

The
Social Digest

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Unraveling
COMPLEXITIES
OF A **NARCISSIST**

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The Narcissistic
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"The Bald Soprano"
and its Evolution!

PEOPLE AT THE SOCIAL DIGEST

THE EDITORIAL

Editor-in-chief

Vedant Bhrambhatt

editor@thesocialdigest.com

Editorial Director

Souberi Chakrabarti

souberi@thesocialdigest.com

Editorial Director

Surbhi Thanki

surbhi@thesocialdigest.com

The Social Digest is a quarterly periodical, started by the Esteem Publication.

TEAM LEADS

Ansh Vachhani

Head of Outreach

ansh@thesocialdigest.com

Pratham Shah

Head of Curation

pratham@thesocialdigest.com

Vaidehi Nair

Head of Content

Pushti Shah

Head of Graphics

Meet Dave

Head of Social Media

ADVERTISING & CORPORATE

vedant@esteempublication.com





ABOUT *SEGMENTS*

Our mission is to provide trusted guidance about the ideas and people who shape and improve the world. This promise lives at the center of our editorial work, fast-growing new divisions, innovative new products, and partner solutions. The Social Digest seeks to be a trusted media company in this world. We are committed to producing journalism that meets the highest standards. No matter the subject or the intended audience, our journalism will reflect our commitment to quality and to integrity.

The Social Digest will cover six major domains, which we will divide into segments. Here is a brief introduction to our six main segments.

THE SOCIAL

Traverse through the simplified complexities of the world of psychology, where the mysteries of the human mind and behavior unfold before our eyes. In this segment, we delve into the intricacies of the human psyche, exploring the depths of consciousness, emotion, cognition, and

behavior. From groundbreaking research to practical applications, we examine the latest discoveries and insights in the field, shedding light on the factors that shape our thoughts, feelings, and actions. Through thought-provoking articles, expert interviews, and real-life case studies, we navigate the complexities of mental health, interpersonal relationships, and personal development, offering readers valuable insights and tools for understanding themselves and others. Whether you're a student, practitioner, or simply curious about the workings of the mind, join us on a journey of exploration and discovery as we unravel the mysteries of human psychology and unlock the secrets of the self.

FOOD AND TRAVEL

Welcome to the tantalizing world of food and travel, where every bite is a journey and every destination is a feast for the senses. In this segment, we invite you to embark on a culinary adventure around the globe, exploring the diverse flavors, cultures, and traditions that make each destination unique. From bustling street markets to Michelin-starred restaurants, we'll take you on a gastronomic

tour of the world's most vibrant food scenes, uncovering hidden gems and iconic dishes along the way. Whether you're a seasoned foodie seeking new culinary experiences or a curious traveler eager to taste the flavors of distant lands, join us as we discover the culinary delights that await around every corner. Get ready to indulge your taste buds and ignite your wanderlust as we explore the intersection of food & travel like never before.



BUSINESS & ENTREPRENEURSHIP

Navigate the dynamic landscape of business, entrepreneurship, and image building, where innovation meets strategy and visionaries shape the future. In this segment, we explore the ever-evolving landscape of global commerce, spotlighting the trailblazing entrepreneurs, visionary leaders, and innovative startups that are driving change and making an impact on the world stage. From Silicon Valley disruptors to emerging markets pioneers, we delve into the stories behind the success, uncovering the strategies, challenges, and triumphs that define the entrepreneurial journey. Through in-depth analysis, expert insights, and inspiring profiles, we provide readers with the knowledge and tools they need to navigate the complexities of corporate.

SUSTAINABILITY

Range over the transformative domain of sustainability, where environmental stewardship, social responsibility, and economic prosperity converge to shape a brighter future for our planet and its inhabitants. In this segment, we embark on a journey of discovery and action, exploring the innovative solutions, grassroots movements, and cutting-edge initiatives that are driving positive change around the world. From renewable energy technologies to circular economy practices, we delve into the principles and practices that are reshaping industries, communities, and lifestyles for the better. Through inspiring stories, thought-provoking analysis, and actionable insights, we empower readers to become agents of change in their own lives and communities, offering practical tips and resources for living more sustainably and creating a more resilient and equitable world for generations to come. Whether you're a sustainability enthusiast, eco-conscious consumer, or curious observer of environmental issues, join us as we explore the pathways to a more sustainable future and celebrate the power of collective action to create positive impact on a global scale.

HISTORY AND ARCHAEOLOGY

Read through the captivating realm of history and archaeology, where the past comes alive and ancient mysteries are waiting to be uncovered. In this segment, we invite you to journey through the annals of time and explore the rich tapestry of human civilization, from the dawn of humanity to the modern era. Delve into the ruins of ancient civilizations, decipher the enigmatic symbols of lost languages, and unravel the secrets of

forgotten empires. Through groundbreaking research, compelling narratives, and stunning visuals, we'll take you on a voyage of discovery, shedding light on the triumphs and tribulations of our ancestors and illuminating the pathways that have shaped the world we inhabit today. Whether you're a seasoned historian or an amateur enthusiast, join us as we embark on a thrilling expedition into the depths of the past, where every artifact tells a story and every discovery unveils a new chapter in the epic saga of humanity.

CINEMA AND THEATRE

Immerse yourself in the magic of the silver screen, the vibrant intersection, the captivating world of cinema and theatre, where storytelling transcends boundaries and the stage comes alive with the magic of performance. In this segment, we invite you to immerse yourself in the rich tapestry of cinematic and theatrical arts, exploring the diverse array of narratives, genres, and cultural expressions that define the entertainment landscape.

