

The Seshadripuram

August 2021 | Volume 1 Issue v

a SCOSA initiative

monthly

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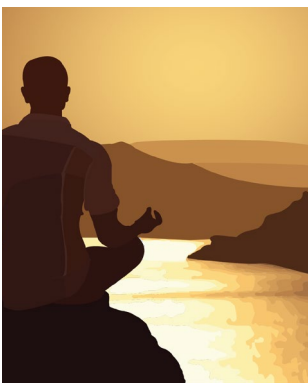
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Editorial

Hello,

This magazine issue has quite a few firsts, it's the first time a student editor (That's Me!) pens the editorial. This issue is special as it marks the first issue that is completely designed by us, student editors and designers, although Mr Allan Raj helped us out a great deal. It was hard for us, with all these extra responsibilities, usually handled by Mr Allan, but I'm grateful to him because we have learnt a lot under his supervision.

I'd like to thank Mr Mithun Chaturvedi, alumnus of Seshadripuram College for so willingly writing the cover article for this issue. He talks about his college life, how the Commerce and Management forum was so integral to him, changing him to become the person he is today. I

would like to emphasise my gratitude for contributing his experience to our magazine.

We look forward to publishing more of your content, so please mail your observations, experiences or opinions to scosa.spm@gmail.com. We also publish articles in Kannada! and appreciate art in our magazine.

Our August issue has quite a few interesting articles, Ms Disha Srinivas' article on 'Gender Fluid Fashion' is a really good read, it helps us understand the whole dynamic of fashion that is, plausibly, the future. 'The Art of Saying No' by Ms Madhurya, was one I could not put down. It helped me realise what I have been doing wrong and might help you to as well.

I'd like to thank Mr Raghavan Ravi, for managing a huge chunk of the magazine's design and Ms Shraddha Anil for letting us rely on her when it came to anything related to articles. I'd like to thank Mr Vikram Shenoy and Mr Vaishnav Sunil for assisting the designers as well as looking over proofreading of articles. I would like to thank Mr Allan Raj, again, for teaching us the design fundamentals and helping us through the journey of publishing this issue.

I would like to express my gratitude to the principal, SCOSA members, magazine committee members and everyone else who helped compile and publish this issue. I hope you enjoy reading our work on this issue.

Pranav Jagadeshan
II BCom F
August 2021

IMPORTANCE OF

Sports

P

People have always had a negative perception regarding sports which has resulted in the reduced participation of teenagers in sports. Many factors are present which result in the reduced participation of the youth in sports. It is indeed disturbing to realize that while the teenagers are in good health, they are not participating in sports as the youths in the past were.

Technology could be a suspect that has resulted in the reduced number. The young generation of this period has become over-dependent on technology. For

instance, children today, instead of playing physical games that were there traditionally, engage in playing computer games and PlayStations. Teenagers should re-engage in sports once again.

Sports promote the health of the individual participating in them. The reason why this should be reason enough to encourage the youth to start participating in sports once again is that lifestyle diseases are much more prevalent than ever. These are diseases that come from having poor lifestyles. One such poor lifestyle is lacking sports in one's

life. Luckily, the best way to stay clear of these lifestyle diseases is by re-engaging in sports.

Sports increase the sharpness of an individual. Parents are always happier when their children are performing better. Sports can be the key to smart children. By participating in sports, there is increased blood flow to the brain. That results in the brain receiving more oxygen and glucose increasing the functionality of the brain cells. With the increased functionality in the brain, the brain cells are operating faster and much better thereby promoting



Sports

Sports

IN A TEENAGER'S LIFE

by Amogh P. Kumar, II BCom H

the sharpness of the individual. Therefore, by participating in sports, the teenager can perform better in class.

Sports will strengthen the college resume of the individual. Sportsmanship is a valued aspect of an individual. Colleges will prefer an individual who is participative in sports because sports instill certain admired traits in an individual. A sport-person knows how to focus and manage his or her time thereby resulting in a more focused individual.

Sports also teach an individual

the meaning and significance of teamwork. A sportsperson will be a team player in college which ultimately results in people who are better equipped to face the outside world. Moreover, a sportsperson can compete in various sports competitions which may earn the individual certificates, medals, and even sponsorships. That will ensure that the individual's resume is very powerful. It will make the individual a model student in any college or university.

