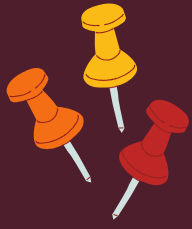




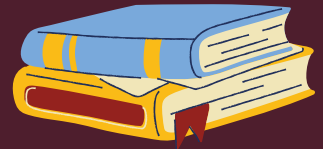
FEATURED

- THE FACE BEHIND THE MASK
- EVERYTHING WRONG WITH DISNEY PRINCESSES
- ZACK SNYDER'S JUSTICE LEAGUE REVIEW
- CATWALK- WHAT'S YOUR AESTHETIC?





THE BULLETIN



FROM THE EDITORS' DESK



Dear Readers,

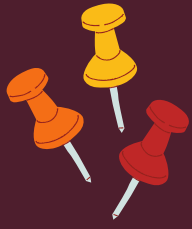
This was a bit of a rocky issue to get through, because we were suddenly overloaded with a lot of pre-vacation work. Everyone wants to escape from reality sometimes and we're no different. So we're glad to present to you our issue on fantasies and myths, with what we see at least as excellent fantasy recommendations for all types out there. If you want to write about something you're passionate about or want to share, don't forget to reach out! Also, we have our first art feature ever and we're extremely happy with how it turned out! Everyone can now send their art too, although whether it's featured may depend on whether it fits that issue's theme.

Don't forget to reach out to us if you have any suggestions or feedback! Happy reading!

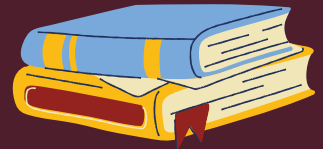
~ Editor - Sarina Chadha
Assistant Editor - Muktee Tolani

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THE BULLETIN



EVENTS

LABOUR DAY ASSEMBLY



IA students participated in labour day celebrations by watching the assembly on 30th April, following which they had a discussion on the origin of labour day with their respective classes and class teachers.

FRENCH EXCHANGE



IA students Aaryan Chadha, Catalina Palacio, Muktee Tolani, Sarina Chadha and Tia Manchanda took part in the online French Exchange 2021 on 21st May by researching the situation of Covid-19 in France, raising awareness on it and interacting with their French correspondents about it. The French students did the same for the Covid-19 situation in India. The event was a success and both sides learned a lot about Covid-19 and its effects on each nation.

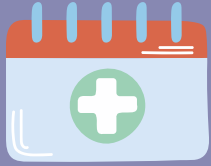
STUDENT COUNCIL ELECTIONS



IA students were part of the Student Council Elections for the academic year 2021-2022 which took place on 7th May, with DP Year 1 Student Harman Khurana standing for the post of Pacific House Captain, and the other students voting for important posts such as that of Head Girl and Head Boy.



MENTAL HEALTH MONTH



The Face Behind the Mask



by Ananya Vih



Picture this, you're walking down a dark deserted alley at night. The silence of the night is inhibited by the howl of a lone alley dog. Suddenly, the eerie quiet is marred by the cackle of a madwoman. She pursues you knife in hand, thirsty for blood.

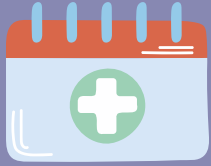
If this were the 1980s I would have just described a chance encounter in a movie of the protagonist with a person suffering from a mental disorder.

The portrayal of mental health in cinema, particularly Hollywood, has always been hit or miss. On the one hand, you have accurate representations such as *Maniac* or *Perks of being a Wallflower*. But for every *Maniac*, you have two *The Shinnings*, three *Psychos*, and five *Fatal Attractions*. From murderous showmen to sadistic nurses to masked murderers, we truly do have it all.

There is a shroud of myth and stigma surrounding mental health, and from behind this shroud emerges a masked murderer with a wide fanged grin and nefarious intentions. It is this sensational narrative that has been propagated in cinema. The slasher movies of the 80s depicted "crazy" people as masked serial killers or even have a disfigurement, all to shock the audience. A popular example of this would be Stanley Kubrick's *The Shinning* where Jack Torrance is a crazy murderer hiding behind a cracked veneer of sanity.



