

Herald Cafe



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DON BOSCO COLLEGE CELEBRATES SÃO JOÃO

Screen time and stillness: Sedentary living takes a toll on youth

In today's fast-paced, screen-heavy lifestyle, physical movement is often neglected. The impact of sedentary habits is rising, and effective steps must be taken to tackle this new age crisis

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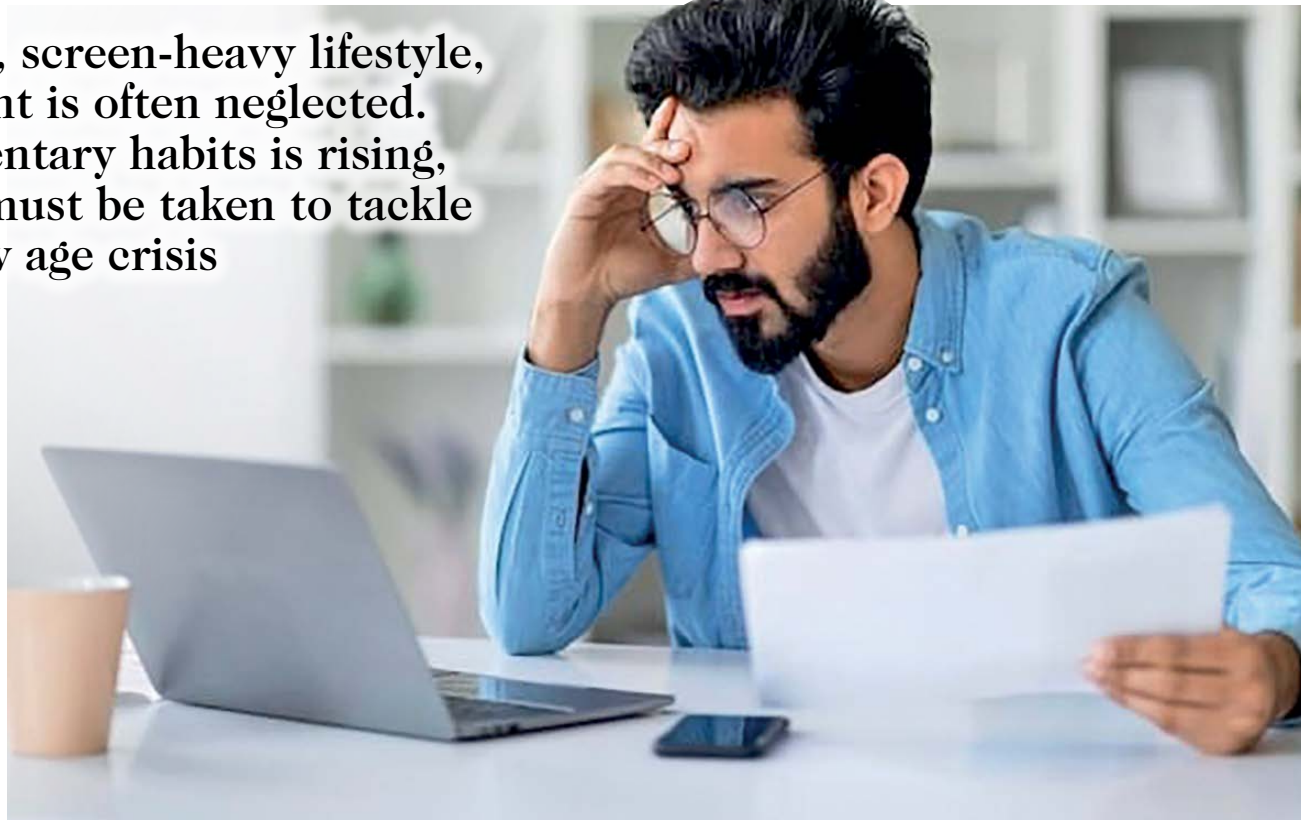
Prolonged hours of sitting have quietly become the norm, leading to fatigue, reduced focus, and a range of health concerns. Not so surprisingly, doing less physically can actually leave people feeling more drained. A sedentary lifestyle disrupts the body's natural sleep cycle, making quality rest harder to achieve. Add to that constant screen time and poor sitting habits, and the result is often chronic pain and long-term posture issues. Read ahead to understand the real impact of sedentary living and how individuals are beginning to push back with small and meaningful changes.

STUDENT CALLS FOR MORE BREAKS TO STRETCH OR WALK

"I do notice how much time I spend sitting," said Ganesha K.C., a college student based in Santa Cruz. "I sit for long hours in class, while studying, and even while scrolling on my phone. By the end of the day, I realise I've hardly moved," she noted. Students have numerous activities to finish, classes, assignments, and much more. Juggling these tasks rarely allows students to stay active. Speaking about what could change, she said, "I'd prefer getting more breaks in my schedule. That way, I could use that time to stretch or walk."