There is a need for teenagers to become participative in sports

once again. Sports promote the health of an individual which will result in healthy teenagers. Sports will also ensure that the teenagers are sharp and participative in class. Sports will also strengthen the resume of the teenagers. Thus, parents and older members of the society should encourage the young people to become more participative. They can use incentives such as rewards which will encourage the teenagers to be more willing to participate in sports. ■

Spirit

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. A spiritual journey is a journey you would take to find out who you are, what your problems are in life, and how to come to peace with the world.

Books to read about spirituality

- The Power of Now: A Guide to Spiritual Enlightenment
- Metahuman: Unleashing Your Infinite Potential
- The Big Five for Life
- Imprints: The Evidence Our Lives Leave Behind

Quality

Lifestyle

by Dhatri L, I BCom H

Ways to go on a spiritual journey

- You are ultimately responsible for the direction of your journey. If one of the steps in this guide produces stress or harm for you, skip it for the time being and find an alternative that helps you contemplate your life.
- Keep a journal of your thoughts and feelings. Though this may seem like pre-planning, your journey begins now. Take inventory of your thoughts, feelings, fears, and expectations. Record your thoughts about daily life and your long-term thoughts
- Create a set of goals and prioritize them. The mindfulness journal can help in organizing your thoughts with regards to goal-setting.
- Read sacred texts. Religious texts such as the Bible, the Qur'an, the Bhagavad Gita, or the Upanishads can give you a new perspective on life or open your eyes to other people's beliefs or thoughts.
- Read or listen to popular spiritual sources. Many popular writers and speakers communicate spiritual or religious ideas in ways that make sense for everyday life.

What can you do to raise your vibrations?

- Gratitude: Thank god, universe or spirit guides for what you have every morning
- Meditate: Meditation helps to calm your spirit down and put you in a peaceful state of mind. Just 10 minutes of meditation a day can change your life forever.
- Find something beautiful and appreciate it: Beauty is all around us, yet so often we walk around with our blinkers on. Stop rushing for a moment and take the time to stand in the sun and appreciate your surroundings.
- Drink water: Always ensure you drink plenty of water (filtered is best) to assist your body to flush out toxicity day today. Toxicity has a marked impact on our vibration so we must do what we can to reduce its impact within us and around us.
- Yoga: Yoga is an art as well as a science. It is a science, because it offers practical methods for controlling body and mind, thereby making deep meditation possible. And it is an art, for unless.

THE ART OF SAYING

NO!

by *Madhurya Sarathy, I BCom(Hons)*

The Gentle Art of saying "NO" for a happy-go-lucky life. To stay constructive, minimize stress and avoid wasting time, you have to learn the gentle art of saying "NO"- an art that many people have problems with. Firstly what is hard about saying an effortless no? Well, it can hurt, rage or disappoint the person you're saying "no" to, and that's not usually a fun stint.

"It's only by saying no that you can concentrate on the things that are really important" -STEVE JOBS

When was the last time you said no without having any regrets or feeling apologetic? To start with, "NO" is something which people are not capable of hearing. People are not trained to combat the pain, anger and frustration when they feel their favour has been rejected. According to me, people must start prioritising their needs. They must concentrate on their assets rather than objectifying other people's liabilities.

It's ok if you are selfish and want to concentrate on your chore. Just substitute being "selfish" to "self-care". And trust me everything will be sorted. It's that simple!

Before saying yes to any favor, self-examine yourself whether you can accomplish the assigned task. Stay committed to your goals, aims and don't stay devoted in performing other people's targets. Remember!

Saying "NO" is an Art and you must be a Picasso of it. Shine out and stay brilliant in this art.

Saying No doesn't mean you are a bad person!

Yes, saying no doesn't mean you are being rude, selfish or unkind. These are all unhelpful beliefs and notions that make it hard to say no. We worry that if we say no, we will feel humiliated, guilty or embarrassed and will end up being alone, rejected or deserted.

Learning to say no is an essential ingredient of self care. When you master in saying no, you are giving yourself a big chance to take care of the most important events in your life.

A gentle reminder!

NO is a boundary word. Simplify your life by learning to say no. "No" is a complete sentence, and needs no explanation. It's ok to say no when you want and need to. Saying yes when you want to say no does not allow you to live an authentic life. Learn to say no with no apologies. You are worth it. Learning to say no can be the most liberating feeling ever!