From blockbuster films to avant-garde productions, we celebrate the creativity, talent, and passion of artists who bring stories to life and captivate audiences around the globe. Through insightful reviews, behind-the-scenes features, and exclusive interviews with industry insiders, we offer readers a front-row seat to the latest trends, developments, and highlights in the world of cinema and theatre. Whether you're a cinephile, theatre buff, or simply love a good story, join us as we journey into the heart of entertainment, where imagination knows no bounds and the power of storytelling knows no limits.



HAVE A STORY TO SHARE?

At the Social Digest we believe in your voice! We make sure that your voice is heard by millions! If you have a story to share, feel free to get in touch with our team. We will be happy to accommodate your story if its suitable for one of our segment!

How to do that? Its simple, you can send a letter to the editor. Make sure to provide authentic and relevant information, acceptance is subject to authenticity of your information.

LETTER TO THE EDITOR: Letters to the Editor should include the writer's full name, address, and home telephone and, if published, may be edited for purposes of clarity and space. Please do not send attachments. To contact us, please email editor@thesocialdigest.com



Understanding the **Social Cost** of

The Gaza War | By: Vedant Bhrambhatt

The staggering social cost emerges as a stark reminder of the human toll of conflict. From destroyed livelihoods to widespread displacement, the repercussions of the violence reverberate not only within Gaza but also across neighboring countries in the Arab region.

In the heart of Gaza, amidst the rubble of once-thriving neighborhoods, the story of Ahmad Abu Rahma encapsulates the profound devastation wrought by the war. In a poignant account reported by Reuters, Abu Rahma recounts the loss of his life's work—a sprawling auto repair shop

reduced to a pile of twisted metal and debris. For years, Abu Rahma had poured his sweat and toil into building his business, providing for his family and contributing to the local economy. Now, all that remains is a painful reminder of the indiscriminate destruction inflicted upon innocent civilians wrought by the war. In a poignant account reported by Reuters, Abu Rahma recounts the loss of his life's work—a sprawling auto repair shop reduced to a pile of twisted metal and debris. For years, Abu Rahma had poured his sweat and toil into building his business, providing for his family and contributing to the local economy. Now, all that remains is a painful reminder of the indiscriminate destruction inflicted upon

innocent civilians caught in the crossfire. Abu Rahma's plight mirrors that of countless Palestinians whose homes, businesses, and communities have been ravaged by the conflict. Beyond the physical infrastructure, the psychological scars run deep, as families grapple with the trauma of displacement, loss, and uncertainty about the future. The social fabric of Gaza is frayed, its once-vibrant streets now haunted by the specter of despair and desolation.



ABU RAHMA RECOUNTS THE LOSS OF HIS LIFE'S WORK—A SPRAWLING AUTO REPAIR SHOP REDUCED TO A PILE OF TWISTED METAL AND DEBRIS.

The socioeconomic reverberations of the Gaza war extend far beyond its borders, casting a shadow of uncertainty over neighboring countries in the Arab region. A report by ReliefWeb highlights the expected impacts on countries such as Egypt, where the influx of refugees and the strain on resources pose significant challenges to an already fragile economy. Displaced Palestinians seeking refuge in neighboring countries places pressure on host communities, exacerbating existing social and economic disparities.

As resources are stretched thin and public services strained, tensions simmer beneath the surface, threatening to ignite further instability and unrest. The ripple effects of the Gaza war underscore the interconnectedness of regional dynamics, as the fallout from conflict spills across borders, leaving a trail of suffering and uncertainty in its wake.

Beyond the economic indicators and geopolitical ramifications, it is crucial to recognize the human cost of the Gaza war—the shattered dreams, the shattered lives, and the shattered dignity of those caught in its crosshairs. Behind the statistics and headlines lie stories of resilience and resistance, as Palestinians defy adversity with unwavering courage and determination.

As the international community grapples with the aftermath of the Gaza war, it is incumbent upon world leaders to prioritize the humanitarian imperative above political expediency.

In the face of unimaginable adversity, the people of Gaza demonstrate a resilience that defies the devastation wrought by war. Their voices cry out for justice, for dignity, and for the promise of a better tomorrow—one where the horrors of conflict are replaced by the hope of a brighter future for generations to come. As the world bears witness to their suffering, let us stand in solidarity with the people of Gaza and reaffirm our commitment to building a world where peace, justice, and human rights prevail.

THE COMPLEXITIES OF NARCISSISTIC PERSONALITY DISORDER: IMPACT ON INDIVIDUALS AND PEOPLE AROUND

| BY: VEDANT BHRAMBHATT



In the intricate assortments of human personality, Narcissistic Personality Disorder (NPD) stands out as a distinctive thread, weaving its way through relationships and societal dynamics with both positive and negative consequences. As we delve into the realm of “The Social Digest,” it’s imperative to examine how this trait manifests and influences individuals’ interactions, both with themselves and others.

At its core, NPD is characterized by an inflated sense of self-importance, a constant need for admiration, and a lack of

empathy for others. Individuals with NPD often exhibit grandiosity, an exaggerated sense of their own abilities and achievements, coupled with a tendency to exploit and manipulate those around them to fulfill their own desires.

From a social perspective, the impact of NPD can be profound and multifaceted. On one hand, individuals with NPD may possess charisma and confidence that can be captivating, drawing others towards them like moths to a flame. Their magnetic personality and seemingly boundless self-assurance may enable them to excel in leadership roles or other high-stakes environments, where their assertiveness and charisma can inspire and motivate others.

However, beneath the surface lies a darker reality. The relentless pursuit of validation and admiration can lead individuals with NPD to engage in toxic behaviors, such as belittling others, manipulating situations to maintain their sense of superiority, and exploiting relationships for personal gain. Their inability to empathize with the feelings and needs of others can result in fractured relationships and emotional turmoil for those in their orbit.

