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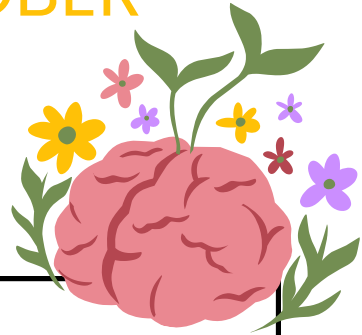
FOSSA

NO.10

Bomi Hwang

WORLD MENTAL HEALTH DAY

OCTOBER
10TH



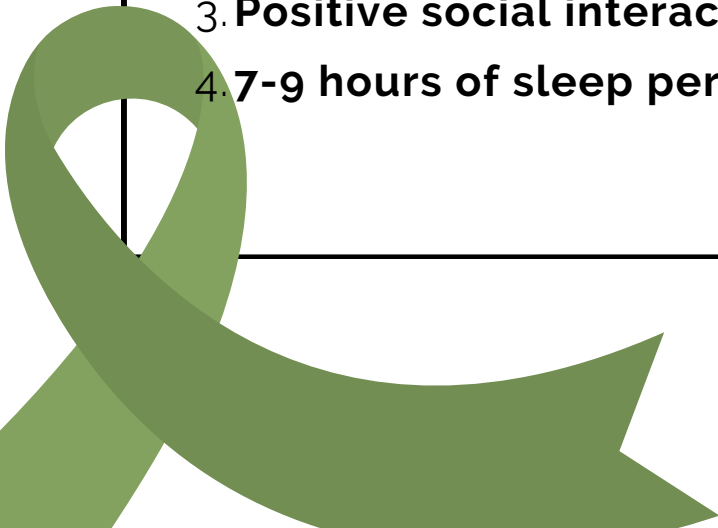
What Does Good Mental Health Mean?

Having good mental health means that you are in a positive state of wellness and thriving. When we are mentally healthy, we are able to enjoy academic and social experiences, take on new challenges with confidence, handle stress effectively, and contribute positively to the campus community. Having good mental health benefits not only you, but also your peers and loved ones.

Tips For Maintaining Good Mental Health

1. **Maintaining a balanced diet**
2. **Regular physical activity**
3. **Positive social interaction**
4. **7-9 hours of sleep per night**

- **Suicide Crisis Helpline:** call or text 988
- **good2talk:** offers telephone counselling 1.844.925.5454
- **Crisis text line:** text “home” to 686868
- **Schedule mental health counselling** at the Wellness Center 548.889.3239
- **Drug and alcohol helpline:** 1.800.565.860





DIWALI

FESTIVAL OF LIGHT



Diwali, the Festival of Lights, is celebrated across various religions with unique traditions, though it shares common themes of light triumphing over darkness and good over evil. Here's how different religions mark the occasion.

Diwali is most commonly associated with Hinduism. It is a festival celebrated for five days in late October or November. It is marked by lighting oil lamps (diyas), cleaning homes, and offering prayers to Lakshmi, the goddess of wealth. In North India, Diwali commemorates Lord Rama's return to Ayodhya after defeating Ravana, while in South India, it honors Lord Krishna's victory over Narakasura. Key traditions include fireworks, feasts, exchanging sweets, and wearing new clothes. Each day of the festival has regional significance, with the main day focused on Lakshmi Puja, seeking blessings for prosperity.

In Sikhism, Diwali is celebrated as Bandi Chhor Divas, commemorating the 1619 release of Guru Hargobind Ji and 52 princes from imprisonment by Emperor Jahangir. The Guru's return to Amritsar on Diwali was joyously marked with the illumination of the Golden Temple, a tradition that continues today. Sikhs observe this day by lighting lamps, praying, sharing meals (langar), and engaging in community service. Diwali also holds historical significance for Sikhs, as it commemorates the martyrdom of Bhai Mani Singh and became a time for community gatherings (Sarbat Khalsa) to address their struggles against Mughal rule.

For Jains, Diwali marks the day when Lord Mahavira, the 24th Tirthankara, attained nirvana in 527 BCE. The festival symbolizes both spiritual enlightenment and the Jain New Year. Jains celebrate by lighting lamps to represent the knowledge Mahavira shared, decorating temples and homes, and offering Nirvan Ladoo in temples. Avoiding firecrackers to honor the principle of non-violence, many Jains observe fasting, recite hymns, and reflect on Mahavira's last teachings, with some making pilgrimages to sacred sites such as Pawapuri.

