

FDDI HYDERABAD'S FASHION COMMUNICATION CLUB PRESENTS

MAY 2021

FELICITAS

the new healthy

PANDEMIC
DIETS &
WORKOUT
ROUTINES

CYBER
FASHION
celebrate hot
girl summer
ONLINE

WE STAND
TOGETHER
against
covid-19

SAI
HEMANT

CHAMPIONS

ARE MADE WHEN NO ONE IS

WATCHING

VOLUME 03

FELICITAS

An initiative by the students of FDDI HYDERABAD'S
SDAC FASHION COMMUNICATION CLUB

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ABOUT US

Crafted with enthusiasm and care, FDDI Hyderabad's Fashion Communication Club – Melange, brings to you 'Felicitas'. A magazine that is specially created to cater to the interests of every soul out there. An array of topics ranging from fashion and make-up to pop-culture and eloquently written poems have been handpicked and presented for you to indulge in. This magazine is a creative space that serves as an outlet and platform for all the little wonders that go on around us, with the people around us, every day.

Dear Readers,

First and foremost, on behalf of the Melange Club, we send you a hearty welcome to the third edition of "Felicitas".

The idea of releasing the May Issue considering the current crisis seemed desolate and impossible. Like a lot of families, our team also suffered the wrath of the pandemic, and working on this magazine seemed like a forgotten afterthought. However, it was heartwarming and encouraging to see that despite everything, most of us stayed. We worked harder than ever to create a magazine that would hopefully give our readers an escape from the gruesome reality for a little while.

It's during times like these that we realize that 'Felicitas' isn't just a club magazine we make for fun, but it's our way of expressing ourselves in hopes that people find inspiration, courage and a sense of community and belonging with us.

This edition is a special one. As a team, we wanted to try our best to help fight this battle against Covid-19 by spreading awareness through guides, to-dos and self helps, and most importantly through positivity.

We take this opportunity to remember and send our thoughts and prayers to those who have lost their lives to this disease and to those who have been affected by it. To the ones still fighting, we send you hope, love, and courage to continue fighting and wish for a speedy recovery.

EDITOR'S NOTE



We would like to thank Arun Sir and Shweta Ma'am for helping us through another edition. A huge thank you to the whole Felicitas Team for coming together during these trying times. Your enthusiasm, creativity, talent, and hard work have made this edition a success.

We hope all our readers have a pleasant read and quarantine at home. Take care and stay safe.

Ibadondor I Khriam
Associate Editor

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Electric Pop

If Ghostbusters are the ones you call to catch ghosts, Hemant is the one you call to win your badminton games.

Meet Hemant,

A 3rd year student of FDDI who is currently pursuing his Bachelor's in Fashion Retail and Merchandising.

He is a self trained badminton player with colossal talent.

Read his candid interview with us below:

COVER STORY

SAI HEMANT

1. Did you always have an interest in sports and athletics or is this a more recent interest you've taken on?

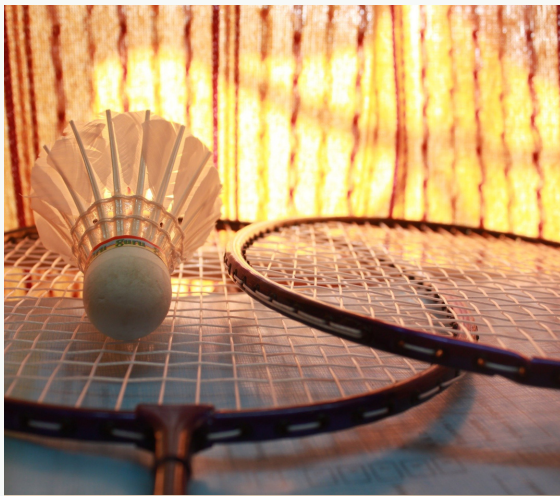
Yes, I have always been active in sports and extra-curricular activities and have been interested in sports since my childhood.

2. Who or what inspired you to be a sportsperson?

I was inspired by my friends. I saw them playing badminton and winning competitions and wanted to try it out as well. I started playing badminton when I was 11 because of them.

3. Have you been staying active and playing badminton during these trying times? If so, what's your secret to staying motivated and active?

No, I am not indulging in any kind of activities that involve going out and meeting people. I don't want to put my family under any risk of the virus. However, I hope this pandemic ends soon so that I can get back to my training.



4. Have you ever been professionally coached, or are you self-trained?

I've never been trained professionally. It was my friends who helped me work on and build my badminton skills. They're the ones who were with me in this journey from the start.

5. What does your cute nickname 'Bittu' mean and how did it come to be?

Thank you for finding it cute. It was my mom who gave me that name. And when I asked her how she came up with it she said, 'just like that'. So there's no specific meaning or reason behind my nickname.

6. What has been your greatest achievement thus far? Has FDDI played any role in your athletic career?

Success or failure, every match is a milestone for me, but my greatest achievement till now is representing Andhra Pradesh in the National Level Badminton Championship and becoming the first person from my district to represent my state.





PHIRSE MUSKURAYEGA INDIA

STUDENTS' ARRAY

Phirse Muskurayega India

“PHIRSE MUSKURAYEGA INDIA” HAS REACHED EVERY NOOK AND CORNER OF INDIA. PEOPLE SAY IT HAS BECOME THE NEW NATIONAL ANTHEM OF THE COUNTRY. THIS SONG GIVES US A MESSAGE OF HOPE AND POSITIVITY.

EVERY INDIAN IS CURRENTLY FEELING AN URGE TO HELP, MOTIVATE, AND UPLIFT THE COUNTRY IN ANY WAY THEY CAN, HERE'S WHAT FDDIANS DID TO SPREAD POSITIVITY.

FDDI Hyderabad's students took the initiative to recreate the song Phirse Muskurayega India. Go, visit FDDI's official Instagram page (@fddiofficial) and checkout how we spread positivity through a song that gives hope.

Director: RIYA SINGH
Editor: SOURAV
Art Director: ANNESHA

VIRTUAL REALITY

Are you ready to go from offline to online mode?

Because we are!