Furthermore, the relentless quest for perfection and external validation can take a toll on individuals with NPD themselves. Despite outward appearances of confidence and self-assuredness, they may experience deep-seated feelings of insecurity and inadequacy, leading to a constant cycle of seeking validation from external sources. This perpetual need for validation can create a fragile sense of self-worth that is easily shattered by criticism or rejection, perpetuating a cycle of self-doubt and emotional instability. In the age of social media, where curated images and carefully crafted personas reign supreme, NPD traits can be amplified and exacerbated. The allure of likes, followers, and virtual validation can become an irresistible siren song for individuals with NPD, fueling their need for constant affirmation and adulation. Behind the glossy façade of their online persona lies a fragile ego craving validation, leading to a distorted perception of reality and a disconnect from genuine human connection.

Despite the challenges posed by NPD, it's essential to recognize that individuals with



DESPITE OUTWARD APPEARANCES OF CONFIDENCE AND SELF-ASSUREDNESS, THEY MAY EXPERIENCE DEEP-SEATED FEELINGS OF INSECURITY AND INADEQUACY, LEADING TO A CONSTANT CYCLE OF SEEKING VALIDATION FROM EXTERNAL SOURCES.



this disorder are not beyond redemption. With proper diagnosis, therapy, and support, individuals with NPD can learn to cultivate empathy, regulate their emotions, and develop healthier patterns of relating to others. By fostering a deeper understanding of the complexities of NPD and promoting empathy and compassion within society, we can strive towards creating a more inclusive and empathetic world for all.

Narcissistic Personality Disorder casts a complex shadow over individuals and society, with both positive and negative implications. While the charisma and confidence may be alluring, their inability to empathize and manipulative tendencies can have damaging consequences for both themselves and those around them. By fostering awareness, empathy, and understanding, we can navigate the complexities of NPD with compassion.



“Fuiyoh!” to World Domination: Decoding Uncle Roger

By: Yashvi S. Kumar

Nigel Ng, a 32-year-old Chinese-Malaysian comedian and food critic, has made waves in both reality television and stand-up comedy. Born in Malaysia and now based in London, he ventured on an unconventional path. After earning an engineering degree with a philosophy minor in the United States, he initially worked as a data scientist. However, his true calling lay in comedy. Discovering a natural talent for humor, he

transitioned into stand-up and made his television debut on Comedy Central's Stand Up Central in 2018.

Nigel's online stardom is attributed to his alter ego, Uncle Roger, a comedic character portrayed as a middle-aged Asian man. With exaggerated Cantonese English, Uncle Roger hilariously critiques cooking videos, roasting chefs to the delight of his

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audience. Beyond his viral video content, Nigel co-hosts the comedy podcast "Rice To Meet You" with partner Evelyn Mok, exploring Asian culture. He has also expanded his television presence as a special guest on MasterChef Singapore Season 2 and a judge on Junior MasterChef Indonesia Season 3.

Nigel's breakthrough came in 2020 through a collaboration with BBC Chef Harsha Patel. His humorous reaction to her egg-fried rice video, where he exclaimed,

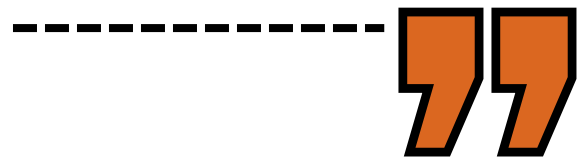
“Why you measure water with cup? Just use finger! Finger! You put rice, put water, until finger- first joint, the finger. That’s how you measure the water. Not with British teacup. Fuiyoh!!”

The clip skyrocketed in popularity, leading to a joint appearance with Harsha on the channel. His most-watched and loved content features hilarious reactions to Gordon Ramsay's culinary creations. It's clear from these videos that Uncle Roger is an ardent MSG enthusiast.

FUIYOH FUIYOH



IF YOU ARE SAD IN LIFE USE MSG, IF YOU ARE HAPPY IN LIFE USE MSG- USE MSG. PUT MSG IN EVERYTHING, IT WILL TURN BETTER. YOU JUST GET A BABY? PUT MSG ON BABY



This highlights Uncle Roger's fervent belief in the culinary power of MSG. According to him, flavor is incomplete without it, a sentiment he extends humorously to life itself.

Despite his immense popularity, Nigel has faced challenges. In 2023, he found himself at the center of a controversy when a comment about traditional Cambodian cuisine prompted an apology demand from the country's tourism ministry. Additionally, he issued a public apology on Weibo in January 2021 amid a political dispute. Furthermore, Nigel was a victim of an alleged racially motivated assault in London during 2020.

Overcoming such challenges wasn't easy, but his dedication to entertaining his audience is truly admirable. He consistently leaves fans in stitches with his hilarious and witty remarks.

Coca-Cola's Sustainability Chief on Circular Economy and Executive Compensation Goals

| By: Gauttam Shah |

In today's evolving landscape, large corporations worldwide are increasingly facing scrutiny for their environmental practices. As the global focus shifts towards sustainability, many companies have initiated efforts to reduce waste and adopt sustainable strategies. By prioritizing reusable and recyclable packaging materials and fostering partnerships for innovation, these companies are committed to minimizing their ecological footprint. Despite past criticism for plastic use and unethical practices, these companies are actively seeking solutions by strengthening recycling chains and adopting sustainable

packaging alternatives. Led by environmentally conscious leaders, these companies are collectively working towards a more sustainable future.

Corporate giants like Coca-Cola are under intense scrutiny for their environmental impact. With a growing global emphasis on sustainability, recent hearings and decisions by international organizations are challenging traditional business practices. To adapt to these new regulations, Coca-Cola is taking proactive steps to reduce waste and build a more sustainable future centered around circular economy principles.