MENTAL HEALTH MONTH



[Continued]



Caption: A scene from *Primal Fear* (1996)

A more harmful portrayal of mental disorders, particularly dissociative identity disorder (DID), is *Primal Fear* (1996). Edward Norton's character is an altar boy accused of murdering the archbishop. Norton's character Aaron Stampler exhibits violent behavior in court and shows signs of DID. He is found not guilty on account of insanity and later transferred to a mental hospital. It is found that his persona, Roy, was the perpetrator and not Aaron. Herein lies the "twist". When Stampler's attorney comes to visit him it is revealed that Stampler "faked" the disorder and has vivid recollections of the murder. When asked if there ever was a Roy, Stampler replies that there never was an Aaron. This suggests that personality disorders can be controlled by the person, and even used to their advantage which is absurd!

Further on the topic of mental health facilities, *Nightmare on Elm Street* and *Friday the 13th* perpetuate the delusion that patients who have left mental health facilities are dangerous and violent. *The Exorcist* (1973) even goes so far as to compare mental health disorders with demonic possession.

There is however another disturbing sub-culture within these astonishingly bad portrayals - the elusive mad woman. She is crazed, hyper-sexualized, and has an unquenchable thirst for blood. The perfect example of this is *Fatal Attractions*' Alex Forrest played by Glenn Close. A more rational analysis of Close's character would reveal that she was perhaps suffering from depression or had deep-seated abandonment issues, issues that may have roots in childhood experiences. Even the term "hysterical" which is often used to describe such a character has problematic roots as its origin lies in the Greek term hysterus meaning womb; hysteria was used to call perfectly well women mentally ill back in the 1800s. This pins it as an exclusively female affliction and has been characterized by irrational, impulsive, "unhinged" behavior. *Madmen*, on the other hand, save the odd asylum escapee, are portrayed as the anti-hero, a layered character, a troubled human being, misunderstood.



MENTAL HEALTH MONTH



[Continued]



Studies have proved that mental illness alone is not the cause of violent behavior. Variables such as drug abuse, alcoholism, demographics play a larger role in inciting violent behavior. In fact, people with a history of drug abuse or alcoholism are more likely to be arrested than people suffering from schizophrenia or personality disorders.

Women are also more likely to suffer from depression than men. The reason for this is unclear but is thought to be due to social and biological factors. Women are also 60% more likely to report anxiety disorders, and have notably higher rates of post traumatic stress disorder (PTSD) than men. They are also twice as likely to develop the disorder after a traumatic experience. Further, 60% of people suffering from phobias or obsessive compulsive disorder (OCD) are women.

But I fear I have painted quite a bleak picture. There have been many sympathetic and sensitive depictions of mental health, be it *Black Swan*, *Maniac*, *Silver Linings Playbook*, or the crowd favourite *Bojack Horseman*. Winona Ryder's character in *Girl, Interrupted* (1999) details her account of her experience at a youth psychiatric hospital. While often melodramatic, the portrayal of borderline personality disorder (BPD) by Jolie's character is sympathetic and raw, and true. Another honorable mention of an accurate portrayal of BPD is *Silver Linings Playbook* (2012) portrayed by Bradley Cooper.



Caption: A scene from Fukunaga's *Maniac*

An underrated mention is Fukunaga's *Maniac* (2018). This drama miniseries revolves around the lives of Owen Milgrim (Jonah Hill) and Annie Landsberg (Emma Stone). It beautifully illustrates the characters' internal struggles while they undergo pharmaceutical trials. Furthermore, the show also portrays stigma against therapy as the show's premise is centered around a mysterious drug trial that seeks to eliminate therapy. The characters' struggle to heal themselves in an abusive atmosphere is nothing short of poetic. Some other notable mentions include *Dr. Jekyll and Mr. Hyde*, *Silence of the Lambs* and *The Gift*.

We often underestimate the impact that cinema has on our perspective. It is, after all, one of the easiest ways to disseminate information. Perceptions of mental health have always been warped, and continue to be. Sensationalism often takes precedence over sensitivity or even accuracy. Now excuse me while I fend off the mentally-ill Hollywood villain behind me holding a knife to the nape of my neck.



MENTAL HEALTH MONTH



Everything Wrong with Disney Princesses



by Lini Dhingra, Arhaan Ashraf



Caption: Disney's Princesses

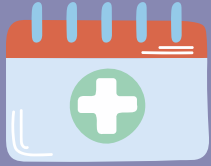
Disney has been a part of everyone's childhood whether it be Disney Pixar films, Marvel, classic Disney productions featuring the princesses we know and love, or even cartoons. Children are believed to be very vulnerable when it comes to media in terms of how it plays an important role in teaching children about societal beliefs, and it can sometimes have a negative impact on a child's psychology. Children have a hard time differentiating between what is right and wrong and when Disney produces movies that portray women in an unrealistic manner with unrealistic beauty standards, this can set a bad precedent for what male and female beauty standards should be.

