



### Science Fiction Day

One is going to place any blame for those people who may have never heard about Science Fiction Day! It's common in some circles but virtually unknown in others. Reading science fiction books, watching Sci-Fi films, dressing up as a favourite superhero, and perhaps, even taking part in Comic-Con may not be for everyone. But, as it turns out, in the last few years, Science Fiction Day has become a very popular and unique event that marks the calendar of every true and dedicated fan of science fiction.

### #PERSONALITY

## World Introvert Day

Recharge through some alone time and self-care, learn about the psychology of introversion or show appreciation for your inward-focused friends.



For those who have ever wondered what it is like being an introvert, or those who know one and want to celebrate them, this is the day! Or perhaps, this is the day for people who are introverts themselves and struggle for people to understand them at all. Well, there is a full day dedicated to introversion, it's World Introvert Day! In a world where extroversion is

### How to Celebrate

So, how should a person go about celebrating being an introvert? Well, there are a variety of ways, of course, and some of them might even include throwing a party! Try out some of these thoughts for celebrating World Introvert Day!

- **Enjoy a Day of Resting Up**  
After several weeks of parties and holiday celebrations, this would be the perfect day for an introvert to spend some time alone. Get comfy at home, curl up on the sofa, and read a book! Do some self-care routines like taking a hot bath or enjoying some spa treatments.
- **Give an Introverted Friend a Break**  
This is a great day for those extroverted people to try to be respectful of introverts. For those who are not an introvert but do know one, take this day as an opportunity to be a better friend, family member or co-worker. Release some of that pressure and let the introverts simply be themselves!



### Learn About Introverts

A great many misconceptions regarding introverts! Here are some interesting things about introverts that would be ideal to consider and share on World Introvert Day!

- **Introverts aren't shy**  
Many people think that introverts are shy or have social anxiety but that's simply not true. Instead, it's all about how they recharge. Extroverts recharge by being with other people, and introverts need more alone time to get their juices flowing again.
- **Introverts can be very confident**  
Simply because they need to fill up their tanks alone doesn't mean introverts don't work with confidence and strength in everyday life. In fact, many famous artists, politicians, scientists and other great thinkers are known to be introverts.
- **Introverts like to socialize, just like everyone else**  
Some of them enjoy people very much but they get tired after having too much 'people-time.' Some introverts love diving deep into one-on-one conversations, but prefer to avoid big crowds. However, some introverts are excellent public speakers and make great social butterflies, and they just need to monitor their internal resources more carefully.
- **Introverts use the parasympathetic side of their nervous system more**  
This is simply the side of the nervous system that activates rest, subdued relaxation, downtime or contemplation. The other side, the sympathetic side, is the part required for full throttle movement and engagement with others.



He made me sit down on the side of his bed (this was a rare grace). Then, he proceeded to take one full hour to explain carefully, why women were so essential to mankind's existence, and they are fewer in numbers. If we want to continue as a race, women are the only part of the mankind who can do that. Men will fight wars and deplete their numbers, and ultimately lose the war, women will replenish those numbers, so, some sane men can come to life and continue the process of living. He then went on to reveal a very 'untasty' fact. He told me that fat women have difficulty having babies.

# "Ramji ki baat kahu"



### #PRIVILEGES



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Good health comes from eating well in your youth. *Bachpan me Ghee khaya hua hai, ab kaam aa raha hai,* a sentence quite familiar to most of us. I remember as a child, in Delhi, where I come from, come winter, a Rajsthani man would come to our door, with his camel (those days it was not a traffic disruption), and would bring down his large caskets of ghee, which my grandfather would, with some ceremony, sit down to evaluate. To help the matter along, the ghee wala would describe the cows it was derived from. "Sahib gai ke oopar atti bhi charbi nai hai," he would sell his product visually, showing with two finger pinch, the lack of culprit fat.

That was not all. He had at least five large charis (small necked pots with large bellies), and replicas of the same still atop 'purana' ghee for medicinal use. "Purani chat pe, ya phir haadi tooti ho to uspe malish kar kar dekho, khoon ravaa ho jassi, Ramji ki baat kahun." His 'Ramji ki baat kahun' held value. Those were times when a man's word



had value. He had a clientele that would buy from him because he will not break trust. If he did not have the required kind of ghee, he would fold his hands in humility, and relate the troubles of the producer, "gharan byaa tho, ve de kon sahya." Needless to say that he could sell almost all his fare to the eager congregation. The Rathi cow ghee, I recall, was used to make laddoos for the winter, and the distribution of those laddoos was very traditional. Two each for the boys, and my father. One for my grandfather, and one each for my sisters. My brother would then tease us about being no good for the army to get back at us for having declared that he was got from our sweepress in exchange for a tin of atta.

The injustice of it was boiling in my mind. My other sisters were too small to think anything at all. So, one day, I asked my mother, "Why is it that the army has only

chances for both sons and daughters. So, come winters, the laddoos were distributed in equal numbers. My son would play hard as most boys do, and though my daughter was encouraged, she did not play as hard. She worked hard to do well in studies, and did a lot better than her brother, at it. But the laddoos hadn't forgotten their traditional role, and steadily did what they did irrespective of the recipient. She worked out to get rid of extra kilos regularly, and took up a job in an advertising agency, copywriting. One fine day, she got married. But try, as she did, could not conceive for the first three years of her marriage. Then, she asked for help from a doctor. After various tests and lots

of holding of breath, doctor declared PCOD. Lifestyle disorder, from laddos and stress of doing well in profession, her diagnosis was a shocker. We had only treated our children equally. Sadly, the doctor explained, almost half the

female population is facing this problem. The world and the girls themselves are looking for a meatier role in life, but they are becoming meatier, literally, and loosing out on their natural roles, considered under the belt in any case. Till it's a case and needs careful treatment.