Knowing when to say "NO" and mentioning it is a life skill.

Therefore, learn the Art of saying no. Stop treating "NO" as a negative word sometimes, saying no can save you from life's greatest pains. Don't lie, Don't make any excuses, Don't just over explain yourself, Just simply decline. ■

Here's how to stop pleasing people and prove the gentle art of saying no.

Give yourself permission to say no.

Create your own boundaries.

Don't look back after giving an answer.

Prioritize your needs and feelings.

Be assertive!

Here are a few useful books which help you to say NO graciously!

'The Power of A Positive No' by William Ury.

'The Power of No' by James Altucher and Claudia Azula Altucher.

'The Book of NO' by Susan Newman.

'The Curse of Lovely' by Jacqui Marson.

'Saying No' by Asha Phillips.

I hope all these books help you to say no without feeling guilty or damaging your relationships. All these books can be a useful resource to you.

CHANGED

Cover Article

FAMILY LIFE WALK

by *Mithun Chaturvedi, BCom(2019)*

**Might be what you
are missing out on**

Take a walk through the college life of Mithun Chaturvedi, alumni of Seshadripuram College. Experience what made his college life memorable and how a student misses out on opportunity in their college life.

A man with glasses and a mustache, wearing a black and white checkered button-down shirt, is speaking into a microphone. He is pointing his right index finger upwards. The background is dark with some decorative elements. The text is overlaid on the left side of the image.

From being
a member
of the crowd
to now
leading one

Fresh out of the 12th board results, I was going through a dilemma all of us have been through—the choice of degree College. After looking out at different colleges in Bangalore and outside, I got myself enrolled in Sheshadripuram College. Not knowing about anything regarding the culture, I stepped in on my first day eager to go back home. This feeling, a very common one among most of the students I have been around, was dominant for the first semester. Then came a life changing event for me. My introduction to Lakshya, the Commerce and Management forum of Sheshadripuram College.

A friend of mine pulled me into the forum on the pretext of bunking classes, something which I was initially against. Initially it made an impression of a diversion from academics to me. But I still went ahead.

From my PU days, I had been inquisitive and had won quite a few quizzes as well. Lakshya gave me a chance to revive that

inquisitiveness. The then student coordinators gave me an opportunity to represent the college at an inter college fest, a first for me. My quiz partner was a stranger to me. I convinced my reluctant family to allow me to participate. I wasn't sure how these things worked and had no idea why it was such a big thing. I went to the fest, qualified for the finals and won the third prize. It was a different feeling as it was the first time I was competing against strangers. With that victory, I received a cash prize, my first ever earnings of any sort.

That competition changed my life forever. It changed a lot about me. I was someone who wasn't comfortable in social events, not to mention my will not even participate in them. But the knowledge my first fest brought with it was just too good. Then came more fests, and more participation and more victories and more cash in my wallet. I liked the very thought of going out to participate at different colleges. My attendance came down from an average of 90 percent in the

first semester to around 60 in the second. But it did not do much damage to my academics, a myth that was busted while I was preparing for the final exams.

Another thing that came in second semester was CRUXx, the annual day inter college fest conducted by us. I was enrolled by the seniors as a volunteer for the event. It became a point for me to realise how important is teamwork and creativity. The ideas and brainstorming sessions made me realise that there's more to life than classrooms and books.

At the beginning of the third semester, as is the case, a new set of student coordinators were to be appointed. I was one of the three students for the year 2017-18. That elevation started a journey to excellence. From being a member of the crowd, I was now leading one. The year and my tenure as a student coordinator began with us winning an overall championship, a team I lead. I conducted my first ever event as a lead contributor in the form of Spotlight, our annual inter



Lakshya: Commerce and Management Forum organizing CRUXx 2019



Mithun organized events with other committies in the college

class event. We also started to make some changes. With the help of college administration and teachers, we started the quiz club. Unfortunately, an injury I sustained kept me out from the activities for a while. On the road to recovery, I participated with a broken ligament in a quiz competition and won the first prize. During the same time we also conducted our first event from the quiz club.

With the winter break came the most important part, the planning of CRUXx 2018. Our group was adamant on changing the nature of the fest we do. And that's how we started on a wonderful journey of three months. It wasn't easy as changes are generally met with stiff resistance. We too had to go through a lot of such resistance. But the support of teachers and the principal made it easier for us. We then began our journey to conduct our fest every Two day inter college fest. We also brought in a change in the format, from stand alone events, to one contingent event. The three month long efforts taught a lot to me.