When you look at Disney princesses you look at young girls who are beyond beautiful. They are the "fairest of them all". The feminine beauty ideal states that, "the socially constructed notion that physical attractiveness is one of women's most important assets, and something all women should strive to achieve and maintain." This is portrayed throughout the Disney princess films and young girls now believe that one of the only ways to be successful and happy is to be the "fairest of them all". Young girls feel pressured to fit these beauty standards and this results in a lot of body conflict and low esteem which then leads to having mental health disorders.

The World Health Organization defines gender roles as socially constructed roles, behaviors, activities and attributes that a given society considers appropriate for men and women. Disney has portrayed stereotypical gender roles in most of their Disney princess movies. All of the movies from the first two Disney princess eras depict women as being weak and always needing a man, always being the emotional one.



MENTAL HEALTH MONTH



[Continued]



Caption: Belle from Disney's Beauty and the Beast

Taking up the example of the Sleeping Beauty, she is depicted as a classic damsel in distress, relegated to suffering until the curse cast upon her is lifted by a prince. Ariel is depicted as rebellious and independent but she gives her voice up and leaves her entire family for a man she barely knew. This is probably the most atrocious Disney movie plot ever made and it also doesn't give an appropriate message to young viewers.

Taking up the movie Mulan, it is a great movie and I like it because it shows us how brave and powerful she was, but I think the only problem was that she still ended up with a romantic interest which sort of contradicts the whole plot of the movie.

When the classic animated movie depicts Mulan as independent and powerful, posing as a man to fight in an army, and training to improve her skills, the new live-action production gives Mulan what is basically a superpower, where she doesn't need to do any training and is born a good soldier. Not only is this inaccurate, but the implication here is that women are not powerful enough to be part of an army unless they receive some sort of special ability at birth.

Although the media representation of women in Disney films and cartoons is very conventional, especially the way it's been presented so far in this article, the newer movies are turning around in their representation of women. Movies like Brave, Frozen, and Tangled portrayed independent, free-willed, rebellious women who aren't dependent on a man to save them from peril. In Tangled, Rapunzel is shown as being free-willed and adventurous. Brave flipped the Disney princess formula on its head with the Scottish princess, Merida, who rebelled against the role given to her as a woman in society, not wanting to be married while many old Disney movies relied on the "finding your one true love" trope to drive its story forward and give its characters a motivation. This turnaround in Disney's representation is definitely a step forward from the old-fashioned and even demeaning representation of women in previous Disney films and maybe the way to go to adjust these films to modern standards and perceptions.



BUSINESS MYTHS



ENTREPRENEURIAL MYTHS



by Sarina Chadha



Do you want to be the next successful entrepreneur? An entrepreneur is an individual who plans, organizes, and manages a business, taking on financial risks in doing so. Starting a new business is risky as most of the startups fail due to carelessness or derelictions. Nevertheless, the growth and profit-making opportunities drive the entrepreneurs to take these risks. Even then, these men whom one would think of as coldhearted and grounded, logical and thoughtful, are susceptible to myths.

We start off with one of the biggest myths in entrepreneurship - the Elevator Pitch. It dictates that “your pitch should be brief and comprehensive - as if you’re pitching to people in an elevator”. Of course, as Stephanie Palmer once said, “You should never, ever pitch in an elevator”. The Elevator Pitch is more like the Elevator Pit - a trap. You pitch the wrong things to the wrong people in the wrong places.

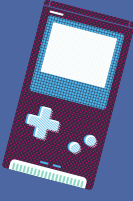
Other smaller myths that you may not have heard in the office place include that you shouldn’t whistle in the office. Originally a Russian-only belief, the reasoning behind it is that you are whistling your money away. Another cultural belief - in Korea, fidgeting is believed to lose money. So don’t fidget during important deals! And a third time for the charm - Feng Shui, the Chinese art of balancing the flow of energy through... internal decoration. Whether it works or not, people do believe that it spreads positive chi and brings more profits to you. Still, whether you believe in it or not, you can’t say it doesn’t produce aesthetic results. And here’s another Chinese one - the Money plant will bring you good luck.

