

Farewell '22

Everything must come to an end and with this end, there is a new beginning; a new beginning to the third-year students' lives and the start of their careers. With the end of this semester, the third-year students have another thing on their minds other than exams: The Farewell! The Third Year students, who have had a great time in their three years at St. Andrews, gathered to celebrate their time here, with all the friends and memories they've made along the way.

The Farewell ceremony began by invoking God's name at the Holy Eucharist at the chapel within the college. As students swarmed towards the basketball court, the event commenced. The Principal, Dr Marie Fernandes, addressed the students with inspiring and encouraging words. She also emphasized the values that St. Andrew's had inculcated in the students which they must carry with them wherever they go. She wished the students well in whatever path they choose to go down in the future.

After that, the Vice Principals of Aided and Self Financed Courses, Charmine Braganza and Sharon Gonsalves Durham respectively, said a few words. Following this students from each department shared their thoughts and experiences with their batch mates and



expressed their gratitude towards their beloved professors.

Live entertainment was provided by some enthusiastic and talented TY students. Some showed off their musical talents by singing, while others recited on stage.

No farewell is complete without a dance session. As the DJ filled the atmosphere with electrifying music the dance floor was packed with dancing students and professors alike. What began with jive, evolved into an energetic dance session. The dinner buffet was set up and students crowded around the photo booth with radiating smiles to capture their last memories on campus. The day was a fiesta devoted to the years spent together with friends and professors to reminisce joyous moments.

Although the basketball court was beautifully decorated, there were waves of emotions clinging to everyone. The Farewell ceremony was concluded with a moving speech by two students, wishing their fellow students success in all aspects of their lives. Finally, as a



remembrance, students were given a small token of love on behalf of the entire college. With the arrival of evening moonlight, the programme came to a close and it was time to say farewell. The day was a memorable one, both for the outgoing batch as well as the professors. There were a lot of bittersweet emotions and nostalgia as students took photographs around the campus where they had spent the past three years.

As students were soaking in their last bittersweet moments on campus, they bid adieu to their Alma Mater. At the end of the day, the students left with tears and dreams glinting in their eyes. The college's young birds were ready to be released into the world, to soar high with strength in their wings and seek their life's destinations.

Yaad aayega ye campus aur iski apni duniya

Yaad aayega humesha ye aashiyaan
We're gonna miss our college days!

By Jazlynn Mathias (TYBAF) & Pearl Dsouza (TYBA)

Picture Credits: Brandon Pinto

TO ALL THE STUDENTS WHO PLAN ON PURSUING AN MBA...

Education should not have age, gender, or boundary restrictions and thus should allow students to pursue their dreams. Keeping this in mind, the faculty of St. Andrews College organised a seminar introducing our students to MBA, and its viability for their career path after graduating from college. Organised by the Adithya School of Management, in with the collaboration of our PR team, along with about 50 attendees present. The credible and talented speakers, Prof. Bryan D'Souza and Dr. Amod Karnik, VJTI, IIM, took up the platform to disseminate their knowledge to the crowd.

The first speaker, Prof. Bryan D'Souza, gave a compelling introduction to the course by explaining its meaning and origin. "MBA" stands for "Master of Business Administration," first introduced by the Harvard University Graduate School of Administration in 1908. An MBA is an original graduate degree offered by business schools globally. He explained the ease of having an MBA degree on your resume and how it will help you stand out from employers. But the true meaning of the MBA goes beyond three letters on a sheet. During the course it will build an individual's business knowledge, grow their professional network, and boost their career as well as salary prospects. Prof. Bryan also helped clear up the most frequently asked question among the students, which was the difference between an MBA and a PGDM course. The different variations or names for an MBA at Mumbai University are PGDM and MMS. The key difference between them is that an MBA programme is a degree programme, whereas a PGDM programme is a diploma programme. In addition, an MBA programme has a rigidly structured curriculum. The PGDM curriculum, on the other hand, can be revised

or updated at the B-school's discretion, keeping it on par with new industry requirements and standards. Both programmes accept scores from various competitive tests, such as CAT, MAT, GMAT, XAT, and CMAT.

