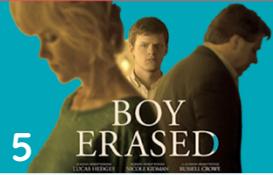


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Falling In Love with Mumbai

'Ae dil hai mushkil jeena yaha

Zara hat ke zara bachke

Yeh hai Bombay meri jaan.'

I never understood the adage "you will never be home again" until the past two months. Even though my "actual" home is hundreds of kilometers away from here, I didn't feel at home during a recent trip there. The explanation is that I've found a new place to call home in Mumbai, the Mayanagri or City of Dreams.

I'll never forget what this city has given me over the past month. It has bestowed upon me fresh encounters, some priceless memories, and newly discovered self-assurance. Six months ago, I was not the same person I am today. The new me is more self-assured, aware of her value, and in love with herself more than ever.

It did not feel like love at first sight. Although I dreaded moving here, I now believe that leaving this city will be the hardest thing I will ever do. I can still clearly remember the exact second this city captured my heart. The drive across the Bandra-Worli Sea Link was enchanting. It was thrilling. I felt alive when the breeze brushed over my face.

A city cannot speak, so you must learn it more slowly and methodically. You will learn the streets, the entrances to various



homes, and the storefronts, and you will always remember to take the turn you repeatedly forgot. Mumbai is the most compassionate city. Every person who arrives here with a dream in his eye is welcomed by it. The city's lengthy stretch of Marine Drive, the enormous libraries for any bookworm, the vada pav stands, the overcrowded locals, and the adorable and intimate cafes are its most captivating features.

Although it is difficult to survive here, these difficulties give rise to the most extraordinary beings. No one is ever allowed to sleep in the city. You'll be forced to work non-stop and become exhausted, but in the end you'll be happy with every challenge you face, because if you can survive in Mumbai, you can survive anywhere.

My chosen family is the most significant



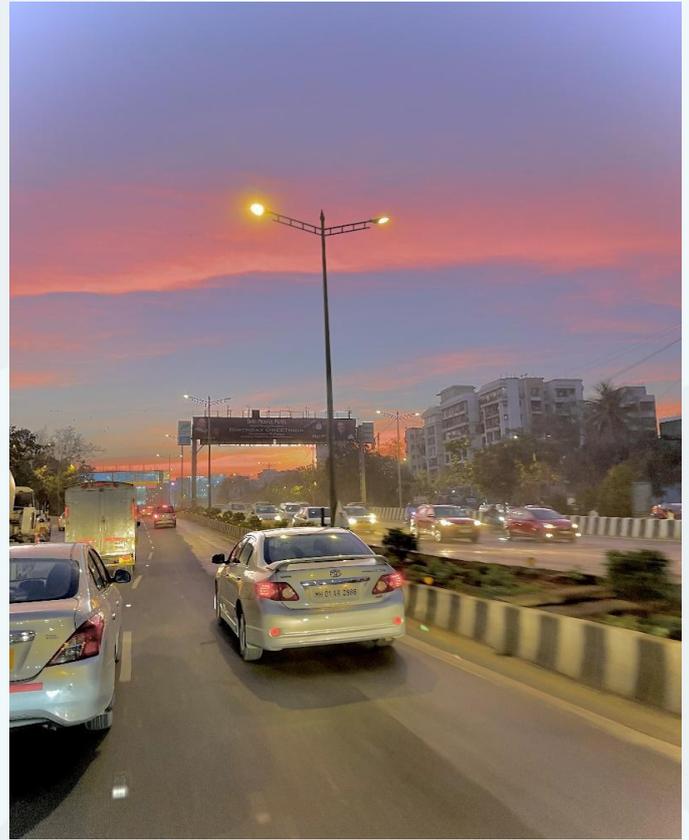
gift this city has given me. The two most significant persons in my life have come through it, and this is the one thing for which I will always be grateful. I've had the chance to grow and come out of my shell, thanks to this city.

Toni Morrison once said, "When people fall in love with a city, it is for forever. As though there never was a time when they didn't love it."

If I ever return to this place in twenty to thirty years, I know that it will still welcome me with open arms. Even though some shops may have closed or some of my favorite spots may have disappeared, my love for this place will endure forever.

-Niyushaa Petigara

SYBA A



The Age-Old Argument between

Money & Happiness

There is always a moment, an instance in one's life where they sit back, pause whatever they are doing and question things around them. They question the very existence of their being, the importance of things they surround themselves with, etc. And within this period, a new perspective on life, living, and survival is born, a thought one seldom thinks about in between their busy schedule. One finds answers to questions they never thought they would find, or at least a perspective, which was a far long question before they sat down to think.

This cycle is not new in this world and every now and then one does start questioning their principles, their living, etc. To give an example, a very repetitive and infamous question that has time and again risen is, Money v/s Happiness, whether or not money can provide happiness to one?

As mentioned before, this isn't an uncommon question and countless people have asked this and have given their opinions about it. So, why don't we look into this age-old debate between money and happiness and see what conclusion it gets us to?