You should be careful about your stocks during an eclipse, because eclipses have long been believed to be a bad omen. A study showed that over an 80 year period, during 363 eclipses, stocks have returned less that day. Similar in that vein is the Friday the 13th vein; as many people believe it to be an unlucky day, businesses suffer. About 800 to 900 million dollars in average revenue are lost on Friday the 13th, but there is no single proven cause as to why exactly Friday the 13th causes these losses to occur.

On an individual level, many businessmen have their quirks. Some believe in numerology, while others have lucky ties or outfits. Overall, whatever works for them is best, because it inspires them to do their best. Still, it does ruin their cold-blooded mechanical image, doesn’t it?



ENTERTAINMENT SECTION



ZACK SNYDER'S JUSTICE LEAGUE REVIEW



By Aadit Kapoor

Justice League was released in 2017. However, there were some problems during the making of the film and Zack Snyder stepped down as the director. The movie was released anyway and it was a major disappointment for not only DC fans but for anyone who likes to watch movies. It did not live up to the hype and the movie was a flop. Then in 2021, Zack Snyder's cut of the Justice League was released and people loved it.

DC movies have never been as exciting or as anticipated as Marvel movies and this is not because of the lack of fans on DC's side but the way the movies are made. DC movies are rarely at par with Marvel and are not liked as much as Marvel. The fans are unable to connect with the movies and the characters that they all love so are often disappointed with the end result of the movies. However, after watching Snyder's Justice League I must say that there is still hope for DC movies to keep up with their competitors.

The story of the movie is the same as the previous one where Batman tries to make his own superhuman team to not let Superman's sacrifice go to waste.

Batman forms this team to try and save the world from Darkseid who comes to earth to capture it. The story progresses once the team has been formed.

Snyder's Justice League had incredible VFX and action scenes along with apt background music and sound effects. Comparing Snyder's Justice League to the previous one would just embarrass the previous movie due to the vast improvements made in this one. The way the characters are introduced is also very exciting and makes you want to watch how they will do further in the movie. The scene where Wonder Woman is introduced is my favourite and is definitely one of the best scenes in the movie. Every character has been developed in their own way and most DC fans already know their origin so it was not a tough job. The movie still gives some background to each character and has some sort of story connected with them.

The direction of the movie was done extremely well and the whole movie had really nice graphics. However, the way that the story progresses can be very confusing for people. Sometimes the sequence in which the movie goes may not make any sense to a lot of people, even for me at the beginning, but it does get better as the movie goes on.



Caption: Zack Snyder's Justice League Poster



ENTERTAINMENT SECTION



[CONTINUED]



The one thing which I dislike about the movie is the run time of the movie which was 4 hours long. Even though the movie was great, I personally feel that it gets tiring after a certain time since you're watching it in one go. But the scenes, graphics, and even the acting done by the actors would really make you want to finish the whole movie.

We have all seen a number of actors play Batman and I have always seen and liked Christian Bale as Batman. For me, he is like the perfect Bruce Wayne. However, Ben Affleck has also captured the essence of Bruce Wayne and has played the role of Batman really well. However, the role of his butler Alfred was played much better by the previous actor. Gal Gadot as Wonder Woman has always been a wonderful casting choice as she perfectly plays the character. Jason Momoa as Aquaman is probably one of the fan favorites and they have loved him playing the role. Ray Fisher as Cyborg and Ezra Miller as Flash were also great choices and both of them get along well in the movie as well.

Zack Snyder's Justice League deserves to be praised after what he was able to pull off even though the last Justice League was an absolute disaster. This movie was well-received by all, and everyone now has high expectations from DC movies.



Caption: Zack Snyder's heroes



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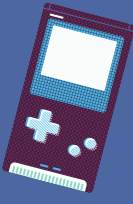
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ENTERTAINMENT SECTION



Mushishi Review



By Adlin Reuel



Caption: Stills from the show

Mushishi, one of my all-time favourite animes, is an episodic slice of life/mystery/occult fiction anime which revolves around a mystical, microscopic creature called 'mushi' and its only main character, Ginko.

Ginko is a nonchalant man who spends his days wandering forests, mountains, and towns in search of mushi. He studies them and helps people who are affected by mushi. He is also referred to as a 'mushishi', which is a name given to a person who has the ability to see the usually invisible mushi.