The fee structure of an MBA degree varies depending on the course as well as the university the individual is enrolling in. The range starts from 6 lakhs to 20 lakhs. Private institutes especially charge more than government institutes.

Questions such as "when should one pursue higher studies?" were answered by Prof. Bryan, who encourages the students to continue them once they complete their bachelors. Well, this may be concerning to many as they may not have the funds to do so. Therefore, helpful options such as educational loans, institutional and government scholarships, etc. were laid out. He also mentioned the top MBA institutes in Mumbai that are JBIMS Mumbai, SPJIMR Mumbai, NMIMS Mumbai, K. J. Somaiya Mumbai and NITIE Mumbai.

Prof. Bryan concluded his part of the session by advising students not to rely on the rankings of MBA institutions provided by The Times of India or any other website at face value, but rather to analyse all of the criteria, create a list of universities that satisfy all of the requirements, and proceed accordingly.

Dr. Amod Karnik then quickly takes control of the crowd with his presence.

Picking up from where Prof. D'Souza left off, Dr. Amod strongly agreed to not trust rankings. You're better off doing your own research, speaking to actual students and visiting the places yourself. There is no official ranking that should dictate your decision.

Here's a few key points he explained:

In your first couple semesters you're going to learn a lot about everything, all the possible specialisation subjects you can opt for. After your first few semesters you can pick the major/specialisation you want to study. Internships will be available in all specialisations. Although, it might prove to be difficult to acquire one in the field of your interest, when all's said and done experience is experience. And you will need a sufficient amount of it no matter what you choose to do later in life.

Your placements will be with an average minimum salary of 4-5 lakh per annum. Trust your gut when offered a job and try to negotiate as much as you can to your advantage.

There are mainly two kinds of people who go for MBA; career switchers and career accelerators -

Career switcher is doing an MBA right after your post graduate or after less than 1 year of work experience.

Career accelerator is going for MBA after a few years of work experience.

Both are reasonable plans but Dr. Karnik vouches for being a career switcher.

(Prof. Bryan also backs up the decision of being a career switcher.)

India sees more career switchers (those who start preparations for CAT etc. very early on) whereas other countries, especially the US see more career accelerators.

An abroad post graduate or graduation has more professional value than the same when completed in India with the exceptions of institutions like IIM, IIT etc. In India, finding a decent job right after graduation is very difficult.

Companies (especially FMCGs) will always go for fresh graduates even if they have only 2 years' experience in another field.

When you're in college, profile building and networking is very important. Get out there, make yourself known to people who can help you progress further. Go for those extra courses that look good on your profile.

Another detail for placements is to always aim to be at the top 1/3rd or even 2/3rd of

your class or you're very unlikely to get an offer. Naturally you will have a better chance in the top 1/3rd so take your time seriously and study to your maximum capability.

After that the room was open to any questions the students had, when those were done both our speakers wished everyone (and that includes all of you reading this) all the best for their future ventures!

Written By:

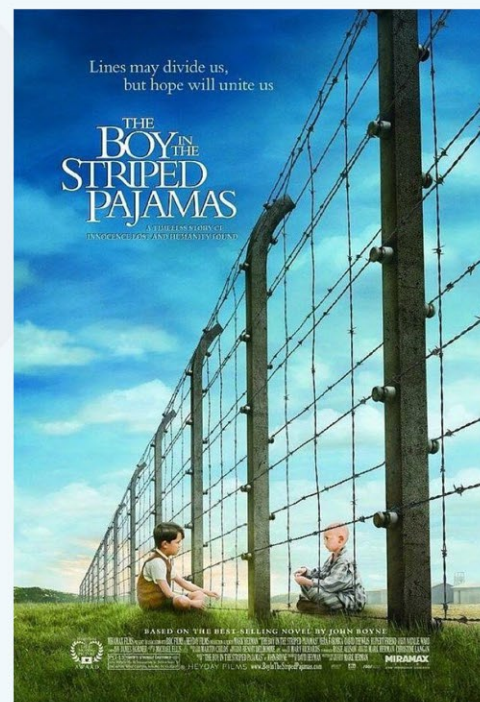
Jovita Francis & Joshua Ohol

Book Review: The Boy in the Striped Pyjamas

The Boy in the Striped Pyjamas by John Boyne is a historical fiction novel released back in 2006. Written from the perspective of a 9 year old kid named Bruno, this novel relays a story based during the Second World War, when Hitler had set up concentration camps all over Europe to exterminate Jews.

