NOVEMBER 2020 | ISSUE 3 | CHEMUN CHATTER XIV

THE CHEMUN CHATTER

Sunday, November 8th, Day 3

In This Issue...

Can Exercise Improve Your Mental Health?

Cybersecurity During Quarantine

One Of The Silver Linings Of The Pandemic

Making Peace With Monotony

The Best North Indian Restaurant In Chennai?

Can Exercise Improve Your Mental Health?

Disclaimer Please don't replace medication or professional help with exercise. It is just a way for people to overall improve their wellbeing. Please seek professional help if you're experiencing severe symptoms of depression or otherwise.

I think we can all agree that we've been spending these last couple of months in front of a computer screen and sitting. One consequence of this may be an increase in negative mental health traits like anxiety and stress. Lucky for you just 30 minutes of exercise a day can do so much as relieve stress, sharpen your memory, improve self- esteem and sleep quality, and ultimately decrease symptoms of negative mental health conditions.

Exercise increases endorphin levels, producing a euphoric feeling that minimises negative feelings like anxiety and depression. No matter your age or fitness level, exercise can aid as a self-help strategy to combat the daily stress associated with being an MUN-er and High Schooler - and I think Mrs. Mac would agree! According to the Australian Institute of Health and Welfare, nearly half (45%) of Australian adults will experience a mental health condition in their lifetime. This proves the importance of using exercise as a mental health and wellbeing tool as Australians are also known as one of the most physically active and generally happy people in the world.

Although it may seem like you don't have many options for doing physical activity, any movement, no matter how small, will help you mental health tremendously. For example, you can walk every day to engage in a low-impact physical activity that helps release endorphins. Moreover, this allows you to relax, reflect, and clear your mind of any negative thoughts while enjoying nature. Another activity that you can engage in is doing yoga. Not only does yoga aid in improving flexibility, but it also helps to gain mental clarity and stability, reducing symptoms of anxiety and depression.

You can also do yoga as a form of mindfulness via meditation. According to NCBI, participation in a yoga class can significantly decrease one's anxiety levels and minimise the symptoms of depression. If you're ever feeling down or that your work is beginning to cause stress, go on a quick walk or meditate for five minutes, and you'll notice a big difference in your overall mood. Maybe try it today!

- Anya Mall, Press Team

Cybersecurity During Quarantine

You've just won a million bucks!! Congrats, you can receive your money at 13 sketchycreepy street, just make a right at 'dontgoanyfurther' corner and keep walking until you see a guy in a black ski mask!

People the world over have been put in isolation until further notice. But people are animals that crave constant entertainment; we need something to keep us occupied 24/7. Of course, there are some who are happiest when alone with their thoughts, but those people are on another level). One way we keep ourselves occupied is with our devices. Ever since the invention of the TV, the computer, the phone, we've been hooked. It's a digital age and we needed to adapt, but now we're obsessed.

At least kids are. But what's dangerous about kids being on electronic devices is that they aren't careful and a little too trusting. Now that we are all in quarantine and everyone has gone digital, there has been a 37% increase in cybercrime in India in the first quarter of 2020 alone.

Ever received any sketchy/ tempting emails? Phone calls? Introductions to articles? It's called Phishing. Phishing can be performed on any online platform and can be performed by anyone at all. This is one of the main reasons children must be careful if they have email accounts, phone numbers, or online gaming profiles. Cybercrime is basically the digital equivalent of 'don't take candy from strangers'. Many people have lost important things due to Phishing; Money, time, romances, investments, even, in extreme cases, people. Phishing is punishable by up to 3 years in prison and a large fine. Unfortunately, cybercrime cases have risen dramatically because the number of targets has risen equally during the lockdown.

Fortunately, this very fact has helped raise awareness. Here are ways you can prevent cybercrime at home. For example; install firewalls, use a full-service internet suite, update software regularly, use private social media, and talk to your family about cybercrime. If you do get caught in some sort of scheme, call the police immediately because the perpetrator will likely be on the run.

In conclusion, just be careful about whom you talk to, what websites you visit, and the software you use. I also suggest you get off the devices once in a while, renew your equipment, and please, I beg of you, do not make your password, 'password'.

- Kavya Krishnan, Press Team

One Of The Silver Linings Of The Pandemic

Diwali is the Indian festival of lights. It is celebrated every year in almost every part of India. Diwali symbolises the spiritual "victory of good over evil and knowledge over ignorance." Traditionally it is celebrated by lighting lamps and bursting firecrackers. This year, however, due to the pandemic and environmental concerns, there has been a welcome change in this practice. The various state governments in India are now starting to ban fireworks to protect the environment against pollution and save the covid patients who might suffer more lung damage due to the smoke.

How often have you used a product from Amazon, Microsoft, or Netflix over the past couple of months? The answer is most likely more than you can count. Well, you're not alone! Five stocks: Microsoft, Apple, Amazon, Google Parent Alphabet, and Facebook account for more than 20% of the market cap of the entire S&P 500 index, according to BofA Global Research, throughoutCOVID. Furthermore, Netflix shares have climbed 35% in 2020 and Amazon has risen nearly 30%. Strong balance sheets and business models allow these companies to weather the fallout from the outbreak which further appeals to stockholders, creating a cycle of fiscal gain for these companies. This is a highly progressive and long-awaited move from the government. Environmental activists and the medical community have long advised the ban of firecrackers.

However, due to the demand from people and the attempt to protect the firecracker industry, the ban never materialised. However this year, thanks to the pandemic, the government has finally woken up to this problem and taken a step in the right direction. We hope that this ban continues and the air quality in India improves and saves lives.