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Their primary focus is on minimizing waste and maximizing resource efficiency throughout the product lifecycle, according to Bea Perez, Chief Sustainability Officer at Coca-Cola. Coca-Cola's U.S. packaging has transitioned to materials that can be reused, recycled, or composted, aligning with the circular economy vision.

Innovation is a key investment area for achieving sustainability goals. Through collaborations, Coca-Cola aims to develop environmentally friendly and economically viable packaging solutions. This approach can help reduce the product's environmental impact.

Despite sustainability efforts, the company has faced criticism for plastic waste mismanagement. As one of the world's largest producers of single-use plastic bottles, Coca-Cola has been linked to pollution and environmental degradation. However, the company has acknowledged these issues through initiatives such as increased recycling and the development of sustainable packaging alternatives.

Beyond environmental initiatives, Coca-Cola has implemented a forward-thinking approach to executive compensation. By tying compensation to sustainability performance, the company directly aligns the interests of its leadership with achieving environmental goals. This strategy encourages executives to lead sustainability efforts and foster a company-wide green culture. This motivates the company's



Beatriz Perez

EVP and Global Chief Communications,
Sustainability & Strategic
Partnerships Officer

leadership to prioritize sustainability in decision-making processes. By linking compensation to sustainability outcomes, Coca-Cola is sending a clear message that environmental protection is a top priority at all levels of the organization. Coca-Cola's sustainability chief, Bea Perez, is guiding the company towards a more environmentally responsible future. As the company continues its journey to achieve its sustainability goals, it remains committed to bringing a positive change and setting a new industry standard. By embracing circular economy principles, investing in innovation, and aligning executive compensation with sustainability goals, Coca-Cola is leading the way towards a more sustainable future for the beverage industry and beyond.



HOW BYD IS RATTLING TESLA'S DOMINANCE IN THE EV MARKET

By: Vedant Bhrambhatt

In a surprising turn of events, China's electric vehicle (EV) maker BYD has sent shockwaves through the global automotive industry, overtaking Tesla as the top-selling electric car seller. As news of BYD's ascendancy reverberates, it unveils a fierce price war and strategic maneuvers that have left global carmakers scrambling to reassess their growth plans and market positioning.

BYD's sudden rise to prominence has stunned industry experts, with its electric vehicles gaining traction globally. The company's success can be attributed to its aggressive pricing strategy, positioning itself as a formidable competitor to Tesla. BYD's ability to produce cost-effective electric vehicles without compromising on quality has disrupted the traditional

narrative of EVs being a luxury for the elite.

In contrast to Tesla's premium pricing, BYD has managed to offer compelling alternatives, capturing a broader market share and challenging the notion that cutting-edge electric mobility is exclusive to a select few. This pricing competence has propelled BYD to the forefront, heralding a new era where affordability meets sustainability in the electric vehicle landscape.

As BYD's ascendancy becomes apparent, Tesla finds itself in the midst of a bruising price war. The California-based automaker, known for its groundbreaking innovations and sleek designs, is now grappling with the reality of a formidable

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competitor that has cracked the code on delivering affordability without compromising performance.

Tesla's growth plans, once seemingly invincible, are facing a recalibration as it contends with the BYD challenge. The pressure to respond to BYD's pricing strategy without diluting its brand image as a premium electric vehicle manufacturer has forced Tesla into a delicate balancing act. This unexpected market dynamic poses a pivotal moment for Tesla as it navigates the fine line between maintaining its high-end appeal and addressing the growing demand for more budget-friendly electric options.

BYD's surge in electric vehicle sales not only reshapes the dynamics between the Chinese automaker and Tesla but also has broader implications for the global automotive industry. The sudden disruption underscores the intensifying competition within the electric vehicle market and the potential for emerging players to challenge established giants.

This battle for market dominance raises questions about the future of electric mobility and how established players will adapt to the evolving landscape. It also underscores the importance of staying agile in an industry where innovation and price competitiveness are paramount.

Beyond the cutthroat competition and market reshuffling, BYD's success brings attention to the broader goal of fostering sustainable transportation.

As electric vehicles become more accessible due to competitive pricing, the automotive industry takes a step closer to achieving widespread adoption and reducing reliance on traditional fossil fuel-powered vehicles.

As consumers eagerly embrace more affordable electric options, the industry finds itself at a crossroads where sustainability and innovation must coexist with price competitiveness. The electric shockwave triggered by BYD's ascent underscores the evolving nature of the automotive market, pushing industry leaders to reassess their strategies and accelerate the transition toward a greener, more accessible future for electric mobility.





Footprints of Change

ADIDAS' PATH TO SUSTAINABLE SUCCESS

By: **Gauttam Shah**

“Through sport, we have the power to change lives,” such are the ambitions of activewear giant “Adidas,” which has been sprinting towards sustainability. In 2021, the brand declared a bold roadmap for 2025 and beyond, which focuses on leaving a positive impact on the planet. But as the brand moves forward, hurdles and challenges arise, testing the reality of its practices. This article explores Adidas’ commitment to sustainability, examines its goals and plans, examines the challenges faced, and suggests avenues for future development.



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Adidas' commitment to sustainability is also reflected in its strategic measures to reduce environmental impact and increase social awareness. The company hopes to produce most of its products in an environmentally friendly way by 2025. It has also pledged to make all its products climate neutral by 2050. Adidas is working to reduce energy consumption and reduce greenhouse gas emissions.

An important part of its sustainable development is the empowerment of stakeholders, especially employees and customers. Adidas is expanding its environmental message by promoting a culture of sustainability in its employees. By partnering with the consumer market on issues such as educational advertising and product transparency, the company aims to develop a community of eco-friendly consumers that encourages leadership.

Labor rights and social responsibility are an important part of adidas' sustainability process. Although the company has taken steps to protect workers in its supply chain, fair wage issues remain, especially in regions such as Xinjiang and Cambodia. It's commitment in ensuring a livelihood for all workers remains effective and requires continued efforts to solve physical problems and promote fairness in the fashion industry.