*Here are the two most popular events organized by
the students of FDDI Hyderabad.*

VIRTUAL FASHION SHOW 2020

Home is the new fashion hub.

Tired of hustling for front row seats at fashion shows? As runway shows go digital, you can now see the latest collection in your kitchen, while putting tadka in your dal, and still feel like you have got the best seats in the house.

China Fashion Week went online and then London Fashion Week too streamed on its website. This concept is gradually becoming the norm, given the challenges posed by COVID-19 and social distancing measures.

So, we also thought of giving it a try. Each of the models shot their sequence at home and sent their videos to the coordinators who put them together, and voila! it turned out so great. our very own virtual ramp walk! If you haven't watched the video yet, go watch it on our Instagram page (@fddihydaalbum)

SHOW DIRECTOR: AMAN ASHOK SAAHI

EDITED BY: ASWIN

CHOREOGRAPHED BY : RIDHIMA NARANG & KASHISH
VEERAPANDIAN

ORGANISOR: AMAN ASHOK SAAHI, RIDHIMA
NARANG,KASHISH VEERAPANDIAN & ADEEBA KHAN

VIRTUAL FASHION SHOW 2020

Home is the new Fashion Hub

Akshata



Arushi



Yashi



Vaibhavi

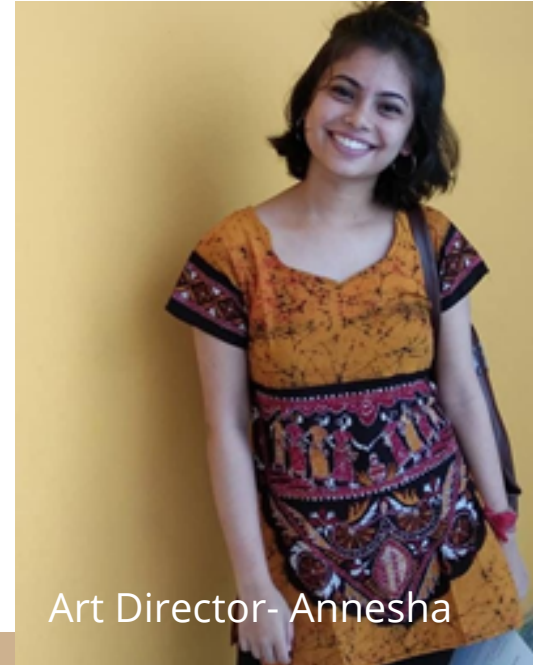




Director- Riya Singh



Editor- Sourav



Art Director- Annesha

MASK – THE NEW NORMAL

Let's make it a part of our wardrobe!

The COVID-19 pandemic has changed life as we know it. Although masks are meant to protect us and keep us safe from the virus, at times it may feel like they are restricting us and taking away our freedom.

Masks are in and handshakes are out for the indefinite future, so wear mask and wear it right. If possible style it too!

Now, let's see how our fddians has embraced this new normal. The video is bit old but the video needs an appreciation because the second wave is more dangerous and this video will definitely remind all of us how to embrace this new normal AGAIN!!!!!!

Go, visit fddi hyderabad official id (@hyderabadfddi) and checkout out how you can make a mask as a part of your wardrobe.

MASKS ON *THE NEW NORMAL*



- Vrinda



- Astha



- Mansi



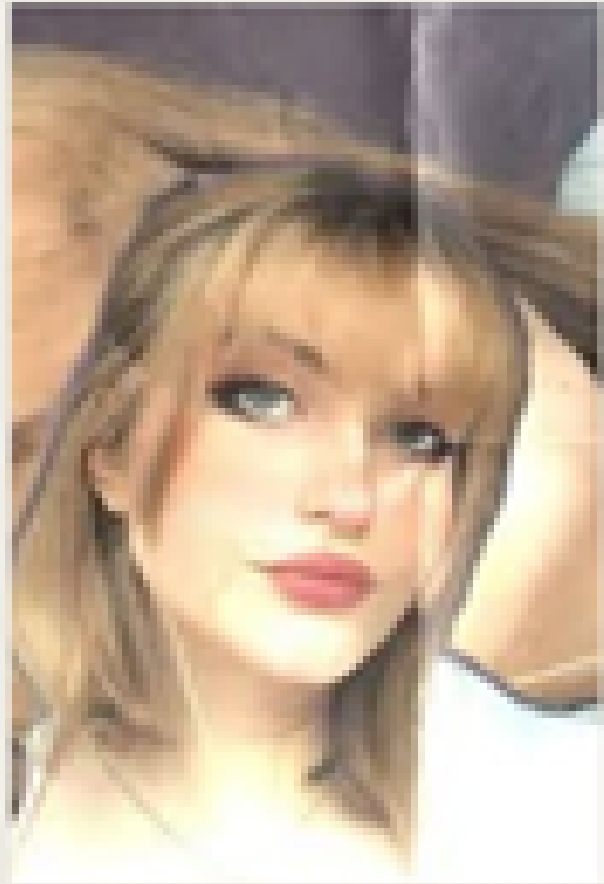
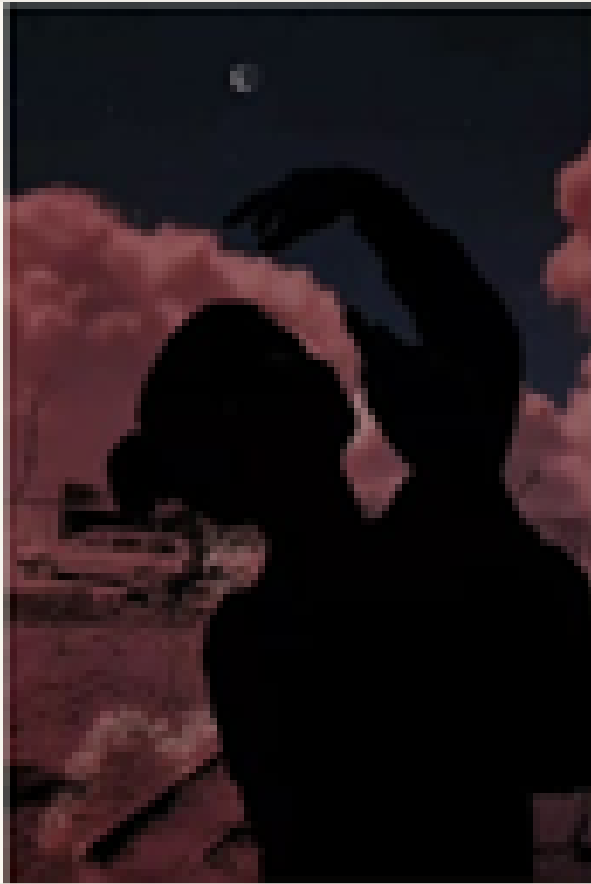
- Akshata



- Tasha Zafar

STUDENTS' ARRAY
PRESENTS

CAMPUS MANIA



Instagram filters are fun way to create
aesthetic and engaging video content.