This story starts off with Bruno living with his family, including his father, mother and older sister Gretel in Berlin. He has a rocky relationship with his "Hopeless Case" sister while his father is shown to have a very important job. One day, Bruno returns from school to find his house maid packing up all his things and he is told by his mother that they have to transfer as the "Fury" has offered his father a new job in Poland. Bruno is heartbroken about having to leave his big house and his best friends for life behind but is left with no other choice. Arriving in "Out-with" at their new house, Bruno notices the absence of vegetable markets, schools or even neighbouring families around. Their new house is not very nice, not big enough to allow Bruno some exploring, which is his favourite thing to do. Looking out the window on the other side of the fence, his gaze falls upon an unusual sight that transfixes him to the spot with unfettered curiosity. This scene involves multiple soldiers joking around while a group of children, all wearing the same striped pyjamas, stood in a line with their heads bowed down.

Over the next few days, Bruno makes many unsuccessful attempts to convince



his family to move back to Berlin. Settling into his new house, Bruno sets out to make himself a tire swing and ends up injured. One of the people in his kitchen staff, Pavel, sees him fall and rushes to fix up his wounds. In conversation, it is revealed that Pavel used to be a doctor and Bruno cannot possibly figure out why he isn't one anymore. He notices many more instances of arguments as well as outright hostility from Lieutenant Kotler. To explore his passion for exploring, Bruno starts walking along the fence for a long time before he sees a boy sitting on the other side. Overcome with joy at having found someone his own age, he rushes over and sits down in front of the boy, named Shmuel, who looks extremely pale and weak. Going forward, Bruno visits Shmuel every afternoon with a small snack and the two spend their time talking to each other, where Shmuel reveals that they have the same birthday, how all the kids on that side of the fence were named Shmuel and wishes he had a name all of his own, how they were forced out of their homes. Bruno finds these details astonishing but continues to water this

forbidden friendship.

After a while, Bruno's parents finally decide that a place surrounding conversations of war and prisoners is not the right place for children and that they should return to Berlin. Having finally settled into a fun routine with Shmuel, Bruno doesn't know how he feels about going back to his three best friends for life, whose names he has forgotten by now. A day before he has to leave, Shmuel and Bruno decide to go exploring on the other side of the fence, where Bruno promises to help Shmuel find his Papa who hadn't returned after being taken for a march. Bruno finds this idea very exciting as the two had never even played together, and suggests Shmuel bring an extra pair of striped pyjamas to ensure he doesn't get caught. After all, every explorer has to dress for the part.

The day comes and Bruno, bearing heavy rains and muddy grounds, reaches their spot to find Shmuel ready with the pyjamas and quickly changes into the new clothes. Leaving his old clothes, raincoat and boots on his side of the fence, he slips underneath the barbed wire. That afternoon, Shmuel and Bruno, along with many more people are marched into a gas chamber, where Bruno feels quite safe as he cannot believe his father (the commander of the Auschwitz concentration camp) would ever hurt anyone. Bruno and Shmuel are then gassed in the chamber, holding hands until the very end where Bruno tells Shmuel that he is his only best friend for life.

A sad yet riveting story, this book reflects the many unfair atrocities innocent people had to face.

