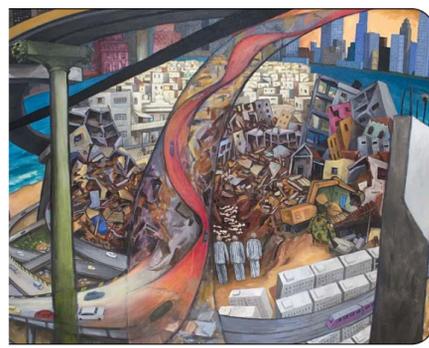


# Herald Cafe



BUILT AND BROKEN: THE UNBLINKING EYE OF SUDHIR PATWARDHAN



RESTORATIVE SLEEP

## Susegad to Stress: Young Goans Battle Burnout

There is no more susegad, only struggles for 20-year-olds in Goa. Due to unrealistic expectations, youth are now moving from being relaxed to restless

Elsa Angel Rose

Having to juggle jobs, studies, relationships, and more, alongside ensuring that one remains sane, is taking a toll on the youth. While many are embarking on new milestones in

their lives, others are going through an overwhelming burnout. With added factors like social pressure, financial responsibilities, and relationship struggles, burnout is no longer just a fleeting phase but a deep-rooted issue.



**Employed young adults and burnout**  
Employed young adults face higher stress levels due to concerns about productivity, early layoffs, financial responsibilities for their families, and other pressures. The transition from student to employee is challenging. Having a mentor or a trusted guide can help in managing burnout and related stress. Rasik Raikar, an associate software engineer working at a tech company in Panjim, said, laughing, "Every corporate life is an example for burnout; it has become part and parcel of my everyday life. He also added, "There is no getting out of burnout; you just get used to it." Work-life balance is important. Being a high achiever is admirable as long as you protect your peace. Sanjana Patil, another employee, said, "There is nothing wrong with working hard, but one should be able to balance between professional and personal life."

### Overcoming burnout

Although the getting through part might be easier said than done, it is still possible with a lot of dedication, commitment, and more. Detoxing or clearing your head is very important. Many young people have their own ways of dealing with stress and burnout. Rishab Talwardar, an 18-year-old student in Panjim, said, "Listening to music, doing something that you love, or engaging in your favourite

hobby, watching a movie, anything can help." Shane Pereira, a student of St Xavier's College, Mapusa, said, "I think about my goals, and I take action, step by step." According to him, sticking to a consistent and productive routine is the key. Furthermore, people have agreed on regular workouts, journaling, and more as effective options.

### Burnout among students

For many students, the constant pressure to perform, make life decisions, and keep up with societal expectations leads to feelings of being stuck and unmotivated. Jaden Bravo Da Costa, a psychology student from Panjim, said, "I am going through burnout as I am in my third year of college. There is a lot of uncertainty about what I will do

next." There are numerous reasons for the burnout experienced by young adults.

Janet Fernandes, counsellor and HOD of the psychology department in St Xavier's College, Mapusa, said, "I would focus on relationship difficulties and academic stress as reasons for these multiple levels of burnout." Many of the students today enter into romantic relationships, to the extent

of having an intimate connection with their partner. When there is a struggle in this relationship, like a breakup, that creates a large bearing on their lives. In terms of academics, students feel that there is too much to learn. Students involve themselves in procrastination behaviour, accumulation of work happens, and they end up stressed and burned out.

### Burnout isn't forever: Therapy as a solution

One needs to identify the reasons for burnout and then accordingly incorporate them into a therapy session. Janet said, "In counselling sessions, during the first session, we help the client identify what is the source of stress, and in the second session, we discuss stress and how that person can help them overcome it." She further elaborated on the different types of interventions like positive imagery, meditation, yoga, and mindfulness.

Burnout is no longer an isolated experience but a widespread reality. While overcoming it may not be easy, young adults can navigate burnout and lead more fulfilling lives.



### Burnout beyond degrees and deadlines

Social media is a huge factor in causing burnout. The need for social validation is intense.

As silly as posting an aesthetic picture but not getting enough likes or comments again makes young people ponder on whether they are unloved and worthless. Another factor can be the global pandemic. Young adults from Gen Z and the millennial generation have received top-notch education and training, but just as they were about to enter the job market and apply their skills, Covid-19 disrupted everything.