**Which Instagram filter was your favorite
this month?**

LET'S SET A TREND. YOU-US-TOGETHER

The Students' Array team posted a poll on Instagram asking you which of the two most trending filters- PAPER FILTER or RUNAWAY AURORA FILTER, was your favorite this month.

With a maximum number of votes, one filter won the hearts of Instagrammers.

Runaway Aurora!

The Runaway Aurora filter is the latest social media phenomenon that lets users click aesthetic silhouettes accompanied by the song Runaway by AURORA.

This popular challenge first sowed its seeds on TikTok before establishing itself on Instagram.

For anyone who is familiar with the TikTok Silhouette challenge, Instagram's Runaway Aurora is like an extension of the existing challenge that requires users to make pretty poses against the sky.

The song first went viral in 2015 and has once again captured the attention of netizens through this social media challenge.

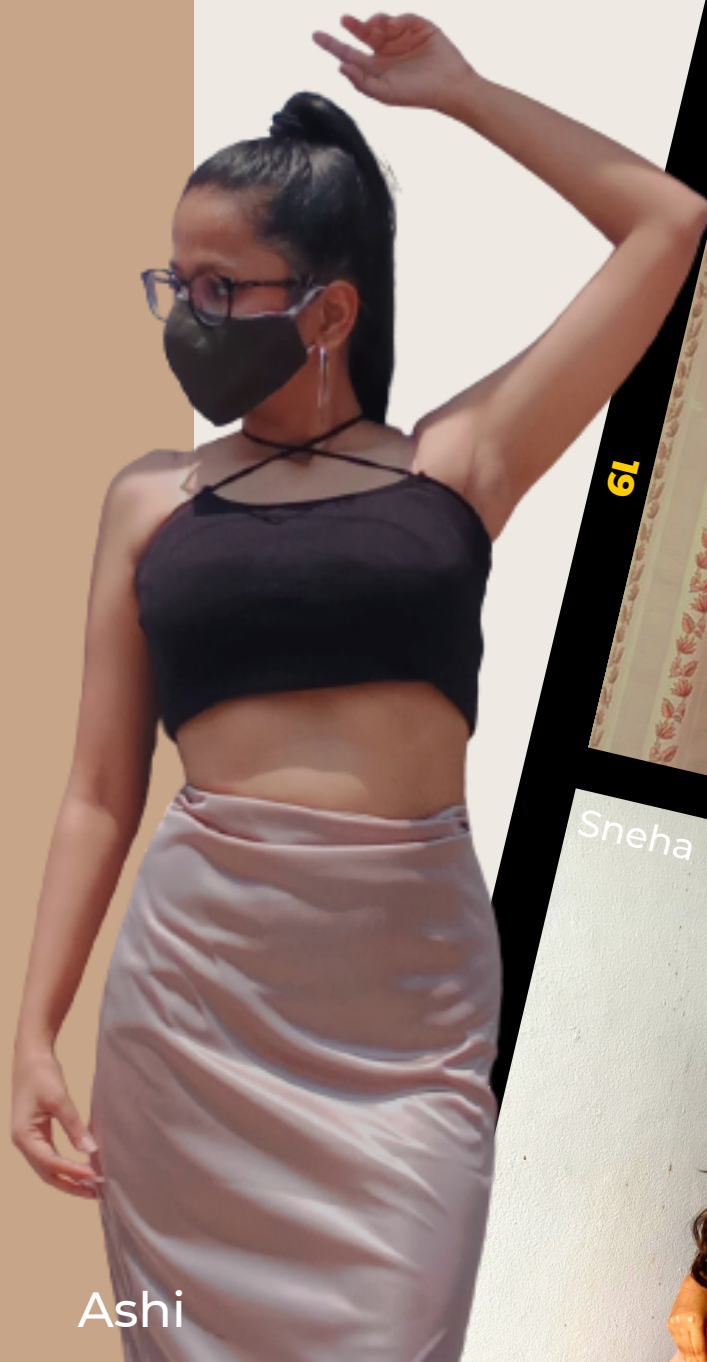


Quarantine is tough. There's barely any interaction with people besides family, and we can't go outside and visit our friends or our favourite places, but it's better to stay quarantined at home than be admitted to a hospital.

Wearing that N95 mask is tough. It might be hard to breathe, it can get hot and it might be uncomfortable, but it's better to wear this mask than wear an oxygen mask.

Together we stand and together we will get through this dark phase.