### #CRITIQUE

## How to think differently about 'Love'



Poets, philosophers and scientists all tell stories about the nature of romantic love. It can be liberating to critique them.

And anguish, delight and exasperation, rage and rapture, giddiness and grief, hope and heart-break, love is not an emotion. It is a whirlwind in which thoughts of the beloved can trigger every kind of emotion, driving some to bliss, some to murder, and some to suicide. If you are in love, you will recognise that surge of extreme and often clashing emotions. If you are not, you may wonder whether to envy their highs or feel lucky you are spared their lows.



Either way, you may also wonder, where do these states come from? How should we cope with them? What role should they play in our lives? What is love after all? Poets, philosophers, novelists and scientists have all tried to shed light on these questions. They often do so by telling an origin story. One such story is told in Plato's Symposium. Aristophanes, a comic poet, claims that humans used to be

spherical, with four arms, four legs and two faces. Some had genitals of the same kind on both sides, while others had male on one side and female on the other. Zeus, king of the gods, angered by these creatures' pride, set out to humble them. He used his thunderbolt to split each human in half. Each of us is one of these

### The puzzle of Exclusivity

Aristophanes' myth suggests that, for each person, there is only one special someone, their other half, meant to complete them. This implies that love is inherently exclusive, you can love only one person. This expectation is reinforced by the jealousy, often associated with romantic love's demand for

singular devotion. Yet, this requirement of exclusivity is puzzling. Why does it apply only to romantic love? A parent's love for their children is no less powerful, yet, no one thinks you cannot love more than one child. Is there something intrinsic to romantic love that demands exclusivity?

### The puzzle of Eternal Love

Aristophanes' story also posits that love, once found, will never change. In its early, passionate stages, love can indeed feel boundless and enduring. But reality often disappoints

to say what it could really mean to love someone 'for themselves.' To make sense of it, we quickly turn to the beloved's lovable properties as reasons that explain and justify love. I love you because you are good, beautiful, or smart, or kind, or perhaps, it's your smile, your joie de vivre, your yellow hair.

### The puzzle of Reasons for Love

When you fall in love, what are your reasons for loving this particular person? Can there be reasons for love? We sometimes hear, "I love you for who you are, for yourself alone." As William Yeats lamented, "only God, my dear, / could love you for yourself alone / and not your yellow hair." It's hard

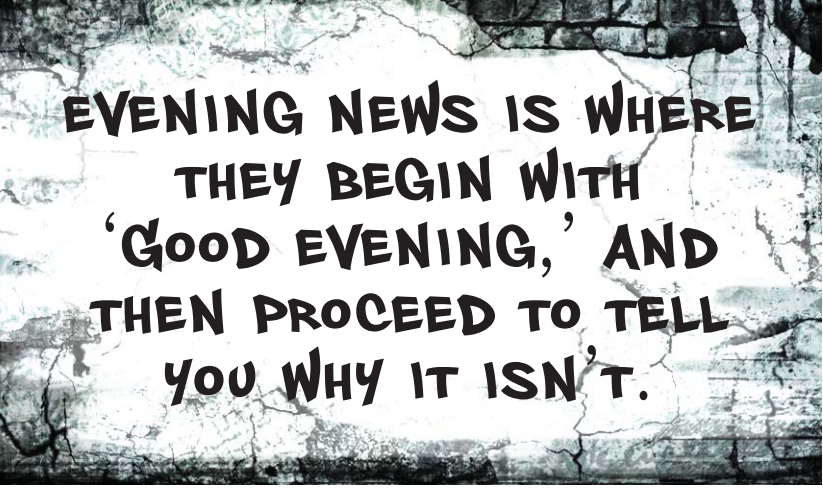
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### The puzzle of Unrequited Love



If love involves finding your 'other half', true love must be reciprocal, as each requires the other to be whole. Yet, love is sometimes unrequited. Can it then still be meaningful or authentic? Johann Wolfgang von Goethe's provocative statement, "If I love you, what business is that of yours?" captures this tension beautifully. It suggests that love, in its essence, might not depend on the beloved's reciprocation, but it clashes with the deep longing for recognition and mutuality that typically characterises romantic love. Unrequited love highlights an inconsistency between the autonomy of love as an emotional experience and its relational nature as a bond. It also challenges the idealised view that love should always lead to unity and fulfillment. Instead, it raises the possibility that love's value might lie as much in its ability to transform the lover as in its ability to create a shared connection.

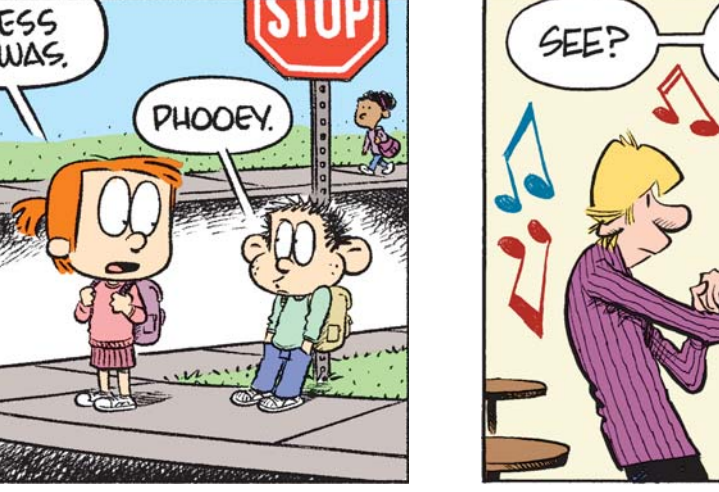
### THE WALL



### BABY BLUES



### ZITS



### ZITS



### ZITS



By Rick Kirkman & Jerry Scott

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