- Riya Shukla

And Action!! – Dear Zindagi

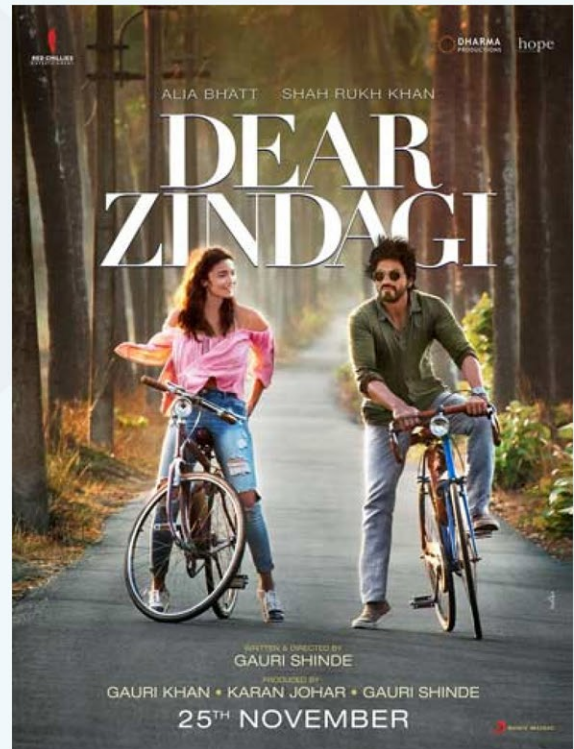
“Jab hum apne aap ko achhi tarah samajh lete hai, to dusre kya samajhte hai, it doesn't matter. Not at all!”

Dear Zindagi is a light-hearted eye-opener speaking on issues like depression and trauma. Released on 25th November 2016 and directed by Gauri Shinde, who is also known for movies like English Vinglish and Shamitabh. The film stars amazingly talented actors like Shah Rukh Khan, Alia Bhatt, Ali Zafar, and many more.

The film takes us through the story of Kaira (Alia Bhatt), an aspiring cinematographer who shoots small ads but dreams of making a full-fledged feature film. When she is offered a huge break, she isn't sure if it is because of her hard work or because one of the producers Raghavendra (Kunal Kapoor) finds her hot.

After a fallout with Raghavendra and being kicked out by the landlord for “being single”, Kaira moves to her hometown, Goa. She doesn't have a really good relationship with her parents, due to which the thought of living with them makes her distressed.

With a pleasant coincidence, Kaira meets a “dimaag ka doctor” aka Dr. Jehangir (Shah Rukh Khan), a charming psychiatrist with a witty sense of humor. Suffering from sleepless nights, a bad temper, and feelings of hopelessness, Kaira shuts down. At first, Kaira hesitates like any other human to share a piece of her life, but soon gains confidence and puts herself out there. Sharing about her childhood trauma, which affects all her relationships in life, and her fears and weaknesses. Dr. Jehangir, also called Jugs, offers a ton of thoughts on how



Kaira should deal with these situations, speak to her parents, knowledge on how to deal with relationships, be considerate towards herself, and live happily. While we witness Kaira struggling through her insecurities and depression, we see her break, cry and question her existence. The fear of people leaving had made a place in her mind. Due to this, all her romantic relationships suffered and she would leave the person before he left her. Dr. Jehangir speaks about many of these issues with great examples, addressing Kaira's childhood trauma, how finding someone shouldn't be the prime goal in life, how it is okay to explore while dating, how it is okay to cry and one day she will find her perfect “kursi”.

Crying is considered a sign of weakness, but if we think about it, someone who cries is the bravest. Because the person can show his/her emotions.

Dear Zindagi is a film that addresses mental health, the struggles of it, and how one should acknowledge it. In our Indian Society, mental health isn't given enough attention or priority, this film brings to the audience a feeling of



belongingness. Teaching how it is important to address this issue.

One thing to notice about this film is how Gauri Shinde is sticking to her idea of having strong and independent female characters, like in *English Vinglish*.

Although this film lacks the “drama” and “masala”, it surely is one of a kind. With great dialogues, a stellar supporting cast, and superb locations, this film will put a smile on your face at the end. I would call this film a two-hour therapy movie session. I would rate this film a 7 ½ on 10.

Glynis. A. Fernandes
SYBAMMC A

Featured Photograph



Photograph By: Brandon Pinto

Rewatch. Relive. Repeat.

Why do we watch the same movies and TV shows on repeat?

After a long day of trying to be an adult and dealing with the world and all its quirks, my go-to relaxant is rewatching sitcoms like *Friends*, *Modern Family*, *The Big Bang Theory*, and a few more. You'd think this repetition began recently, but it dates back to my 14-year-old self, making sure I was home at 7:50 pm to catch the reruns of *Friends* on Comedy Central from 8–9 pm. Something my secret beau at the time described as "really strange behaviour," which I dismissed as "fanaticism."