STAY HOME AND PARTY



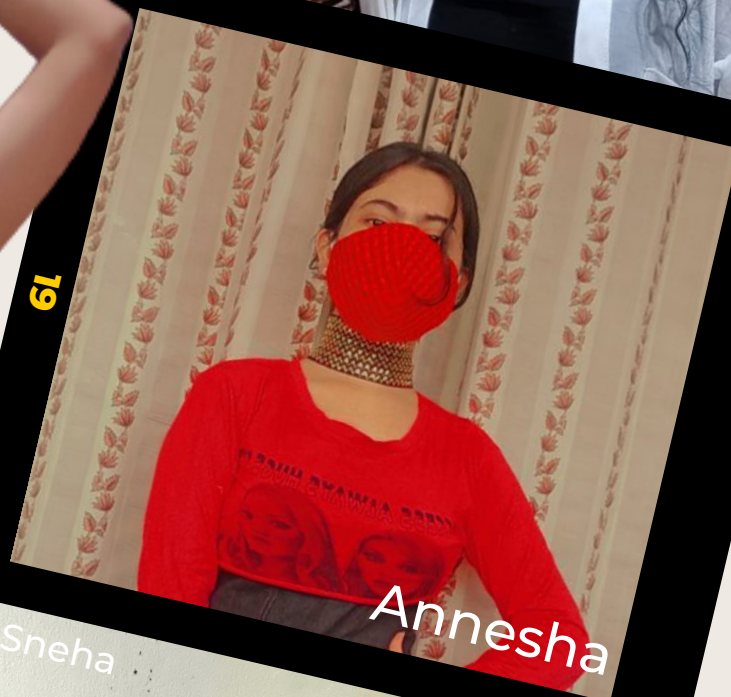
Ashi



Ayushi



Sohini



Annesha



Sneha

Focus

CYBER FASHION

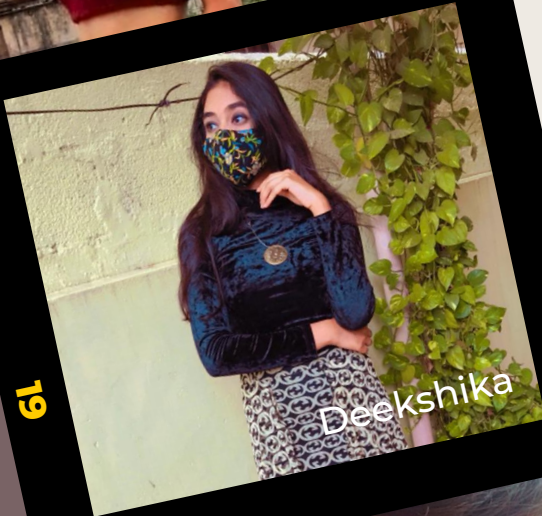
Fashion was never meant to be safe. It is expressive, loud, overpowering, outspoken, and fearless. But today safety is a necessity. Wearing masks and gloves, social distancing, and staying at home is important.

The ever-adaptable fashion has made its mark in such a situation too. Who says we can't be fashionable and stylish while partying at home?

Our in-house fashionistas show you how you can stay safe at home while being not-so-safe with your party outfit choices. Here is how our models would dress up for a virtual party or date.



Riya



Deekshika



Ayush



Aman



Aditi



Samita



Yash

SUM



SKIN CARE



*all the essentials you
need, packed in a
pouch*

MER





**GIVE YOUR SKIN WHAT
IT DESERVES ~ PALAK**

SKINCARE ROUTINE

We all need one!

THERE HAS BEEN A LOT OF TALK ABOUT WHAT KIND OF SKINCARE TO FOLLOW AND WHAT PRODUCTS TO USE. HERE IS A SMALL DESCRIPTION OF MY CURRENT SKINCARE ROUTINE AND HOW THE PRODUCTS I USE WORK ON MY SKIN.

Before going into it, there are a few points one should understand. A skincare routine takes at least 4-5 weeks to show results. Many of us give up too quickly thinking it 'didn't work' when in reality it simply wasn't given enough time to do its job.

Quick tip: If you have irritated skin or some breakage on it, try resetting your skin. It's a simple process of just cleansing your skin twice a day and not depending on any other heavy or potent products. Continue doing it for 6-8 weeks before starting your routine.



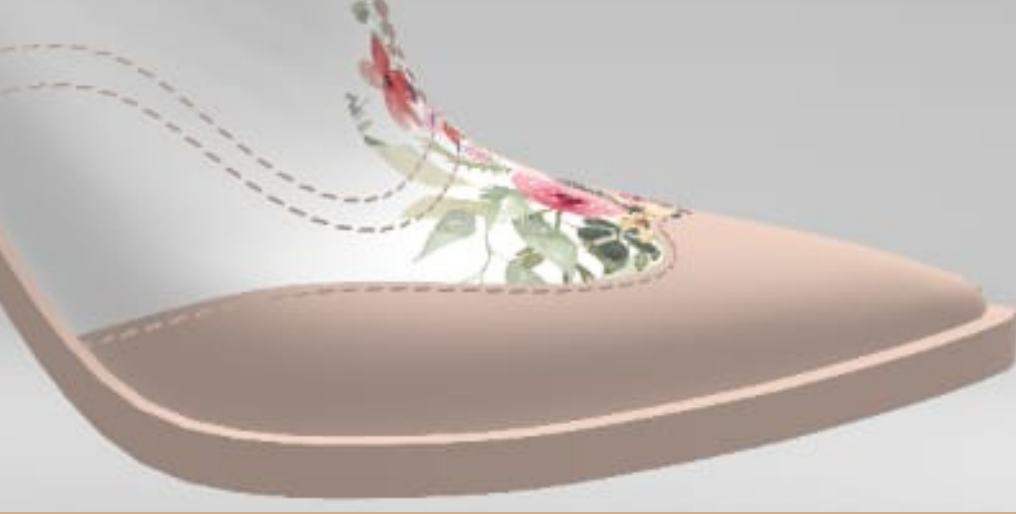
MY CURRENT OBSESSION IS ALMOST EVERY PRODUCT BY BIOTIQUE AND NEUTROGENA.

Skincare is personal and everyone needs to figure out what is good for their skin.

Starting with a cleanser, I apply my papaya cleaner, or cleansers like Cetaphil on dry skin and leave it on for 2-3 minutes, then splash it off. Some mornings I enjoy exfoliating my skin with the Neutrogena daily scrub because it leaves my skin soft and hydrated. Then I quickly apply nectar serum and leave it on for a few minutes. I use it every morning and evening. My skin needs more hydration, so I move on with my moisturizing cream. I love how these products cover my pores and easily prep my skin for any further makeup application. Some of my favorite sunscreens to use are Neutrogena and Lakme, of SPF 50. Never forget- sunscreen is the most important product in your routine. It protects your skin from the sun and helps it from breaking out. You can use tinted sunscreen too; they not only prime the skin but also tone it.