YOUNG WORKERS SHARE HEALTH STRUGGLE

In today's fast-paced digital world, exhaustion doesn't always come from physical labour. For many, long hours at a desk are silently deteriorating their bodies and well-being. Adil Arab, an Assistant Sales Manager at a travel tech platform, said, "When I first started, I imagined I'd be more physically active. Most days, I feel mentally tired rather than physically."



Sometimes my eyes hurt from too much screen time. Even though I haven't done anything physically intense, I feel like I need rest." Speaking about the impact on his health, Adil said that he had already started to notice small effects like back pain, stiff shoulders, and some weight gain around his belly, which he saw as clear signs that his lifestyle needed to change.

Afreen Said, a customer service executive from Vasco, spends 10 to 12 hours a day on her laptop, and it's taken a clear toll on her. "I've felt the effects both mentally and physically," she shared, pointing to chronic back and leg pain from sitting for too long, along

with constant tiredness and low energy. Her cognitive sharpness has steadily declined, and she was recently prescribed glasses due to worsening vision. "There's just this overall lack of motivation to do anything beyond work," Afreen admitted.

"The increased screen time definitely drains one physically as well as mentally. Yet, when given a break, most students immediately pull out their phones and begin scrolling," said Jude Fernandes, an Assistant Professor at Don Bosco College, reflecting on the growing impact of screen time on students. Heavily depending on technology comes at a hefty cost. Focusing without distractions is a challenge, especially in this digital age. He further pointed out the physical effects of sedentary habits, adding, "Prolonged sitting habits can make students feel stiff, inattentive, and lazy, thereby dampening their classroom atmosphere and the overall effectiveness of the teaching-learning process."

HEALTH EXPERTS SHARE SIMPLE SOLUTIONS

Dr. Pooja Kumari, a general physician, highlighted that the effects of a sedentary lifestyle aren't limited to just children or youth. "It's not just children or youth, even elderly people are affected. From the age of 30, especially for women, it is important to exercise, watch your weight, and take Calcium and Vitamin D," she explained. The doctor

emphasized the importance of proper guidance when starting physical activity. "Consulting a physiotherapist, even briefly, is helpful, as doing exercises incorrectly at home can cause more harm."

According to her, a good way to start being active is by watching and following yoga or light weightlifting videos online by qualified doctors or physiotherapists on YouTube. Mindlessly following influencers who are not certified or trained adequately can be highly precarious. Sharing her approach, she added, "Online resources are simple, accessible, and suitable for all age groups. Start with just 15 minutes, then slowly build it up to 20. What matters most is staying consistent."

"I've seen many cases of children with back pain from excessive phone use, and working adults with neck and back issues due to long hours at the computer," said Dr. Josephine Gonsalves, a physiotherapist. Muscle and joint stiffness are very common, and over time, this can lead to conditions like frozen shoulder or knee joint pain. A lack of sun exposure also leads to vitamin D deficiency, which weakens the bones, according to Josephine. She mentioned a few tips to stay active and healthy: "Once you wake up, step out into the sun for 5 to 10 minutes to get some natural vitamin D. Do simple muscle stretches and try going for a walk. If not every day, people should at least engage in some form of physical activity, play a sport, go swimming, jogging, or even do simple home workouts like yoga."

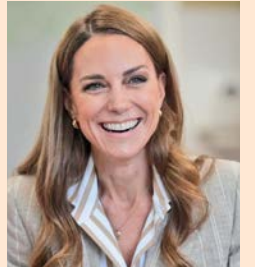
Sedentary habits may feel harmless in the moment, but their effects quietly build up over time. As screen time grows and movement shrinks, it's the small, intentional steps that can make all the difference. Listening to your body and moving a little every day might just be the simplest way forward.

SWIPE RIGHT

Kate Middleton on finding a 'New Normal' after treatment

Kate Middleton made a return to her public duties with a heartfelt visit to a hospital garden, where she opened up about the emotional toll of her cancer journey, even after completing treatment. Reflecting on her personal experience, Kate shared, "You put on a sort of brave face, stoicism through treatment. Treatment's done, then it's like, 'I can crack on, get back to normal,' but actually, the phase afterwards is really, really difficult."

She spoke openly about the often-overlooked reality of post-treatment life, emphasizing how it can take time to regain a sense of stability. She said, "You have to find your new normal and that takes time... and it's a roller coaster, it's not smooth, like you expect it to be, but the reality is you go through hard times."