The ability to do research on topics, writing long essays like

case studies, improvement in my vocabulary and patience. With the efforts of all, we managed to pull off an event which was no less than a dream at its conceptualization.

With growing time, I realised how difficult it is for a new individual who becomes a student coordinator to start organizing events. That became the point to introduce Manas, an annual event conducted and managed by second year students to give them a taste of managing events.

My association of two and a half years with Lakshya changed my life forever. From meeting new individuals to learning something new everyday, from not knowing much about presentation tools to making 20 presentations in 2 days, from being hesitant to meet people to leading a group for two years, it contributed in building my leadership skills and developed my public speaking as well.

CRUXx and Lakshya played a key role in enhancing my ability to conduct events and manage large crowds. Through this, I went on to not only conduct events and fests of Lakshya, but also contributed to conducting

events for different departments as well as managing placement drives. With all that came along, I graduated with the award of the Best outgoing student of my batch.

However my association with the forum did not end. I started on a different journey post graduation, one with the role of advisor, a role I still carry and cherish, and a judge. I started receiving calls from various colleges to judge their events. I also was called on to be a judge for CRUXx 2019-20, and to be honest, it was one the best feelings I have ever had as I went on from being an organiser to being a judge of the same event.

From being a student wanting to go home early to being one staying back after hours to enhance my knowledge, my journey at Lakshya and Sheshadripuram was an amazing one. I not only enjoyed my college life, but also made memories for life. The forum became a platform for me to meet new people, some who became irreplaceable in life. I can say this with utmost conviction, my decision to participate in the activities of Lakshya is the reason why I have achieved so much in life. The knowledge it



(Clockwise from top) Mithun participated in many fests and won; Lakshya organized multiple fests; Mithun winning competitions in other colleges



introduced me to would never have been possible if I were to sit in class and attend lectures. Bunking classes, in my case, contributed to enhancing my skills and keeping up with the grades as against bringing them down.

With another edition of CRUXx around the corner, it brings back all the good memories I have had over the years. To all who can, please be a witness to this amazing event that the college is about to host.

My request to all first and second

year students who read this, kindly enroll yourself in one of the forum activities offered by the college. Start bunking lectures to participate in such activities. The ocean of knowledge out there is for you to grab. Classroom lectures might bring in marks but it isn't enough in the times we live in. There's enough support from teachers and administration to enroll in such activities, including attendance post participation.

If you really would like to achieve something in the three years of college that is there, you won't

until you step outside of your comfort zone and decide to build up on a skill, irrespective of whether you are good or not up to the mark at it. ■

Book Review on Turtles all the way down by John Green

Book Review

by Disha Rai, | BCom(Hons)

John Green's turtles all the way down is written through the eyes of anxiety and OCD sufferer, Aza Holmes.

It is a young adult Novel.

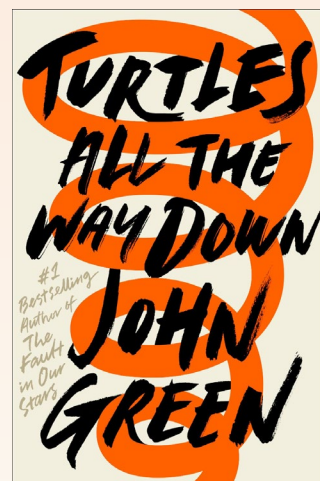
Unlike all the other fiction books, this doesn't have a happy ending. John Green has focused on mental health in this book and an in depth look on how an individual has to deal with it on a day to day basis. It also talks about the never ending thought spiral and the kind of actions that it makes us do. It is that little inner voice of doubt that keeps questioning things to you until you're not so sure .

It highlights how such things can affect you and also your relationship with others. She gets into a stage where she isn't able to explain it to anyone. It's just a feeling that cannot be expressed. Green does not forget to point out anxiety in any phase.

The story is narrated by Aza Holmes, who begins to solve the mystery of finding a billionaire, along with Daisy, to win \$100,000 reward money. As she goes on with the search, she starts falling in love with the billionaire's son, who is an orphan now. This book highlights more on mental health, friendship and love than mystery.