In the Newar Buddhist community of Nepal, Diwali coincides with their New Year and is celebrated to honor the Dipankara Buddha, symbolizing light and knowledge. Homes and temples are decorated with lamps, and festivities include ritual prayers, music, and dance. Statues of Dipankara Buddha are displayed, reflecting the strong cultural ties between Newar Buddhism and Hindu traditions in the Kathmandu Valley.

By embracing diverse traditions, Diwali becomes a unifying festival across religions, symbolizing universal values of peace, renewal, and light. For Hindus, it marks the victory of good over evil; for Sikhs, the liberation of Guru Hargobind on Bandi Chhor Divas; for Jains, Mahavira's nirvana; and for Newar Buddhists, the honoring of Dipankara Buddha. Despite different customs, Diwali unites communities in a shared celebration of hope, prosperity, and spiritual growth.



FOSSA FUEL

**Kickstart your day with
FOSSA's free breakfast bar!**

**Grab a bite to boost your
energy and fuel your day!**



WHERE IS IT?

 **SCIENCE ATRIUM**
MONDAYS 9-11AM



CLUB SPOTLIGHT

HEALTH SCIENCE STUDENTS' ASSOCIATION



The Health Sciences Students' Association (HSSA) strives to provide the Health Sciences student body with diverse and enriching academic, social, mentorship, and outreach programming that betters and enhances their holistic university experience.

INSTAGRAM; @LAURIERHSSA



Throughout the school year, HSSA hosts a variety of events designed to support students in both their academic and social journeys within the Health Sciences program. From wellness booths and professor coffee chats to Conversations in Health, and our energetic Amazing Race event. Their goal is to make your year as rewarding and engaging as possible!

RESEARCH SPOTLIGHT

NATALIA VAN ESCH

“This research project aims to investigate how broad sensory processing response patterns are related to specific sensory processing disorders, such as decreased sound tolerance (DST), specifically hyperacusis and misphonia. This research project aimed to understand broad sensory processing’s influence on severity, impairment, and coping. Based on existing research, we know that those who have autism and ADHD have higher severity of DST symptoms, however, outside of these populations, it is unknown how broad sensory processing relates to any aspects of DST, and how it can be grouped in the general population.

We scored and classified participants by amount of endorsement, comparing them to general population norms. Using k-means cluster analyses, we identified 5 unique sensory processing patterns; Sensory Hypersensitive, Sensory Sensitive, Sensory Hyposensitive, Typically Processing, and Sensory Indifferent. We then analyzed each patterns’ relation to DST through ANOVAs.



Our results indicate that those who fall into the Sensory Sensitive and Sensory Hypersensitive groups have significantly higher severity, impairment, and coping scores. Furthermore, this research has shown that we can cluster a general university sample into groups based on sensory processing differences. By understanding the nuanced patterns of sensory responses, future research can gain valuable insights, contributing to improved understanding of these conditions.”

OCTOBER SNEAK PEEK



Tote Bag Paint Night

October 9th

Join us for a fun night of painting to de-stress from midterm madness! All supplies will be provided. Get ready to show off your creativity!



Sweet Sales

October 23rd, Science Atrium

Stop by the science atrium between 10am-4pm, where we will be selling Sweet Lou's Cookies! Don't miss out on these delicious treats.



Trick-or-Treating

October 31st, 10am-3pm

Stop by various department offices and go trick-or-treating for some candy!

FOSSA September Flashback: O-Day



KITCHENER-WATERLOO OKTOBERFEST

Live Music

This year's Oktoberfest offers a diverse music lineup, featuring live performances from Matthew Good and his Band, Simple Plan, The Sheepdogs, and The Reklaws. With a mix of rock, pop, and country, the festival promises an easygoing evening of quality music from some of today's top artists.

Oktoberfest family breakfast

At the 40th annual family breakfast in support of the Grand River Hospital Foundation, attendees can enjoy complimentary delicious pancakes and face-painting for the kids.

Official Keg Tapping

Kitchener-Waterloo Oktoberfest begins with the ceremonial tapping of the first beer keg, a time-honored tradition that officially starts the festivities. This iconic moment ushers in days of celebration, music, and merriment.

Comedy Night

Enjoy some laughs with your pints at the Lederhosers Comedy Night, featuring Canadian comedians and Bavarian-inspired humor. Your ticket also gets you live performances by Simple Plan and The Golden Keys, making it a perfect blend of comedy and music for the evening.