- Samira Mani, Press Team

Making Peace With Monotony

Our idea of time has been distorted by the pandemic. Yesterday feels like today and it does not get better the day after. I sometimes reflect on the amazing memories I made with friends and family on weekend vacations. Even Though they were 3-day trips, I can talk about it for the rest of my life. They were meaningful. Now, however, I don't even remember what I did last weekend stuck at home doing the same things I did the day, week, or even month before. It feels meaningless. Many people have been affected by this new quarantine phenomenon. Statistically speaking, The CDC claims that there is a sharp rise in depression amongst young adults since March. It is sad to witness our generation go through this, whether it is children missing their friends or seniors upset about not having a senior year. However, we do have some solutions to make peace with this monotonic lifestyle.

We, humans, are social creatures. Finding the time to catch up with friends online instead of binge-watching another Netflix episode does subconsciously add meaning to your day and a memory for you to remember. Working out at home releases dopamine at healthy levels to boost your good mood and assist you while you work hard by keeping you sane. We have the power of the internet, harness it. Try to break the routine and find new things to do.

Since billions of people are facing the same issues, there is a lot to find to do. Art, learning a new instrument, photography, and even stepping outside your house for sunlight and fresh air makes a difference. It's about being smart and finding ways to add meaning to your daily life, making a long term positive impact.

- Johaan Mittra, Press Team

The Best North Indian Restaurant In Chennai?

India has long been famous for spices; in fact, lots of people come to India to have the legendary traditional Indian food. India has various specific foods that capture a unique Indian vibe, not like hamburgers and pizzas, which we can have anywhere in the world. And there are many good restaurants that cook delicious Indian food in Chennai, but I would like to introduce a really good restaurant to have North Indian food.

Peshawari is located in ITC Grand Chola, Little Mount, Guindy, Chenna. People who visited here rated 4.5 out of 5 on average and a restaurant table reservation service company Dine-out rated 4.7 to this restaurant. Reviews say the menu is well-curated and looks like a high-class restaurant because the interior is tastefully decorated with traditional copper, steel cutlery, and artefacts. Also, the restaurant is clean and takes sufficient precautions for COVID. From what people reviewed, people could know that visitors really enjoyed all of North food especially seafood and good service. There are a variety of breads, desserts, and various menus for veg and non-veg both. Many types of kabab and tandoori lobster are for non-veg and tikka, tandoori Phool, makhani, and Bukhara for veg. It seems like visitors would have a good time at Peshawari.

Everyone who left a review of Peshawari says must visit if you love to taste authentic North Indian food. Even though the writer hasn't been to this restaurant yet, reading most of the reviews, it makes the writer want to visit once to have North Indian food. And for a dosa which is South Indian food, I strongly recommend visiting AISC on Fridays because it is the most delicious dosa you will ever eat.

- Eris Kang, Press Team

CHEMUN XIII Press Team:

HEAD OF PRESS:

Anya Kumar

PHOTOGRAPHERS & JOURNALISTS:

Anya Mall
Eris Kang
Johaan Mittra
Jueun Cho
Kavya Krishnan
Mayan Reddy
Samira Mani
Seojin Kim
Veke Sankar

Work Cited

"Central Gippsland Walks, Gippsland, Victoria, Australia". Visit Victoria Home, 2020, https://www.visitvictoria.com/Regions/Gippsland/Things-to-do/Outdoor-activities/Walking-and-hiking/Central-Gippsland. Accessed 7 Nov 2020.

"Every Body Yoga' Encourages Self-Love And Everyone To Get On The Mat". Wbur.Org, 2020, https://www.wbur.org/hereandnow/2017/07/13/every-body-yoga-jessamyn-stanley. Accessed 7 Nov 2020.

"Benefits Of Exercise: How Exercise Can Improve Your Mental Health | Trainsmart Australia". Trainsmart Australia, 2020, https://www.tsa.edu.au/blog/benefits-of-exercise-how-exercise-can-improve-your-mental-health/. Accessed 7 Nov 2020.

"Mental Health Services In Australia, Prevalence, Impact And Burden - Australian Institute Of Health And Welfare". Australian Institute Of Health And Welfare, 2020, https://www.aihw.gov.au/reports/mental-health-services/mental-health-services-in-australia/report-contents/summary/prevalence-and-policies. Accessed 7 Nov 2020.

Cohen, Gidi. “The Top Cybersecurity Challenges Post-Lockdown.” ITProPortal, ITProPortal, 23 July 2020, www.itproportal.com/features/the-top-cybersecurity-challenges-post-lockdown/#:~:text=Since the start of the,cyber-attacks and email scams.&text=It was also reported that,just one weekend in May.

Written by Alison Grace Johansen for NortonLifeLock. “11 Ways to Help Protect Yourself against Cybercrime.” Norton, us.norton.com/internetsecurity-how-to-how-to-recognize-and-protect-yourself-from-cybercrime.html.

www.ETCISO.in. “37% Increase in Cyberattacks in India in Q1 2020: Report - ET CISO.” ETCISO.in, 25 May 2020, ciso.economictimes.indiatimes.com/news/37-increase-in-cyberattacks-in-india-in-q1-2020-report/75962696#:~:text=Vulnerabilities-,37% increase in cyberattacks in India in Q1 2020: Report,new report revealed on Saturday.

https://www.livescience.com/depression-anxiety-increase-covid-19.html

“PESHAWRI, Chennai - 63 Anna Salai - Restaurant Reviews, Phone Number & Photos.” Tripadvisor, www.tripadvisor.in/Restaurant_Review-g304556-d3484916-Reviews-Peshawri-Chennai_Madras_Chennai_District_Tamil_Nadu.html.

https://www.justdial.com/Mumbai/Peshawri-Itc-Maratha-Hotel-Near-Hiten-Hotel-Sahar-andheri-East/022P4010865_BZDET