John Green's writing style can never let you down. Most of the teenagers can relate to his stories.

If you are looking for a beautiful contemporary story with quotes that will keep you up all night, then turtles all the way down is the perfect read. ■



The Next Big Thing

Sports

by Pranav Jagadeshan, II BCom F

BMW, Mercedes, KIA, Vodafone, all of these brands have a strong base and are quite prominent in their industries, but these companies along with a tsunami of other companies are all looking to invest into this budding industry, that has always existed but has been under the spotlight in recent times -

E-Sports

An interesting way how DOTA 2 raises money for their prize pool for major competitions:

Gamers are offered a 'Battle Pass' which costs \$9.99, these passes reward gamers with in-game rewards and cosmetics. A portion from the \$9.99 paid goes towards the annual prize pool. Last year DOTA 2 International Major had a prize pool of \$44 Million.

Gone are the days when games were considered completely as entertainment and a waste of time in the eyes of our previous generation. Games are now a fun way for people, who genuinely enjoy playing games and are extremely good at it to make it a profession. With games like 'DOTA 2' and 'CS:GO' raising millions in prize pools, these events are humongous and cannot be swept under the rug.

E-Sports, is where professional gamers, yes, professional gamers' go head to head in tournaments to see who sits on top of the gaming scene. These are competitions held mostly annually and are watched by millions online and in attendance. This has opened up a lot of marketing scope for companies to catch the eyes of young eyes and are looking to capitalize on this. Companies see E-Sports as a marketing opportunity as well

as a venture to expand into.

E-Sports has led to the establishment of organizations like **Cloud9**, **TSM FTX**, **Fnatic**, **Team Liquid**, **FaZe Clan** and a lot more teams with religious followings. Organizations, like mentioned, seek for sponsors and it has always been companies like LogitechG, Razer, Corsair and HyperX, who specialize in gaming gear and technology. But with more eyes looking at E-Sports as entertainment and business, mainstream organizations see potential in developing themselves a brand presence through E-Sports Organizations.

Imagine telling your family you are going to work for 'Team Liquid'. The more obvious answer to that statement is an order for you to spend more time studying or working. Now imagine telling your family you landed a job at KIA.

With bank breaking amounts

like \$40 Million etcetera being pooled in for tournaments, companies didn't want to lose this opportunity. Companies like KIA and Vodafone buy their own teams to represent in games. '**DamwonKIA**', a team owned and managed by KIA, the automobile company, hold high positions in the Korean E-Sports scene. '**VodafoneGiants**' is another team owned by literally a telecom giant in the world, dominated the EU Region with their E-Sports teams.

Anyone who has read this far, might question, 'Why are you telling us this?'

The main intention this article was written is to raise awareness. Even India, among other first world countries, makes its mark on E-Sports. Gaming can seriously be considered a profession, even if you can professionally play and compete, you can stream and entertain viewers.

(This is not career advice, please discuss your profession seriously with parents, guardians and career counsellors before making a decision)

Gender Fluid Fashion

Fashion

by Disha Srinivas, II BCom F

Over the centuries the society's stereotypes have played a major role in defining the gender based fashion trends not just in India but across the world. Starting from how school uniforms are designed keeping in mind the gender of the young kids. While the boys are made to wear shorts or pants the girls are expected to wear skirts and so on. Not giving them space for their own choice and the clothing they are the most comfortable in. The fashion world that we know today has gone through several stages of highs and lows throughout the centuries. The 21st century saw a humongous rise in genderless fashion or also known as Unisex Clothing. It is best described as the clothing designed to be suitable for both sexes in order to make men and women look similar. The term unisex was first used in 1986 in Life, an American magazine that ran weekly from 1883 to 1972.

Here are the top 7 genderless fashion item that you are sure to find in your closet.



Oversized T-shirt: these are the most common and comfortable clothing that you can find anywhere. The youth of today enjoy being in clothing that are not only comfortable but also bold in giving a fashion statement. The variety of print, designing and pattern just add up to the look.

Button down shirt: long gone are those days where shirts were used for a formal representation. This element not only enhances your body shape but also acts as an overcoat for you to put on. Styling button down shirts has become a trend not just with college students but also the younger generation who put it on for style.