Each episode narrates the tale of a different kind of mushi and the people it affected, while Ginko finds a solution to the people's problems.

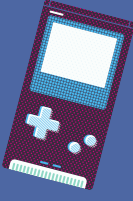
Mushi are supposed to be organisms that are far simpler than bacteria, but are highly intellectual; they can also take human form at times. They exist somewhere in between life and death. They aren't menacing or evil though; they are just trying to survive like every other creature on this planet. And their existence remains a mystery to the people and the Mushishi throughout the show.

It is also fascinating to see the wide range of mushi introduced in every episode; there are some mushi that act as a blessing to a common man, while there are others who quite literally try to steal your soul.

Mushishi is an excellent blend of appealing visuals and melancholic music. Just watching an episode or two per day can be highly therapeutic. It captivates the watcher almost immediately because of how mystifying the entire setting is, green and fogginess everywhere.



ENTERTAINMENT SECTION



[Continued]



Caption: Ginko, the main character.

The anime is alluring because it also displays the profound platonic connection Ginko shares with mushi. He seems to understand these mysterious creatures, and the anime mainly focuses on that. Interestingly enough, although every episode has a bunch of new side characters, every side character in every episode looks somewhat the same. This is because the anime isn't about the people, their appearances, or their problems, it is about Ginko's deep relationship with mushi. In Ginko's memories of his journeys, he does not remember how the people looked, he only remembers the mushi that affected them in any form or manner.

Diving further into Ginko's personality, he on the surface appears to be a very uninterested person, but it is displayed throughout the show that he does truly care about people and would go out of his way to help them. Ginko is calm, generous and calculating and is never precarious or frightened of anything.

As a matter of fact, he helps people without expecting a fee, he does what he does only because of his keen interest in the odd creatures and expects nothing but food and shelter in return.

Also, another interesting fact about the show is that the concept of mushi comes from an old Shinto Japanese folklore. And in the Shinto myth, the mysterious beings are known as kami.

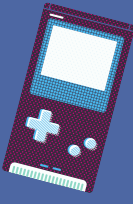
There are a large number of people who don't like Mushishi as much as I do, and that is probably because it does not have any action or even a continuous storyline. But for me, that is what makes Mushishi so exceptional. It is rare to find a show that is so purely based on story. It does not rely on comedy, action, romance or fan service to make it special or worth watching, although it does have a few aspects of it. Mushishi impressed me because it was nothing like I had ever watched before.

And honestly, at first glance the anime might seem like it is about Ginko and Mushi alone, but eventually you will realise that 'Mushishi' teaches you a lot about the flow of life too. It teaches you about life and death, and how one's desire to live has been overly romanticized, and that the 'will to live' is merely a natural instinct that all animals possess (including mushi). Humans mustn't consider themselves higher than other organisms at any point. Every episode comes with an underlying message about what life is really about.

If you have a problem with committing to an anime, Mushishi is perfect. Because each episode is different, you don't need any prior knowledge to watch an episode, or to keep up with the rest of the show.



ENTERTAINMENT SECTION



[Continued]



People who binge-watch it almost never enjoy it as much as those who watch it once every few days; everyone who enjoys it slowly always says that *Mushishi* is a comforting and calming show, not to be enjoyed in a sporadic binge. So if you're the type of person not good at watching shows, or who doesn't have much time, maybe *Mushishi* can be your once-every-few-days guilty pleasure.

The entire concept of the show is so original and unique. And I know it does not sound all that great when described in words, but that is exactly what I thought when I read the synopsis at first too. Trust me, it's way better than it sounds, the entire viewer experience is almost restorative. Give it a try, when has the 'Ortus' ever suggested a bad show?

Record of Ragnarok Review



By Aarnav Dixit

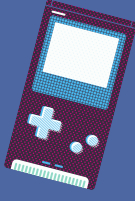


Erasure of humanity is what the gods desire after observing humanity and their criminal deeds during their 7 million long year history. Seeing their cruel ways deeming them irredeemable, a brave valkyrie steps forth and declares Ragnarok, initially a rule made as a joke. A 1 vs 1 showdown consisting of 13 rounds to determine humanity's fate and prevent their demise for another 1000 years until the next conference. Will humanity's final struggle prevail and prove to the gods their worth or die having proven them right?