Now on to my evening skincare routine. Evening skincare is important because skin regenerates while you are sleeping. That is why it is most beneficial to use treatment products at night. I love cleansing my skin at night using fragrance-free products to take off all my makeup. I then use the same serum as in the morning, and to increase its effect I use my gua sha over it. It is a natural, alternative therapy that involves scraping your skin with the massage tool to improve circulation. I then apply moisturizer and eye cream to make my skin heal through hydration. I use the Mom Co. under eye cream rich with coffee. Face oils can be used if you have dry skin. They seal in moisture and give your skin an extra boost. The last step is pampering my lips with a sugar scrub or a natural balm and applying natural castor oil to my eyelashes, which helps them grow out thicker.

Hope this inspires you to start your own skincare routine and give your skin what it deserves.



WALK BACK IN TIME

*A modern serif with
classic luxury.*

An exquisite footwear collection inspired by classic roman art and early renaissance, specifically designed for creating elegant, classy women's footwear. Here is a glimpse from that collection:

A shoe with floral detailing, white leather as backing, and ballerina pink leather.

Concept: RENAISSANCE

- Sameeksha



Art Conversations

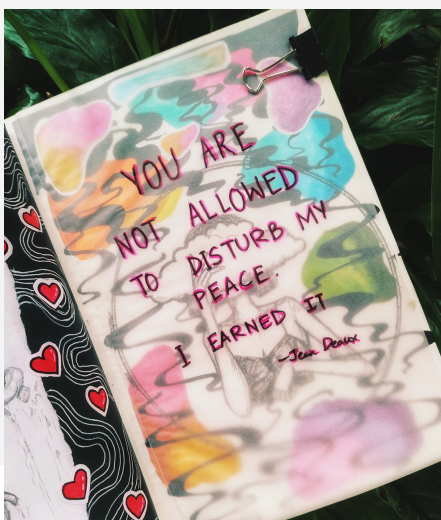
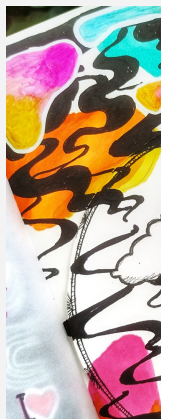
"When words are not enough, make art"
-anonymous

- Ibadondor

Aside from being an aesthetically pleasing trend on Instagram and Tumblr, art journals can be a very healthy form of creative therapy.

They are especially valued now as they can help relieve stress and art blocks. It is a creative process that does not have any rules. They are a canvas for us to share conversations with ourselves. In an art journal, we can use whatever art supplies and techniques we want to without feeling pressured get a specific result.

Art journals have been proven to help creative minds find a deeper understanding of their psychology and intuition. It is an art form that gets the least display time but can have the most impact on us.



Personally, art journals have been key witnesses to my skill, idea, and most importantly my personal development. During these times of lack of inspiration and motivation, just a doodle on that a5 sketchbook can go a long way to bring up your creative spirit and mood! If anything, art journals should be every artist's first form of self-care and meditation.

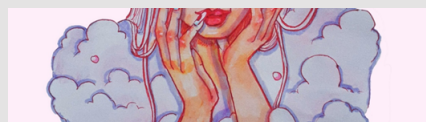
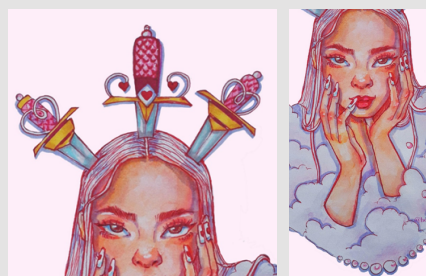
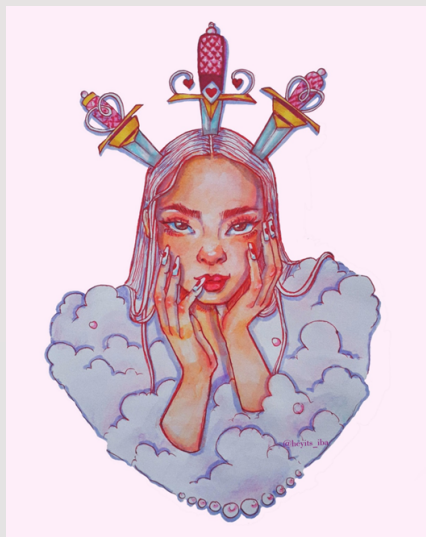
"SUPERFICIAL WITH A ROTTEN SOUL"

- Ibadondor



UNICORN

So this was a 'draw this in your style' art challenge by @roytheart_ on Instagram. To me the theme of a unicorn lady just screamed "old wives tales" type of book illustration, in which illustrations would use the hatching techniques with warm, solid colours.



THREE OF SWORDS

This one was inspired by the original tarot card- three of swords, which represents lost relationships. The idea sounds morbid but I wanted to turn this into something more positive. The swords to me represents an amour- something to protect ourselves; and the character's cloud, heart shaped shoulders represents love, peace and tranquility.

'Lost relationships' - the theme of this card, may sound sad, but the character's smile tells us otherwise. With love and a suit of amour, this illustration represents courage and strength in times of vulnerability.

The fear of failure is definitely something everyone goes through in life. My fear was that I would never be good at fashion illustration. In order to get past my fears I created a list of goals to help me redefine my conception of failures. The fashion world, though vast, is very hard to compete in; but I now believe that if you have the will to do, something success is just around the corner.

To curb my fears I created a brand called HOElly wear. HOE here stands for "heaven on earth". My designs are mainly focused on bringing about comfort while looking devilishly good. My current line has designs that use pastel colours with big, usable pockets for women's clothing. The issue of not having pockets in women's clothing has always bothered me, but hopefully my designs will be a useful and eye pleasing alternative. My other line has designs with bright neon colours and has a very fun persona. Though this is a small start, the thought of my designs bringing about change makes me feel fulfilled.

- Vaishnavi Chandra



@hoellywear

NEW NECESSITIES



- Muskan

***Who would have
thought masks
would become
such an
indispensable
part of our lives?***

Covid-19 forced us to make major changes in our lifestyle. People became more vigilant and started practicing social distancing. Now we only step out when necessary and never forget to carry our Covid protection essentials like masks and sanitizers.