Wide Legged jeans: while denim has always stayed in fashion its form has constantly been changing over a period of time. From pencil cuts to tight fits, from high waist to low they have seen transformation in every way possible. Though loose jeans are not something new it has been reemerging from the past decade or two. They provide the wearer with comfortability along with stylish looks.

Jewelry / accessories: Earrings, rings, bracelets, pendants, necklaces, wrist watches, shades the list goes on and on. This sector of the fashion industry never stops surprising us. The fact that these elements can be worn by anyone despite their gender stands out. From wearing earrings to bracelets people are breaking fashion stereotypes set by society. It's so common and in use nowadays that it's really hard to differentiate between such accessories whether they are designed keeping in mind the gender or not



Crop tops: it is mostly a half shirt, midriff top or cut off shirt. Usually crop tops were styled by the women initially but then their crazy grew tremendously. Now men have taken up wearing crop tops to show off the waist, navel or abdomen. This not only allows them to embrace their body types but it also helps them in building body positivity.

Shoes: canvas and sneakers are ruling the genderless fashion foot ware. Not only are they comfortable but they can also be used for daily wear apart from styling them for parties and outings. Their colorful spirit and along with their attractive designs and texture make them more appealing.



Sweaters: This colorful, warm clothing is one of the most common elements that is in trend right now. it's probably the way that the men and women style the same clothing that makes it look all the different though they are wearing the same sweater. This oversize pullover is ruling the closets of millennials.

The fact that celebrities like around the world are styling in genderless fashion and making public appearances make it more appealing to youngsters to choose style which they not only like but also feel comfortable and confident. This allows them to embrace their bodies and also builds body positivity which is essential for every human being regardless their age and gender

o r a n g e
 オ レ ン ジ

Review

by Ayush Srivastava, II BCom F

How many times have we thought about going back in time and telling our younger selves to fix the mistakes they are going to do which is gonna impact their future in some way or the other? How many times have we truly cared about what our friends and loved ones might be going through, but keeping it locked in themselves and suffering alone? Yes, there are problems in everyone's life and they have to fight it and stay strong, but for some people the problems gets too big for them to handle it alone. They need some kind of emotional support to get through it or else they are just going to emotionally drain themselves and end up making wrong decisions.

The anime Orange deals with the similar idea. There are going to be mild spoilers in the review so in case you like starting an anime without prior information on it you can go watch the anime first and later read the review.

The anime starts with a shy sixteen year old girl, Naho, starting her highschool and it's her first day. She receives a mysterious letter which she finds out is sent by her 26 year old future self. She confirms that it's not someone playing a prank on her by looking at the same handwriting as hers and the way of detail she put while making her diaries and most obvious of all, the events written in the letters actually happen to her in real-time.

In the letter, Naho has

mentioned about a new transfer student named Kakeru, who will soon become their friend and tell her younger self to watch out for him because Kakeru will commit suicide before the year ends (Which has happened to the 'future' Naho, who writes these letters). As written in the letter, Kakeru joins her class the same day and very quickly becomes friends with Naho and her other friends who are important characters for the story. Future



Genre:	Si-Fi ; Drama ; Romance ; School ; Shoujo	Aired:	Summer 2016
Source:	Manga by Ichigo Takano	Episode:	13 Episodes ; 24 minutes each

Naho has written all the details and instructions in the letter that her younger self should do and things that she should not let happen so that the younger Naho won't have to face the same future the old Naho has faced.

Most of the series takes place in the present time but there are scenes that show Naho and her high school friends from 10 years in the future and explains the events that led up to why they decided to send the letter back in the past.

Though the scientific means of them

sending letters back in the past is explained vaguely but as the series goes on you will be so invested in the main story that you won't pay attention to "how" it happened. And it's understandable as it's a really short series with just 13 episodes and the crux of the anime isn't time travelling, so we can kinda overlook that part of it and just go with the flow.

Now since Naho has all the information and instructions about what needs to be done we still see her struggling in making those decisions as she is hesitant and introverted. It's easier for the future Naho to tell her what to do with hindsight but the younger Naho cannot change her innate personality that easily and ends up making few

mistakes and also realises that she alone cannot do everything.

Overall orange is a drama filled anime with a quite good storyline but I won't say that it's not predictable. It's a simple, slow paced show. It's a kind of series that will make you feel good and bad throughout, but it somehow manages to pull off a really satisfying and tear jerking climax that you won't regret watching. ■



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