What was meant to be entertainment for the gods turned out to be a worrying scenario for them. Having filled their heads with pride, every god underestimated humanity and paid the price for it. The first fight happens between Lü Bu, the strongest warrior of humanity, and Thor, the strongest warrior of Asgard. oth are the vanguards of humanity and god, respectively and both have something they need, excitement.



ENTERTAINMENT SECTION



[Continued]

Being the strongest has its perks but having no rival to match your strength bores you. Thor and Lü Bu, the Chinese warrior, fought to their utmost with a smile on their face because they had achieved what they both needed, a strong rival and alleviation from their boredom. The next 4 fights continue like this, each side fighting for something they want, and seeing them achieve what they want is something admirable. The fights are fluidly drawn and well-done, but that doesn't mean it's meaningless fighting - even the unexpected plot twists are worthy of praise, directed by the creator Shinya Umemura and Takumi Fukui.

Then come the characters, each of them ridiculous and unique. There's Lü Bu, the strongest warrior, Adam the first human, Sasaki Kyojiro, humanity's biggest loser, Jack the Ripper and Raiden Tameemon, a sumo wrestler. I'll spare you the details but each of these characters in the ongoing manga have their own strong points, while one battles with technique, another with wit and malice. Despite what you may think, the gods are not all powerful, they are pushed back against the wall more than they had thought.

Did the gods take on more than they could handle? That is something you can find out in the manga. One of the biggest selling points of the Manga is the art. It is simply stunning, and you can really see the effort the creators have put into their work. The adherence and attention to detail while carefully displaying the scenes of the fight is fabulous. You would only need to read the first 2 chapters of the manga to go on a rollercoaster to the very end. The manga is illustrated by Ajichika, a 4 person group of artists.

If you are bored by the typical clique romance or adventuring fantasy literature, I suggest you try Record of Ragnarok. It's a good read with incredible yet easy to interpret fight scenes and certainly make you question whether a god is really just a human drowned in strength. The scenes can be grotesque and seem very violent but it's a good change of pace. The manga is popular and is even releasing its adaptation in the coming months!



Caption: Sasaki Kyojiro vs Poseidon

DID YOU KNOW

One of Odin's names, Sviður (meaning "wisdom"), provides the root for the name of the modern country of Sweden.



RECIPE OF THE MONTH

~Vedank Singh



BRIGADEIROS

From the Chef

Brigadeiros are a traditional Brazilian dessert, it is a popular confection throughout Brazil and the world made for festive events. It is a small ball-shaped delight made up of condensed milk and chocolate. It is easy to manipulate and customize to your own taste.

Ingredients



- 397g tin condensed milk
- 25g cocoa powder, sifted
- 25g butter
- Pinch sea salt
- 2 tbsp icing sugar, sifted
- 1 tbsp cacao powder
- 1 tbsp espresso powder
- Some good quality chocolate for a richer taste (preferably 70% dark chocolate) [OPTIONAL]



Method



1. Put the pan on the stove at medium heat. Add 1/4 of the butter to the pan and let it melt.
 2. Add all of the condensed milk and cocoa powder to the pan and mix until there are no lumps of cocoa powder in the condensed milk.
 3. Take it off the heat and melt the remaining butter into the chocolate condensed milk.
 4. Then chop up the chocolate into medium-sized pieces. (OPTIONAL)
 5. Put the pan back on the heat and add the chocolate pieces until there aren't any chocolate chunks visible. (OPTIONAL)
 6. To check when it's ready, scrape the bottom of the pan and if the condensed milk doesn't stick to the pan, that means it's ready.
 7. Pour the mixture into a plate and let it cool for a bit.
 8. Check if the mixture is starting to become firm and cool.
 9. Now put some butter on your hands and use a spoon to scoop some of the Condensed milk out and roll them into balls.
 10. Now roll them in espresso powder, sprinkles, cocoa powder or powdered sugar.
- NOTE-** Do not cook this at high heat because it burns very easily. Set the flame to be medium/medium-low. Let the mixture cool before shaping it into balls. Stir the mixture until it's very smooth, don't let there be any lumps in the mixture

ART FEATURE OF THE MONTH



Shades of Intimacy

By Ayush Batra (12-C)



In-ti-ma-cy. You know it when you see it, you know it when you're wrapped in it. Like love itself, it may be one of those things you only know by experience. The two line-art sketches I have made are a true indication of affection and self-love. The fact that you care about someone or something makes it more interesting, just like colours conjure immediate intimacy for an artist. It calms me, and hence the central point of attraction here is calmness. These are fanciful images that depict the deep and powerful connection that is intimacy. Fantasy reflects a person's true feelings. It is difficult to describe the feelings using pen and paper, but when you look at the images, you can feel the art.