Earlier masks were majorly used by medical professionals and helpers, but today it has become a necessity for everyone!

I made this illustration while trying to understand the plight of a bride who has to wear a mask along with her outfit on her wedding day.





DIET

HEAL YOURSELF
WITH GOOD
HOME-COOKED
MEALS. "GOOD
NUTRITION CAN
BE THE BEST
VACCINATION
AGAINST COVID-
19."



FOOD TO EAT WHEN YOU'RE COVID POSITIVE

By Prachi

When you test positive for Covid a balanced diet- rich in reasonable carbohydrates, proteins, vitamins, minerals, and unsaturated fats is highly recommended for a quick recovery.

- For proteins, fish and boiled eggs can be consumed. Chicken can be consumed in small quantities.
- Use olive oil, soya bean oil or canola oil, to prepare your dishes as this is 'good fat'.
- Drink at least 8 - 10 glasses of water a day. Drinking ORS (Oral Rehydration Solution) or coconut water twice a day is recommended.
- Have Khichdi made with a variety of pulses and vegetables. Do not overcook vegetables and fruit as this can lead to loss of important vitamins.
- Fermented rice, kanji, and other fermented foods aid in quicker recovery.
- Grapes or citrus fruits should be distributed through meals to provide the body with Vitamin C.
- Snack on raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- Prepare a laddu with a mixture of dry fruits, white sesame seeds, kalonji, ajwain - all roasted in desi ghee. Having one of these twice daily will provide essential minerals like zinc, manganese, and magnesium.



HOMEMADE REMEDIES TO BUILD YOUR IMMUNITY

The need of the hour is a quick boost to your immunity system to keep it fighting fit. Here are some easy homemade remedies to build your immunity.

- Boil a litre of water with 1 tablespoon of dried ginger, 4 teaspoons of coriander seeds and a fistful of fresh tulsi leaves. Strain it and drink once or twice a day.
- Mix one glass of milk with four glasses of water and three cloves of garlic. Boil it till the mixture is reduced to one glass. Strain it and drink this instead of tea or coffee.
- Add 1 teaspoon each of turmeric powder, asafoetida powder, fenugreek, and fennel seeds with a few curry leaves to 500 ml of butter milk and warm it for five minutes. Drink twice or thrice a day.
- Boil $\frac{1}{4}$ glass of water with turmeric and salt. Top up the glass with water and drink.
- A mix of 1 tablespoon of turmeric with 1 teaspoon of honey is a great immunity booster.
- If you are having a cold or cough, take a handful of tulsi, 5 shallots, 1 lemon, and 2 tablespoons of honey. Grind tulsi and Shallots with $\frac{1}{2}$ cup of water. Drain the mixture. Add juice of 1 lemon and honey. Consume it in small amounts during the day.

BREATHING EXERCISES AND YOGA

PHYSICAL

HEALTH

By Meghana

What consumes the mind also consumes the body, and with the situation we're in right now, keeping the mind healthy and happy is no less than a task. Breathing exercises and yoga help reduce stress, clear the mind, and improve sleep. It also has a role in the Covid-19 recovery process.

Make sure your body gets enough movement every day. It improves the efficiency of the cardiovascular system and helps in giving oxygen and nutrients to your muscles and increasing the blood flow and oxygen levels in the brain. Physical activity also stimulates various chemicals in the brain that leave you feeling happier and relaxed.

Yoga Asanas to keep yourself fit and positive:

- Vajra Asana: Good for your knees, legs muscles and ankle joints.
- Padma Asana: Make your body limber and flexible.
- Gomukh Asana: A great stretch for the spine.
- Kapalbhati: This oxygenates the body, energizes the mind and pumps stale oxygen out of the body.
- Child's pose: A deeply relaxing and rejuvenating asana. It recharges your body and mind.
- Pranayama: Relieves anxiety and stress through breath controlling techniques.



BASIC PRECAUTIONS AND SAFETY MEASURES

SAFETY AND PRECAUTIONS

BY MAHIMA J.

- Wash your hands like you would if you were starring in a handwash commercial. Now is the time to bring out your inner actor.
- Double mask whenever possible. Wearing a surgical mask under a cloth mask has been suggested to give the best protection.
- Avoid touching your face after touching other surfaces.
- Sanitize your hands frequently, especially when you step out..
- Keep a minimum of 3 feet distance and avoid contact from others as best as you can when you're outside.
- Eat healthy, practice meditation, and keep yourself physically active.
- Only step out to go shopping if it is unavoidable. Almost everything we need is available online nowadays.

AT HOME PRECAUTIONS IF A MEMBER IS COVID POSITIVE

BY RITU

- If one member of the family tests positive, all members should be tested so that necessary precautions can be taken.
- The patient should be isolated in a separate room and have a washroom all to themselves. Do not share a room or a washroom with the patient.
- All members of the family should isolate themselves at home until everyone has tested negative. Do not have any visitors.
- Always ensure you and the patient are wearing a mask before entering their room.
- Wear gloves before coming in contact with items they have touched and dispose them in a lined trash can and wash your hands immediately.
- Sanitize yourself and your house frequently, and let fresh air circulate the entire house every day.
- Steam inhalation twice a day, eating healthy food, and taking vitamins and immunity boosters are a must.
- Do not share items like dishes, cutlery, silverware, towels, bedding, or electronics (like a cell phone) with the patient and sanitize all items they have come in contact with.

If you have symptoms of Covid or have tested positive for Covid isolate yourself from the outside world and the people you live with.

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ISOLATION RULES IF YOU ARE COVID POSITIVE

- Stay in a separate room and do not share your personal belongings.
- Wear mask when you're near other people and sanitize and wash hands often.
- Take appropriate medication as per your doctor's advice and Covid protocol.
- Monitor your symptoms. Check your oxygen levels, your breathing, and watch out for signs of high fever, heavy cough, weakness, and loss of consciousness. This will help you get emergency medical assistance when required and keep track of your recovery progress.
- Regularly wash all items, dishes and surfaces that come in contact with any body fluids. This will prevent the virus from staying in the room for a long time.
- Isolate yourself until your Covid test results come back negative.