After a few formative years of trying to be self-aware, I began to realize that I would turn to rewatching shows after feeling almost anything. On my birthday, I'd spend the day watching *Friends*. After a break up watching *Friends* (with junk food, dessert, and tears), and on most days coming home tired from work, I'd turn to *Modern Family* for Gloria's sass, Jay's wisdom, and more.

These shows turned into a warm, comforting blanket for every occasion, and I couldn't help but wonder if there was a psychological reason behind its warmth.

The idea of starting a new show seemed like heaps of work and effort; getting to know new characters, actually being invested in the plot, and the oh-so-horrible experience of making it through the first few episodes.

I kept this pop-culture bad habit to myself and treated it as a guilty pleasure, until one day I heard my friend say that she'd watched *Yeh Jawaani Hai Deewani* almost 50 times. I was shocked because, honestly, who can sit through a Bollywood movie filled with never-ending dance sequences and over the top drama, more than once!? Her defense was that it's her comfort movie more than anything else.

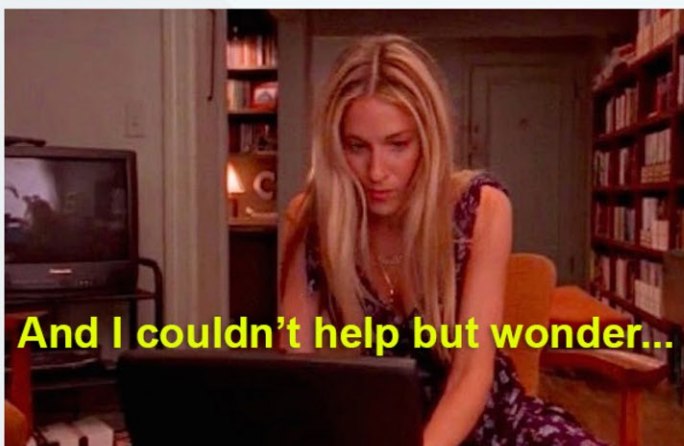
"The movie has things that I'm missing, in the sense of freedom, adventure, and travel. All these little aspects make me come back each time." -Simran Haldankar, YJHD obsessed.



All our lives, we've been told to "carpe diem" and "explore new opportunities," but every single one of us comes back to the same shows, movies, books, and music. Why?

The answer is threefold. The simple answer, the slightly complex psychological answer, and the emotional answer.

The simple answer is: comfort and appreciation.



You'd think after watching the same thing repeatedly, it'd become background noise, but no. Psychologists have discovered that repetition leads to affection. With your favourite TV show, you know the characters, you know how each episode ends, and if you're like me, you can also figure out which episode it is just by looking at stills from Google images (maybe "fanatic" was appropriate).



The slightly complex psychiatric answer is nostalgia and wishful thinking. The reason we keep coming back to the same shows is that they remind us of simpler, happier, and different times in our lives. Our brains turn to using nostalgia as subconscious therapy more often than we think. Around wintertime, "Home Alone" reminds us of the childlike fun adulthood has taken away.



Listening to songs from the early 2000s, hits from The Black Eyed Peas, Usher, Smash Mouth, opens up a time machine to when life was simpler. Our brain uses these core memories now, as fuel to recharge when our mental battery slowly dies.



For a lot of us, especially YJHD-obsessed Simran, these shows and movies possess things we don't have. For people who want to live in NYC and have it all, shows like Friends, The Bold Type, and Seinfeld are a plethora of wishful thinking. We most definitely don't have it, but we feel part of it just for that moment.

Lastly, we have the emotional answer. Raise your hand if you rewatched your favourite movies and TV shows during the pandemic.

I thought so. :)

According to psychologist Pamela Rutledge, rewatching a movie or show you really enjoy can be a simple way of controlling your emotions when your entire world feels out of control. And in our case, the whole world was actually spinning out of control.



When life seems uncontrollable, we turn to shows or movies we love because

- 1) We know how it's going to end.
- 2) We've felt all the emotions in the show/movie before.
- 3) It's not a new experience.
- 4) When we are anxious or uncertain, we crave predictability.

After a deep analysis of my rewatching psyche, you'd think Friends and Modern Family would lose their comforting sparkle, but it just makes me love them more.

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