CATWALK



What's your aesthetic?

by Catalina Palacio

Since the beginning of 2020 until today, all social media (especially Instagram and Tik Tok) have exploded with many different styles of fashion, each of them very particular. Everyone, including me, has been trying to fit it in a category of these, but how to choose? And what to choose between? Are you a “soft girl”, “dark-academia girl”, “basic girl”, or “e-girl”? Of course, these terms apply to all the boys too, but when it comes to girls, they want to be more specific! So today, I will be explaining to you the two extremes of these styles; what is being a “soft girl” about and what is being an “e-girl” about and how you can choose between these styles. I will also be explaining the “dark-academia” style since it’s a favorite of a lot of people nowadays.

e-girl



soft girl



dark academia





CATWALK



soft girl aesthetic



A lot of you may be wondering, “What exactly makes me or my style be described as soft?”. When we use the term “soft girl” or “soft boy” we don’t necessarily mean that your style is literally soft. It means that, for example, your choices of clothes will be colorful but not edgy, that your make-up will be light or bright but not too pronounced, and that you will transmit a “sweet vibe” generally. It is said that Ariana Grande was the original soft girl, and the whole style is inspired by her. Wearing a pink crop-top and some green flared jeans with white shoes could be your OOTD. We could say that soft girls are similar to VSCO girls, but not completely, as the make-up and the accessories vary a lot. Soft girls usually dye their hair partially or entirely, with colours like pink, blue, purple, or any other “soft” colour they feel like. If you ask me, soft girls remind me of fairies, with their colorful outfits and make-up and their dyed yet beautiful hair. That said, if you like wearing colorful clothes, make-up, and being trendy and unique, the soft girl look is your look. ;)





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e-girl aesthetic



Being an e-girl has also been a very popular trend during 2020 and 2021. This style is the complete opposite of the soft girl style, but it is also really really nice. It is said that Billie Eilish is the original e-girl, because of her oversized clothes, black and neon green hair, and big acrylic nails. The e-girl style or edgy style comes with almost no colors; black, green, purple, red and orange are usually the most used colors in this style, black being the main one. The outfits of this style vary a lot, but wide black cargo pants and an oversized black t-shirt would do the trick, as well as a black mini-skirt with a sweater or crop-top. What's characteristic about e-girls' outfits are the striped long sleeve t-shirts with the short sleeve t-shirt on top, the chains in pants or skirts, and the usual big shoes/boots, reminiscent of the goth scene from about a decade ago. To complement these outfits, e-girls will wear a lot of jewelry such as chokers, long necklaces, rings etc. The make-up and hair are also very different from a soft girls. The make up is very pronounced, with a lot of eyeliner and highlighter in the cheekbones and nose, and the hair is usually black but can be dyed too with different colors such as purple or red. The style of an e-girl could be seen as a vampire's style (or goth) as it's a dark style. So, if you like wearing black and you like using heavy make-up and especially eyeliner, I would recommend you to try out this style!

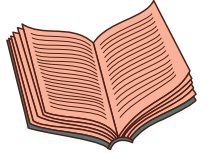




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dark academia aesthetic



The dark academia style came after both the soft girl and e-girl, and it can be described as half goth. It is a style that emphasizes the aesthetics of learning, writing, reading, and art; that's why it's called "academia". Its colour palette leans towards dark, using colors like dark green, brown, beige, and grey, but it is very fashionable and chic. Artsy people usually like this style because it lets them be who they are and there is no fixed outfit for it. You can wear a pair of beige chinos, a dark brown sweater with a white shirt underneath and some accessories like a gold necklace, bracelets or earrings and you would be done for the day. But you could also wear a black tube skirt with a green turtleneck and some Doc Martens and it would be good too. Dark academia makeup and hair are pretty basic, the hair remains natural most of the time and the makeup consists in mainly a thin eyeliner and red or nude lipstick. As you can see, this is a pretty casual style and it could be related to what a witch's style would be like. To be more exact, a Harry Potter witch, like Hermione, would describe this style to its fullest. If you like earthy colors, comfy clothes, and being natural and artsy, this is the style for you.



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RECIPE OF THE MONTH:

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