Every marathon has its hurdles, and Adidas is no exception. The brand's progress in reducing carbon monoxide



BY PARTNERING WITH CONSUMER MARKET, THE COMPANY AIMS TO DEVELOP A COMMUNITY OF ECO-FRIENDLY CONSUMERS THAT ENCOURAGES LEADERSHIP

emissions and removing hazardous chemicals from its supply chain has raised concerns. Adidas has also come under scrutiny for environmental misrepresentations and inadequate policies on deforestation and biodiversity conservation. These challenges highlight the difficulty of integrating sustainability into the global supply chain and highlight the need for greater transparency and accountability.

Adidas' pursuit of sustainability is a fair way of addressing environmental and social issues in the apparel industry. While the business has made significant progress in integrating sustainability into its operations, there is still room for improvement, particularly in areas such as greenhouse gas reduction, policy work and animal welfare. By addressing these issues and using its global reach, adidas has the ability to drive significant change and set new standards for sustainability in the industry.



“The Bald Soprano” – From Absurd Theatre to Contemporary Opera

By: Avani Makwana

Eugène Ionesco’s “The Bald Soprano” is a seminal work of the Theatre of the Absurd, critiquing bourgeois society’s meaningless rituals and communication breakdowns. This iconic play has transitioned to modern opera, significantly via György Ligeti’s “Le Grand Macabre.” Opera’s grandeur and emotion provide a completely unique platform to explore the absurdities of human existence. Ligeti’s adaptation captures Ionesco’s spirit of absurdity, retaining bizarre characters and dark humor. The adaptability of “The Bald Soprano” to opera underscores its

enduring relevance, tough audiences to confront the absurdities of lifestyles and society, and to discover meaning in a world that frequently seems without it. This article explores the evolution of “The Bald Soprano” from absurdist theatre to contemporary opera stages.

Eugène Ionesco’s work “*The Bald Soprano*” is a key element of the *Theatre of the Absurd*, which was a theatrical movement that came about in the middle of the 20th century. Initially staged in 1950, the play is a harsh condemnation of the

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upper-class community and its empty customs, lack of communication, and the irrationality of everyday existence. Throughout time, this well-known play has moved beyond its original version and has been transformed into different forms, such as opera.

“The Bald Soprano” challenges conventional dramatic form and narrative logic. Taking place in the Smiths’ living room, an English couple, the play kicks off with mundane and apparently pointless discussions that rapidly turn into absurd dialogues.

The characters participate in circular conversations, miscommunications, and random remarks, underscoring the failure of communication and the ridiculousness of human life. The title of the play ironically alludes to a tale about a bald soprano in the play, which critiques the shallowness and lack of significance of societal standards and beliefs. Ionesco employs absurdity in “The Bald Soprano” to criticize the modern world’s conformity, emptiness, and dehumanization, establishing it as a key piece in the Theatre of the Absurd.

The opera form is perfectly suited to the themes and structure of “The Bald Soprano”. Opera, with its magnificence, passion, and larger-than-life personalities, provides a special opportunity to delve into the nonsensical aspects of human life. The shift of “The Bald Soprano” from the theatre to the opera show the enduring significance and versatility of the play.

A very significant opera adaptation of “The Bald Soprano” was created by Romanian composer György Ligeti. Ligeti’s 1978 opera “Le Grand Macabre” draws heavily on the absurd and surreal elements of Ionesco’s play. While not a direct adaptation, “Le Grand Macabre” captures a similar essence of absurdity through its eccentric characters, illogical conversations, and black comedy. Ligeti’s opera captures the core of “The Bald Soprano” with a modern twist, establishing it as a groundbreaking piece in contemporary opera.

The ability of “The Bald Soprano” to be transformed into an opera is due to its timeless themes and its examination of human existence, which remain just as important now as they were when the play debuted. Eugène Ionesco’s “The Bald Soprano” has transitioned from mid-20th century absurdist theatre to 21st century opera, evolving while maintaining its relevance and influence as a work of art. The play still connects with audiences and encourages innovative adaptations in various art forms due to its themes of communication breakdown, societal conformity, and the absurdity of human existence.

Experiencing “The Bald Soprano” in either a play or an opera prompts us to reconsider societal norms and values, face the absurdities of our existence, and search for significance in a seemingly meaningless world. Ionesco’s masterpiece remains a strong and lasting reflection on human existence, highlighting the absurdity found in our daily lives.



QUEER CINEMA

BEYOND BINARIES

By: Vanshita Kanjani

Queerness was covertly woven into the fabric of cinema for most of its time in existence. As the years passed and barriers set up by the government or industry began to ease, queer artists faced the challenge of overcoming often hostile societies. They also started to speak out about their experiences and beliefs, utilising aesthetics to cinematically and strongly express their queerness.

The history of queer cinema is almost as

old as the history of films themselves, yet views in, this area are always divided, much like other forms of queer histories. For nearly sixty years, the majority of queer filmmakers who have produced overtly queer films have not been driven by the desire for fame or fortune or even by the idea of creating work that is basic and “important.” It was simply the desire to capture something of the world as people saw, experienced, fantasized, and—quite frequently—defied it in cinematic form.

Coming out of the celluloid closet, representations of LGBTQ+ individuals in

films are getting more complex, varied, and nuanced. The diversity of queer cinema challenges traditional filmmaking norms while showcasing the richness of our shared human experience through daring character studies and boldly experimental movies. Cinematic portrayals of queer experiences, like the delightfully diverse spectrum of genders and sexualities, are cultural mosaics that defy easy labelling and classification. This formal dynamism can be seen in our destructive LGBTQ+ film programme, which celebrates queer artists and history while bringing attention to urgent social issues and the pure joy of unapologetic queer joy.

