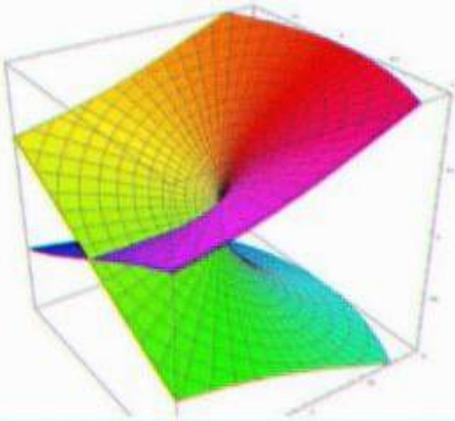
-Amiya Leekha



Picture from goodreads, illustration by Sohanshii Bhatia

# MEME corner

My blanket when I try to find the long side at 3 am



**quarantine**



**quarentine  
quarinteine  
quarintene  
quarantaian  
quarentian  
quaranteen**

Maths class be like:



memes from instagram

# Art corner



illustrations in order by Nayonika Chakraborty, Sohanshii Bhatia and Amiya Leekha

# BEEF TRIFLES AND LOBSTERS

- BY ANANYA VIJH

On the fateful day of May 13, 2021, HBO decided to bless us with the much-awaited FRIENDS reunion teaser. Needless to say, after its release, fans of the sitcom were ecstatic. The band's back together - Monica, Rachel, Phoebe, Joey, Chandler, and the dinosaur guy. They are no longer on a break. Apart from the usual gang, the special boasts of impressive guest stars such as Kit Harrington, David Beckham, James Corden, Lady Gaga, and even (gasp) Maggie Wheeler. OH. MY. GOD!

When the finale of the show aired in 2004, the stars were being paid a staggering \$1 million per episode. Even after its conclusion, the show found new life on streaming services and television broadcasting.

Set to release on May 27, it has created quite a storm. Even the Mumbai police decided to weigh in! On a completely unrelated note, how you doin'?



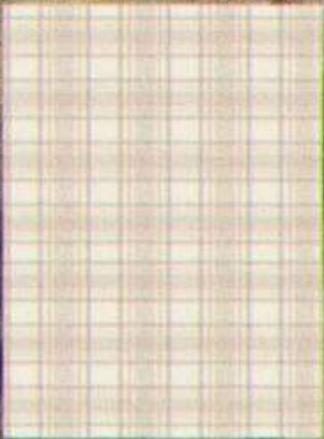
*illustration by Sohanshii Bhatia*

# FIND YOUR AESTHETIC

*all pictures via pinterest*

[ BY SARA BHATNAGAR ]

## 1. pick a wallpaper



[a]



[b]



[c]



[d]

## 2. pick a place to live in



[a]



[b]



[c]



[d]

### 3. pick a room



[a]



[b]



[c]



[d]

### 4. pick an outfit



[a]



[b]



[c]



[d]

### 5. pick a picture that speaks to you



[a]



[b]



[c]



[d]

mostly [a]

Soft aesthetic,  
full of pastel colours and  
light vintage fashion

mostly [b]

Cottage core,  
a style that embraces  
simplicity and nature

mostly [c]

Dark academia,  
centered around higher  
education, writing/poetry  
and gothic architecture

mostly [d]

Grunge,  
a dark edgy style



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# HELPLINES

There are some things you just can't control, and it is okay to let go. You tried your best. Remember that it's not always going to be this way. Just like good times, bad times end too. You've persevered this far, you're so strong. Here's to better times awaiting.

If you need help, or know someone who might, please refer to these helplines :-

Addiction helpline- 1800-11-0031

Assault hotline- 800-656-HOPE (4673)

Coronavirus helpline- +91-11-23978046

Women helpline- 1091

Indian eating disorder helpline-

+91 9283142341 ,

+91 9891486368



I. THIS IS YOUR STORY.  
II. PUT YOURSELF FIRST. DO THE THINGS YOU WANT TO DO WHEN YOU WANT TO DO THEM.  
III. STOP QUESTIONING WHAT SIDE CHARACTERS WILL THINK

I. PRACTICE RADICAL SELF LOVE. MAIN CHARACTERS DON'T HATE THEMSELVES.  
II. SPEND TIME ALONE. GET TO KNOW YOURSELF AGAIN.  
III. TAKE UP SPACE.

*you are the main character*