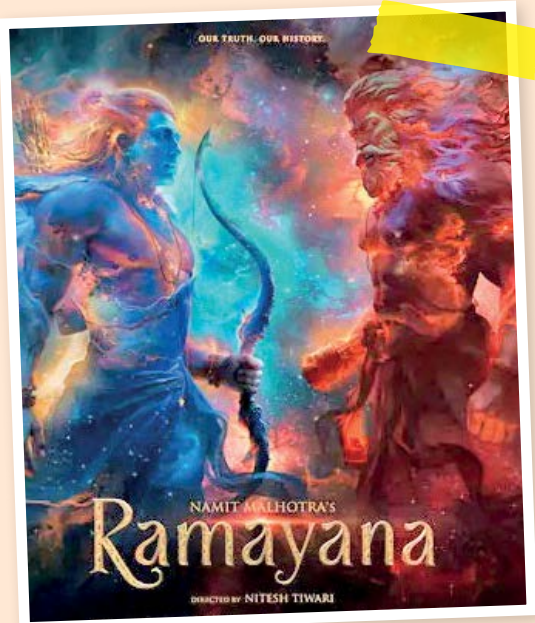


Deepika Padukone, first Indian actress on the Walk of Fame



Deepika Padukone has made history by becoming the first Indian actress to be honoured with a star on the iconic Hollywood Walk of Fame in Los Angeles. The Hollywood Chamber of Commerce announced her inclusion in the Motion Pictures category as part of the Class of 2026, placing her name alongside global stars such as Emily Blunt, Timothée Chalamet, Rami Malek, Rachel McAdams, Stanley Tucci, and Demi Moore.

Following the announcement, the actor took to Instagram to share her pride and happiness. Including all her feelings in a single word, she wrote in her story, "Gratitude..."



The first look of **Ranbir Kapoor's 'Ramayana'** is finally out, giving audiences an early view of the film's visual style. Directed by Nitesh Tiwari, the film also features Sai Pallavi and Yash, and marks the beginning of a two-part adaptation of the epic

Diddy guilty of prostitution charges, acquitted of other crimes

Sean "Diddy" Combs, found guilty of prostitution-related offences but was acquitted of sex trafficking and racketeering charges, bail denied ahead of sentencing

Sean John Combs, an American rapper, music producer popularly known as "Diddy," was found guilty of prostitution related offenses at his New York trial on Wednesday. The rapper is awaiting a potential sentence of up to 10 years in prison. His bail has been denied ahead of his sentence. However, he was acquitted of sex trafficking and racketeering charges, which could have resulted in a life sentence for the hip-hop icon. Diddy's legal team is joyful at their victory.

GUILTY AND NOT GUILTY CHARGES EXPLAINED

Sean "Diddy" Combs faced five charges in total. On Count 1, Racketeering Conspiracy, which carried a potential sentence of up to life in prison, he was found not guilty. On Count 2, involving the sex trafficking of Cassie Ventura, his former girlfriend, which carried a minimum sentence of 15 years and

a maximum of life in prison, he was also acquitted. On Count 4, concerning the sex trafficking of a person referred to as "Jane", with the same sentencing range as Count 2 (15 years minimum to life sentence), he was found not guilty.

On Count 3, related to transporting individuals, including but not limited to Ventura, to engage in prostitution, which carries a maximum sentence of 10 years in prison, he was found guilty. Finally, on Count 5, for transporting individuals, including but not limited to "Jane", to engage in



prostitution, which also carries a maximum of 10 years in prison, he was found guilty.

REACTIONS AFTER HEARING

THE VERDICT

After the verdict was announced, Combs raised his hands in a prayer gesture while looking toward the jury, then embraced his defence attorney, Teny Geragos. Despite the judge's warning to refrain from emotional reactions, Combs' family members and supporters in the courtroom

struggled to contain their emotions. When the first "not guilty" verdict was read, someone in the audience exclaimed, "Yeah!" His relatives clapped for him and his legal team as he was escorted out of the courtroom. Combs' family and supporters responded with applause and cheers. Throughout the trial, the rapper opted not to take the stand and testify.

WHAT WILL HAPPEN TO COMBS NOW?

Following the reading of the verdict, defence attorney Marc Agnifilo requested that Sean Combs be released on bail. "This is his first conviction, and it's a prostitution offence, and so he should be released on appropriate conditions," Agnifilo stated. However, Judge Subramanian denied the bail request, which means the musician will remain in custody until sentencing. Combs faces up to 10 years in prison for each of the two prostitution-related convictions. Judge Subramanian will determine the sentence at a later date. Combs has been behind bars since his arrest in September 2024. His lawyers argued that the acquittal on the most serious counts changed the legal landscape enough that he should get bail.