For over three decades, Hollywood's strict Hays Code prohibited the overt portrayal of homosexuality in films, which resulted in an overwhelming number of villains who were queer. Later, homosexual characters became increasingly prevalent, though usually in gloomy stories like "The Children's Hour," which premiered in 1961. Even though there was relatively little LGBTQ+ representation in the following decades, queer camp saw a significant rise in popularity in the 1970s,

thanks to the growing popularity of "The Rocky Horror Picture Show" and John Waters' films. Later, as a large number of independent filmmakers—many of whom were gay—told adaptable, humane stories about queer people, the New Queer Cinema emerged in the 1990s. In 2017, "Moonlight" achieved historic status by being the first LGBTQ+ film to win

Best Picture at the Oscars. With an all-Black cast, the movie marked an important step towards creating queer cinema that isn't whitewashed, celebrates a number of identities, and doesn't use its queer people as one-note objects of misery.

Two Charlie Chaplin movies, "Behind the Curtain" and "A Woman", released in 1915 and 1916, portrayed homosexuality as something to laugh about. At the time, jokes about 'effeminate' males were common, and this situation got worse when production firms started using stereotypically gay voices for these characters and fully mixing sound into their movies. The first known film to positively represent a gay protagonist was a 1919 German film called "Anders als die Anderen", which implies "Different from the Others". For a very long time, it was also the last to do so. The movie is close to being activist. It opposed the anti-homosexual laws that were in place in Germany at that time. The German film censorship restrictions increased after the release of "Anders als die Anderen", and the film was eventually restricted to being seen by medical professionals only. The Nazis destroyed the majority of the film's prints that were still existing in the 1930s.

Another essential and sometimes dangerous factor to take into account is queerbaiting, also known as queer-coding. It exploits queer representation without offering genuine content, potentially damaging LGBTQ+ mental health. This show's portrayal of a platonic friendship between women is a classic example.

A Deeper Look Into

THE MENU (2022)

By: Megha Dave

The 2022 film "The Menu," directed by Mark Mylod and written by Seth Reiss and Will Tracy, is a dark comedy thriller. Starring Ralph Fiennes and Anya Taylor-Joy, the film follows a renowned chef, Szeff Kuchini Slowik, and a group of exclusive clientele gathered on a secluded island for a gourmet dining experience. What begins as a luxurious culinary adventure, promising a once-in-a-lifetime gastronomic experience, soon takes a sinister turn. The guests

become trapped in the chef's deadly plan. The menu becomes a macabre spectacle, exposing the dark underbelly of the culinary world and the chef's twisted psychology.

The story centers on Margot Mills, who accompanies foodie Tyler Ledford on a date to an exclusive restaurant owned by renowned chef Julian Slowik. Slowik's exclusive restaurant is located on secluded Hawthorn Island. Joining Margot and



FOOD AND TRAVEL

Tyler are other affluent guests invited to savor his culinary mastery. The film explores themes of human nature, exploring the darker facets of greed, power, and the corrosive effects of unchecked ambition. Each character is meticulously crafted, serving as a microcosm of societal ills. The film's wit is directed at the wealthy elite, satirizing their superficiality and entitlement. Hence the film is a haunting example the dark side of human nature, satirizing the wealthy while critiquing consumerism.

The ending is both bizarre and thrilling. Viewers gradually uncover Chef Slowik's sinister plan, meticulously woven into each course of the meal. His motive is clear: a profound disdain for the shallow, self-centered elite who have corrupted the fine dining industry. Slowik believes that the 'art' of cooking has been lost due to these individuals' pompous behavior, fueling his vengeful actions.

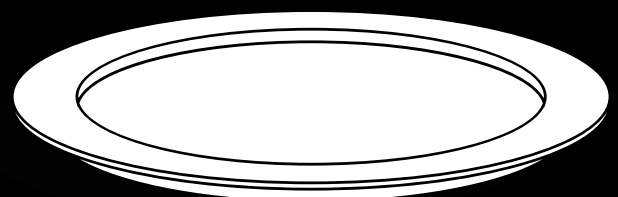
Food becomes a potent symbol throughout the film, reflecting the chef's twisted worldview and the guests' ultimate fate. The climax is a grotesque, as the guests become unwilling participants in their own demise and the audience is confronted with the ultimate dehumanization of the victims. The chef's preparation of their bodies, garnished with chocolate and marshmallows, is a chilling commentary on the distorted relationship between food and power, revealing the dark underbelly of a world built on superficiality and greed.

The climax of the film sees the island of Hawthorn engulfed in flames, transforming the guests into human torches. The complicity of the staff in their own demise underscores the extent of Julian Slowik's power and control.

Beyond marshmallows, another significant food reference is the old American cheeseburger. Margot Mills, the sole survivor among the diners, escapes through a combination of quick wit and intelligence. Her seemingly innocuous order for a cheeseburger becomes her lifeline.

This simple request illuminates Chef Slowik's past as a contented cook, finding joy in serving people through uncomplicated food. Preparing Margot's burger rekindles a forgotten passion, offering him a fleeting moment of peace. It becomes evident that Margot is an outlier among the guests, seeking genuine satisfaction from the dining experience rather than mere status. This stark contrast between Margot and the other diners provides a counterpoint to Slowik's animosity, ultimately allowing her to survive.

The film concludes with a powerful statement about the corrupting influence of the culinary elite and the enduring power of simplicity and authenticity.





Spilling the tea on tea tourism

By: Teshil Maring

Spill the tea is a popular phrase on social media that means sharing gossip or revealing interesting, it often used in a playful or lighthearted way, but can also have a negative connotation if the information is being sent, the phrase is believed to have originated in the drag queens, in the 1990s. the term “tea” is thought to be a derivative of the letters T and D which stand for “truth” respectively.