BY ANNESHA

HOW TO RECOVER FROM THE VIRUS AT HOME

By S. Srilekha

- If you are positive with some of the minor symptoms like cough, headache, and mild fever, you can be treated at home with the medical assistance of your doctor.
- Your doctor may recommend the use of a home pulse oximeter. A pulse oximeter measures the oxygen saturation of the blood. A reading of less than 90 percent might increase the need for hospitalisation.
- Stay hydrated, fever usually causes sweating, which means loss of water from your body. Drink lots of fluids but avoid caffeinated beverages.
- Consume Immunity Boosters and Vitamins in the prescribed amount to build your immunity and help you recover faster.
- Sleep for at least 8 hours at night.
- The Covid virus attacks the lungs, so it is important to inhale in steam regularly to help fight it. Use a hot shower, humidifier, vaporiser, or other means for doing so.
- Take slow deep breaths to allow sufficient oxygen to enter your lungs and body.
- Keep a safe distance from the people you are living with to avoid spreading the virus and practice good cleanliness methods.
- Movement is good for the body and helps in circulation, but avoid any form of strenuous activities.



WHEN TO GO TO THE HOSPITAL

By Iba

Medical experts have determined the following factors to be signals that patients require professional care and should be admitted to a hospital:

- When oxygen levels fall below 90% - signs of breathlessness, inability to walk or talk, and dips in oxygen levels
- Persistent fever that lasts more than 5-7 days
- Inability to stay awake - severe sleepiness, weakness, and fatigue
- Severe vomiting or diarrhoea – the body needs to be given saline and fluids through IV drips to regain lost essential fluids.
- Sudden change of mental state - if a patient is speaking irrationally, is incoherent, or is suddenly confused about their surroundings etc.

TAKING CARE OF YOUR MENTAL HEALTH

It's about time we eradicate the stigma around mental health. For too long society has perceived mental health as a concept to be shunned, even though it holds the same importance as physical health.

Mental and physical health are more intertwined than you probably think. Although medicines and physical therapy do a great deal to heal a person, the determination and will of a person to get better play a major role in their recovery. A strong, optimistic, and determined mind does wonders to the health and lifestyle of a person.

It is important to regularly evaluate and keep track of your mental health. Know that your feelings are valid and that you are never alone. Speaking to people – your family, friends, or a therapist, about your thoughts and feelings and emotions helps in understanding, accepting, and improving your mental wellbeing.

While it is understandable and okay to grieve and feel upset with our current circumstances, we should make a conscious effort to not let this ugly and sorrowful feeling overpower our lives. Your positivity and belief might just be the strength someone is seeking to save their life.

By Sahithi

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Lockdowns and curfews along with this widespread covid have taken a huge toll on our mental health. With restrictions and inaccessibility to almost everything that we normally have access to, keeping ourselves calm and engaged is a difficult task. Here are a few activities that can keep us engaged, calm, and help us be aware of ourselves.

- Yoga, meditation, and exercise- it improves blood circulation, relax muscles, boosts immunity, relaxes the mind and helps you feel energetic.
- Take a break from social media and the internet. While it works as a distraction it also wastes productive and quality time. Instead, read a book or practice art therapy- it can be any form of art you are in the mood for.

WAYS TO IMPROVE YOUR MENTAL HEALTH AT HOME

- Pick up new hobbies – learning a new instrument, reading, trying out recipes, painting, gardening, writing etc. Remember, you do not need to be excellent at an activity to make it a hobby.
- Practice journaling- jot down your feelings, emotions, and thoughts. It helps in becoming more aware of your mental, physical, and emotional wellbeing.

BY ISHA JAIN



MEDITATION IS SAID TO BE ONE OF THE MOST PERFECT STRESS RELIEVERS, BUT FINDING THE RIGHT MEDITATION METHOD AND HOW TO GO ABOUT MEDITATING CAN BE IRONICALLY STRESSFUL.

APPS FOR MEDITATING AT HOME

- AKSHATA C

Here is a list of a few meditation apps that help in practicing mindfulness, embracing your thoughts and emotions, calming the mind and body, relieving stress, and getting better sleep.

- **Headspace**

It is a wonderful app for those starting their meditative journey. It provides various guided meditations, mini- meditations, sleep sounds, and meditation techniques for kids and animals, among other services. It has four genres- meditate, sleep, move and focus that help with various aspects of wellbeing. This is a paid app with a free trial.

- **Insight Timer**

This app is very user friendly and user-choice based. It lets you choose the type of meditation or mindfulness you'd like to practice, has an array of styles to choose from – like stress reducing, kindness and loving, body scan etc. and has many experienced mindful teachers who can guide you through various practices. You can choose how long you want to practice and track your progress, earning fun badges along the way. This is a free app with in-app purchases.

- **Aura**

Aura provides personalised meditations, stories, songs, music, and life coaching for users based on their moods. It helps you track and review your mood patterns and also allows you to set mindful reminders throughout the day to help you feel better. This is a free app with in-app purchases.



By Sharon

POST RECOVERY MEASURES

SANITIZATION

Sanitizing removes microbes that we are exposed to. Our hands touch multiple surfaces that have microbes which eventually enter our bodies making us prone to bacterial, fungal, and viral infections. After testing negative it is crucial to sanitize your surroundings and your house to ensure that the virus is completely wiped out from around you.

Individual Sanitization

- Personal Sanitization
- Hand Washing
- Oral Precaution
- Usage of Masks and Gloves

Space Sanitization

1. Surface Treatment

- Using Wet Mops
- Jets and Sprays
- UV Led Based Treatment

2. Ambience Treatment

- Fogging
- Fumigation
- Ventilation and Filtering of Contaminated Air

Object Sanitization

- Food
- Clothing
- Shopped Items

DID YOU KNOW

These phobias are real!

Arachibutyrophobia – fear of peanut butter sticking to the roof of your mouth.

Alliumphobia – fear of garlic.

Ablutophobia – fear of bathing, cleaning, or washing.

Geliophobia – fear of laughter.