The abrupt shift back to normalcy after the pandemic only made things worse, as students and employees were expected to perform at pre-pandemic levels without proper transition support.

### Try these methods when you feel stressed

- Listen to music
- Meditate
- Incorporate regular exercise
- Get enough sleep
- Plan your day
- Ask for help when in need

### SWIPE RIGHT

#### Veteran actor Manoj Kumar passes away



Legendary actor **Manoj Kumar**, celebrated for his iconic performances in patriotic classics like 'Purab Aur Paschim' and 'Kranti', passed away at the age of 87 in Mumbai. He had been undergoing treatment at Kokilaben Dhirubhai Ambani Hospital, where he succumbed to heart-related complications. According to the hospital's medical certificate, decompensated liver cirrhosis was listed as a secondary cause of death.

#### George Clooney dons new look for Broadway

George Clooney

looked nearly unrecognizable while making his Broadway debut in 'Good Night, And Good Luck'. The former silver fox, who dyed his hair dark brown for his role as newsman Edward R Murrow, turned heads with his new look on stage at the Winter Garden Theatre. The actor is the latest Hollywood A-lister to feel compelled to darken up his hair amid an apparent 'midlife crisis' craze.



Naomi Campbell showcased her unique sense of style in a quirky skirt as she steps out in Portofino.

## Goa's history through Subodh Kerkar's art

Subodh Kerkar will be releasing his new book, 'Goa: Subodh Kerkar's Canvas' written by Kunal Ray, alongside a lecture that will offer a fresh perspective on Goa's rich history

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### THE LECTURE - GLIMPSES OF GOA'S HISTORIES

Goa: Subodh Kerkar's Canvas' is the culmination of over a decade-long friendship between Kunal Ray, a professor of English Literature at FLAME University, Pune and the author of the book and Subodh Kerkar with a deep understanding of Subodh's artistic journey. The book, deeply rooted in Subodh's connection to Goa, reflects how his art has been intricately tied to the region's cultural and historical narrative.

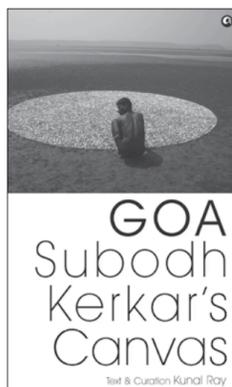
Subodh will be delivering the lecture, 'Glimpses of Goa's Histories' at Kala Academy, Panjim today, April 5 at 4 pm, which will coincide with the release of his book.

In addition to his artistic pursuits, Subodh is working on a second book focused solely on Goa's history. "This second book will not be a picture book; it

will be a history book with some illustrations. The content will be based on my upcoming lecture about Goa's history," Subodh revealed. His belief in art's power to connect people is reflected in both his work and his ongoing efforts to educate others about Goa's rich history and cultural heritage.

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### ART ON GOA'S HISTORY

The inspiration for the book grew from Subodh's long-standing interest in history. "I've been a student of history for more than 20 years, especially Goa's history. It has unknowingly become a footnote in many of my works," Subodh shared. His art often draws upon historical themes, and with thousands of artworks, it is only his works related to Goa that are showcased in the book.

The idea for a book began to take shape during

### ART ACCESSIBILITY

Kunal and Subodh also discussed how to make the book accessible, a goal that resonated deeply with them both. "We wanted to create something affordable. Most art books are expensive, but this one is reasonably priced, making it available to a wider audience." They were adamant about avoiding costly production methods to ensure the book was within reach for all without compromising on the quality of the book. Published by Aleph Book Company, the book is available at Museum of Goa, Pilerne and Amazon.

### A NEW PERSPECTIVE ON GOA'S ART

Through this book, Kunal not only sheds light on Subodh's art but also offers a new perspective on Goa. "Subodh's work has opened my eyes to Goa's history, present, and future. Now, even as a tourist, I see the place through his work," Ray concluded. The book offers a window into both the artist's evolution and the deeper layers of Goa itself.

the second wave of the Covid-19 lockdown.

"Kunal Ray came to visit me just before the pandemic. When the lockdown happened, he ended up staying with us for three months. During this time, we visited the Museum of Goa every day, and Kunal suggested creating a book," Subodh explained. The Museum of Goa, where much of his work is displayed, serves as a storytelling platform, with each piece tied to some aspect of Goa's historical and cultural landscape.

Subodh Kerkar