The word “tea” originated from China, and was spread via the ocean by Dutch traders. The origin of “tea” came from the coastal province of Fujian. The ‘Spilling the Tea on Great Britain’ campaign uses a play on Britain’s love of tea, through destination images and short films to tell a

fresh and exciting story about the experiences on offer, showing visitors that ‘whatever your cup of tea.

Tea tourism is defined as environment or special historical. Tea tourism is emerging worldwide as a new type of sustainable cultural tourism; a market to which little academic attention has been paid. This study surveyed a total of 246 university faculty members in the United States, China, and Taiwan about their perceptions of tea tourism, including their levels of interest in various tea tourism activities and the importance of tour components. The findings of this study revealed that demographic factors, cultural backgrounds, and self-reported expertise about tea culture were significantly

FOOD AND TRAVEL

associated with respondents' expectations towards tea tourism. Practical recommendations in tea tourism marketing were provided.

Tea tourism has the potential to completely transform the tea-drinking experience by assisting us in intellectually understanding the origins and processing, It has sensory

95% in the 19th century, cementing tea's popularity. By 1720 European maritime trade with China was dominated by exchange. During the 20th century, tea rooms began to become popular.

Closed spaces for social gatherings, especially attended by the female public and dedicated to social gatherings, where



appeal; we can feel the dew-kissed tea leaves and smell the earthiness of the soil where it grows. It's a hydrating beverage with a range of different types and flavors. Tea is an important beverage in many different cultures, Tea has evolved from being a simple grocery item in today's day. As prices continued to drop, tea became increasingly popular and by 1750 had become the British national drink. fungus reduced coffee production in Ceylon by

attendees drank tea accompanied by cookies or some other plate of traditional Chilean pastries during the 21st century, the consumption of tea in Chile experienced a diversification in the existing offer in the national market, slowly increasing the consumption of other varieties of tea other than traditional black tea, such as green tea, and the "premium" or gourmet category, which offers a higher quality of their products.



GENDER IN AFRICAN HISTORY

By: Rutvi Makwana

In pre-colonial times women were given higher positions in society and had a voice in important decisions. Being a homemaker gave them significant power. They were known as queen mothers and were involved in food production which gave them influence on men and dominance on children. Women in pre-colonial Africa often prayed to the gods for power and influence. They had several powers and rights to educate and even choose their life partner.

Women hold important positions in political matters, decisions related to children and community, and also in agricultural activities.

They followed the matriarchal family system. During the early Vedic period, women had higher positions in the family as well as in society. Queen mothers in Ghana held the center of authority in villages such as Asante. They were not even lagging in trade. Yoruba women were the best examples of long-distance trade leaders. Women had significant control over trade and culture.

Gender inequality became prevalent in Africa after colonization. Gender inequality refers to political, social, economic as well as educational inequalities. Colonialism resulted in the corrosion of women's rights and

HISTORY AND ARCHAEOLOGY

indigenous traditions and customs of Africa. Which disarrayed the indigenous culture, economy, and political systems of pre-colonial Africa. Colonialism resulted in the demolition of matriarchal norms and introduced patriarchal norms and values. After this, women were given inferior positions in society.

The notion was established which said that women are subordinate to males and with the passing of time men held all the important positions and authority. With colonialism, laws were passed that snatched rights from women and granted them to men in society.

Gender inequality and female disempowerment became widely accepted ideas. With the changes in the social status of gender, their rights and grasp among other necessities also changed.

Men were offered higher positions in white-collar jobs and on the other hand, women were not provided with better education and employment. As a result, females with less education worked in traditional informal economies. With time, there existed a comparison between men and women as well as between working women and homemakers.

Colonial laws and rules snatched women's access to property and other resources. In a sense, colonialism eroded the prestige and beneficiaries of women which resulted in their exclusion.



**IN THE PRE-COLONIAL TIMES,
WOMEN IN AFRICA WERE
CONSPICUOUS IN HIGH PLACES.
THEY LED ARMIES AND OFTEN
PLAYED IMPORTANT
CONSULTATIVE ROLES IN
POLITICS.**

Niara Sudarkasa



Widow inheritance was made restricted or illegal in many parts of Africa. All this resulted in diminishing indigenous African culture. Europeans included their Westernized gender ideologies because of which protection of women became a prominent issue and their political and societal power were bounded. However, the gender gap gradually decreased during the late colonial times. In colonial institutions, more recognition was allotted to men compared to women.

Hence, in the pre-colonial period, women had higher positions and voices in most of the talks and decisions. Which were eroded after colonialism and the establishment of European ideas and ethics. Resulted in the demolition of women's rights and their prestige.

HOW THE USA STOLE HAWAII FROM THE MONARCHY

BY: VEDANT BHRAMBHATT

HISTORY AND ARCHAEOLOGY

The story of Hawaii's annexation by the United States is a tale of political intrigue, economic interests, and the devastating impact of colonialism on indigenous peoples. Rooted in a complex history of colonization and exploitation, the illegal overthrow of the Hawaiian monarchy in 1893 remains a dark chapter in American history, with far-reaching consequences for the Hawaiian people and their land.

In the late 19th century, Hawaii was a sovereign kingdom ruled by Queen Lili'uokalani, the last reigning monarch of the Hawaiian Islands.

Despite Hawaii's status as an independent nation recognized by the international community, American businessmen, backed by the U.S. government, sought to exert control over the islands for their economic interests, particularly in the lucrative sugar industry.

On January 17, 1893, a group of American and European businessmen, aided by U.S. Marines, orchestrated a coup d'état that forcibly removed Queen Lili'uokalani from power and established a provisional government led by Sanford Dole, a prominent American sugar magnate.