FASCINATING ORIGINS

Salary – the Middle English word 'Salary' has been through quite a journey. It comes from the Anglo-Norman French word 'salarie' which came from the Latin word 'salarium' which in turn came from the Latin word 'sal' which means salt. In ancient Rome, salt was used for commerce or trading, and so soldiers and legions who worked for the Roman Empire were sometimes paid in salt. This is also where the common saying 'being worth one's salt' comes from.

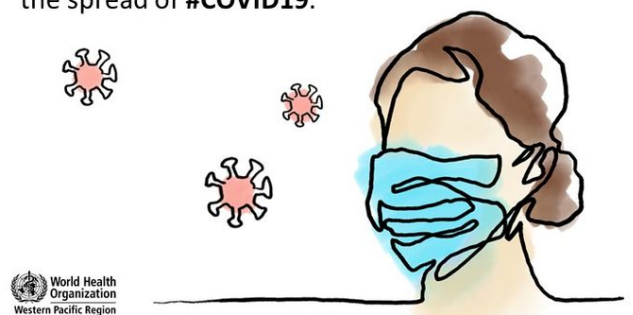
WHEN TO GET VACCINATED

It is advised for Covid recovered patients to get vaccinated 3 months after they have recovered. This is because the body already has antibodies and is hence immune to the virus. This immunity lasts about 5-7 months, so getting vaccinated after 3 months eliminates any vulnerability. If you have tested positive after taking the first jab, it is recommended to take the second jab 28 to 42 days later for Covaxin and 42 to 56 days for Covishield.

By Akshayamathi

Viruses don't
discriminate and
neither should we.

#SolidarityNotStigma fights
the spread of **#COVID19**.



A FILM BY AMY POEHLER

MOVIE RECOMMENDATION BY KAASHVI

FIND YOUR VOICE.

A movie to make your day a little more relatable: **MOXIE**. This Teen-Social Issue-based Drama movie is sure to make you see the good in these uncertain times. Adapted from a novel written in 2015, this is a fresh 2021 release! Its chick-flicky yet influential movie with a firm message that makes it relatable to Gen-Z. It is centered around a sixteen-year-old and her bittersweet high school experience.

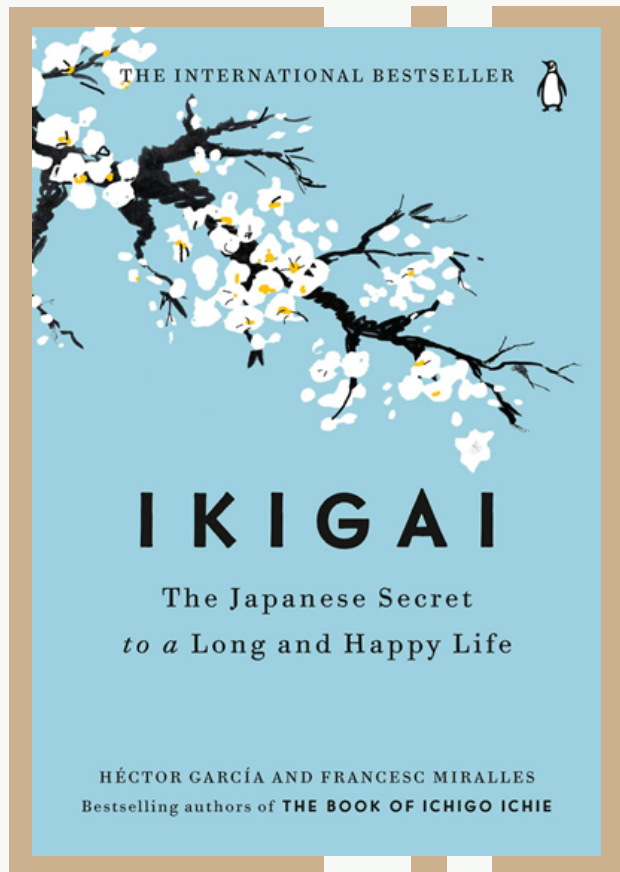
She calls out casual and apparent sexism in an almost dork-diaries fashion which is a nod to the early 2000's trends making its way back into pop culture. This goes to show how in sync the worlds of fashion and theatrical entertainment really are. This one promises to tickle your funny bone while giving you something to think about and wiggle your pandemic stress away for a couple of hours.

NETFLIX | MARCH 3

SCREENPLAY BY TAMARA CHESTNA AND DYLAN MEYER DIRECTED BY AMY POEHLER

BOOK RECOMMENDATION

BY BHAVYA



IKIGAI by Héctor García and Francesc Miralles takes us through various aspects and phases of life and lets us in on the secret to a long and happy life. It is based on an ancient, well practiced Japanese technique called IKIGAI. It comes from the words iki- meaning life, and kai- meaning the realization of hopes and expectations. A reason to jump out of bed each morning!

Ikigai is the union point of four fundamental components of life: passion, vocation, profession and mission. In other words, it is where what you love meets what you are good at, which then meets what can be valued and paid for, which in turn meets that which the world needs.

It is the perfect read to give you a little motivation during these times.

MUSIC RECOMMENDATION

BY BHAVYA



ILL BE ALRIGHT

PASSION PIT



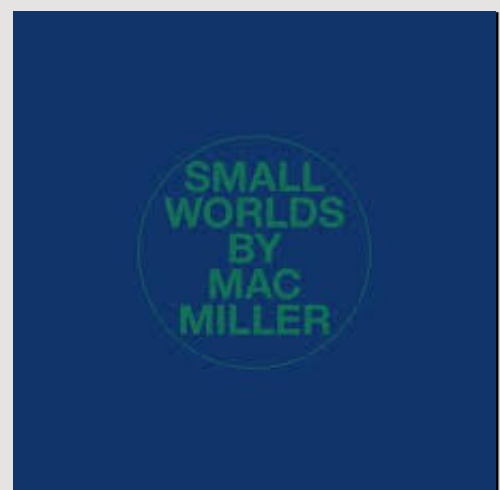
LEVITATING

DUA LIPA



1-800-273-8255

LOGIC



SMALL WORLDS

MAC MILLER





Urban

For more updates visit to our instagram page



[fddihyd_felicitas](https://www.instagram.com/fddihyd_felicitas)

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