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This brazen act of aggression violated international law and the sovereignty of the Hawaiian Kingdom, setting the stage for Hawaii's annexation by the United States.

In 1898, despite widespread opposition from the Hawaiian people and objections from Queen Lili'uokalani herself, the United States officially annexed Hawaii through the Newlands Resolution, which was passed by the U.S. Congress without the consent of the Hawaiian government. This act of annexation further marginalized the indigenous population and cemented Hawaii's status as a colonial territory under American control.

The illegal overthrow and annexation of Hawaii had profound social, cultural, and economic consequences for the Hawaiian people. Indigenous Hawaiians were dispossessed of their lands, stripped of their rights, and subjected to discrimination and marginalization in their own homeland. The imposition of American laws, customs, and institutions eroded traditional Hawaiian culture and way of life, leading to the loss of language, sovereignty, and identity.

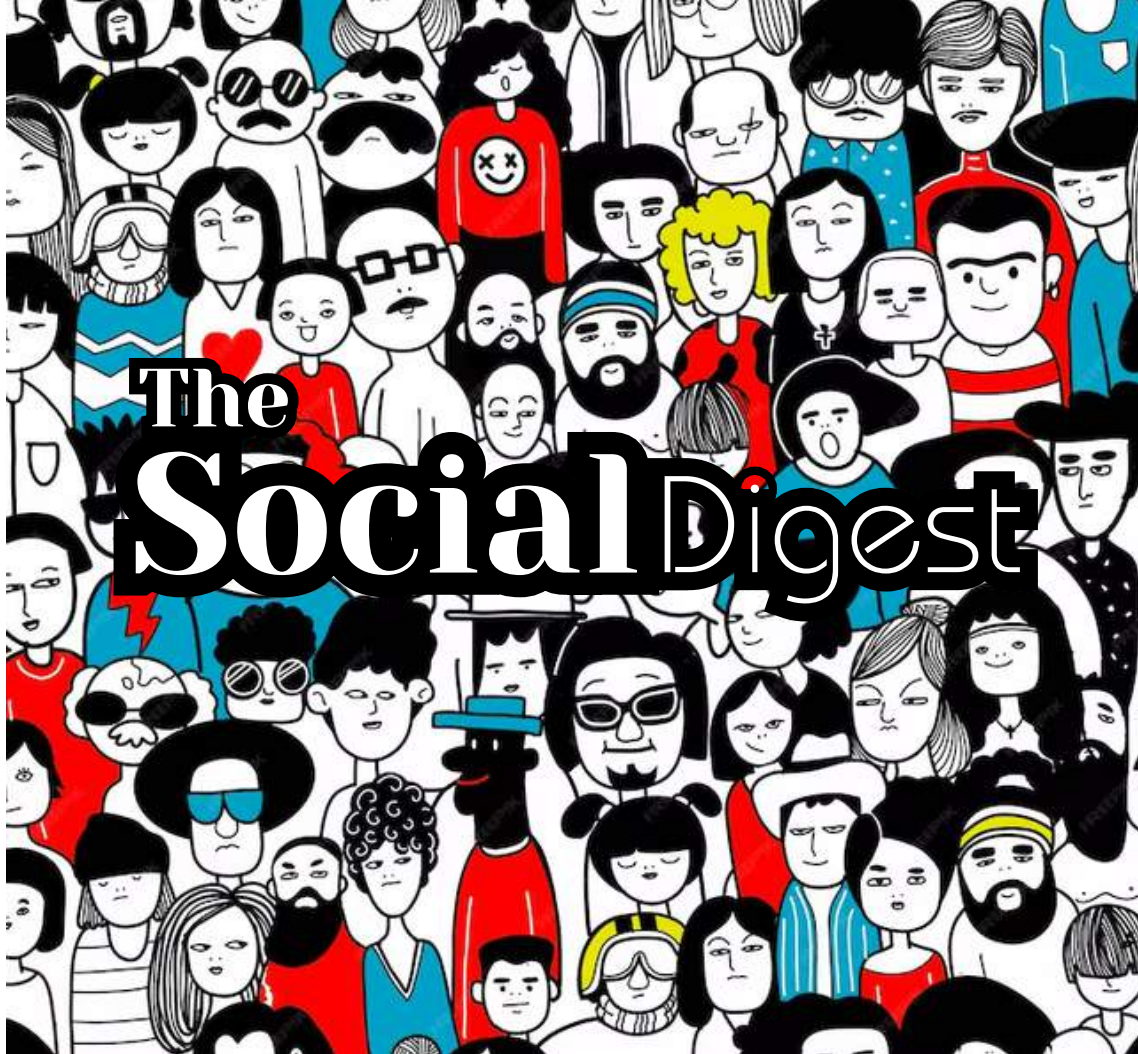
More than a century later, the legacy of colonization continues to reverberate in Hawaii, as Native Hawaiians grapple with the ongoing effects of dispossession, inequality, and cultural erasure. Despite efforts to reclaim their land, sovereignty, and self-determination, Native Hawaiians face formidable obstacles, including legal barriers, political resistance, and systemic



King Kalākaua

injustice. In recent years, there has been a growing movement to acknowledge and address the injustices of Hawaii's illegal overthrow and annexation. Advocates for Native Hawaiian rights, supported by international organizations and allies, have called for restitution, reconciliation, and the restoration of sovereignty for the Hawaiian people. However, meaningful progress towards justice and reconciliation has been slow, as the United States grapples with its colonial past and its ongoing obligations to Native Hawaiian communities.

The illegal overthrow of the Hawaiian monarchy stands as a stark reminder of the enduring legacy of colonialism and imperialism in Hawaii and the broader Pacific region. Only with acknowledgment, restitution, and reconciliation can we begin to heal the wounds of the past and build a more just and equitable future for all.



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