When we look into this question, many of you might answer positively or negatively. But it isn't this simple. To put forth, as I am sure you'll agree, happiness is the purest form of emotion that is something very personal and satisfactory to one and comparing it with money, something so materialistic and minimalist, something



that can be earned anytime a person wants to, seems both disrespectful and appalling. But then again, having a loaded bank balance, and a rich lifestyle which can only be possible because money can get you anything you'd wish for and more. One would never lack something unless they have money.

It is said that people who live in glass houses do not understand what hardships others go through. In this case, the rich or the people who are well off, people like you and me would never understand the satisfaction, the joy, money would bring to the lesser class. You and I would never ever be able to fathom the amount of struggles that are faced by people who aren't well off. We would never understand how even the smallest amount of money can make up their day. This is because we aren't in a situation where poverty has gotten us to such levels of desperation that we'd do anything to survive. But they have, so unlike us, they do not get the luxury of even mulling over the fact that money and happiness are two different things. For them, it is one and the same thing, the thing that is helping them survive.



Alas, these are the two sides of this debate. When you look closely, both sides seem to be right on their point, making it difficult for one to choose between right and wrong.

Both these sides have equal parts of practicality and truth within them making it very difficult to pinpoint the wrong side out of them. Therefore, we need to understand that there is no right side to this question. It is imperative that we understand that money, although materialistic can and does provide some sort of happiness, satisfaction, and joy to people, whether or not it is true happiness isn't the question, but it does provide with some modicum of it. One cannot win over the other, happiness and money cannot win over each other and both function side by side.

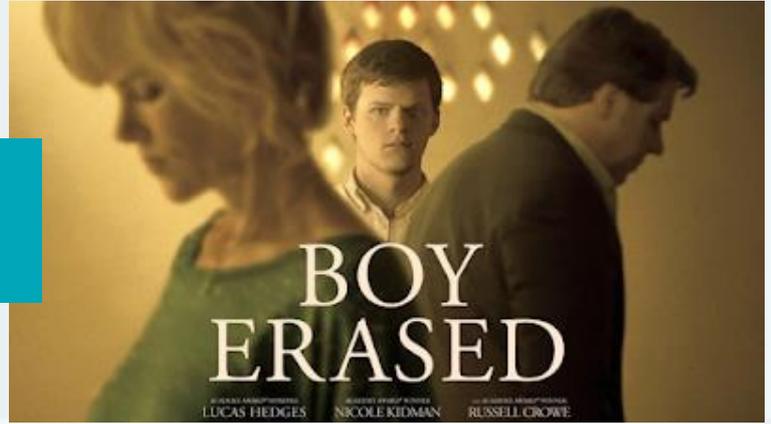


So now, whether you think money can provide happiness is entirely your take, but in this argument of money v/s happiness, there is no right or wrong to this, it simply cannot be in either black or white, it is in between, the grey shade. It is far more complex than it looks, but one thing is for certain, one cannot function without the other.

- Shruti Nangia, SYBA-B

Movie Review –

Boy Erased



On 2nd November, 2018 the world was introduced to the darker and sadly, more common reality of the LGBTQ+ experience. Strap in everyone, this isn't going to be a fun one. Boy Erased is a cinematic adaptation of a memoir (By the same name) written in 2016. Garrard Conley recounts of his dark and disturbing childhood experience of being set to a conversion therapy camp.

(Spoiler alert: Skip paragraph 2&3 if you want to watch the movie yourself free of spoilers!)

Trigger warning: Mentions of mental reorientation, rape and intense homophobia.

Jared Eamons (played by Lucas Hedges) is the son of a preacher and car salesman, Marshall Eamons (Russell Crowe) and his mother, Nancy Eamons (played by Nicole Kidman). The movie starts off with real life videos from Garrard's childhood. Cute, right? That's about when the good part of the movie starts and ends. The scene quickly shifts to the most silent family dinner that says much with just glances (or the aversion from the same.) Jared was to be sent to a conversion therapy center, and he was not prepared for what was to come. The next day Jared and his mother were on their way to the center. Jared upon reaching was quickly shooed into the center and his mother, out of it. His possessions were just as quickly confiscated as he was handed a manual. And so, it began.

The starting days of conversion therapy had a mix of people all with a different outlook. Some were scared, some hopeful and some already defeated. Jared was also hopeful, having been the son of a pastor he had faith in the ways of the conversion therapy and believed he could learn and change. But the ways of the center were brutal. They reinforced supposed "church values" and their ideal image of Man and Woman, what they should be. When asked to perform a Genogram (A family tree documenting the medical history), Jared found out about an uncle who was "more feminine in his ways." During this time Jared thinks back to his life in high school. He had a girlfriend and life felt good. But something seemed off to him. And he found out much later on.

Then came the day when they were asked to make moral inventories. During this time, we learn of Jared's past and the horrible incident that landed him in the church center in the first place.

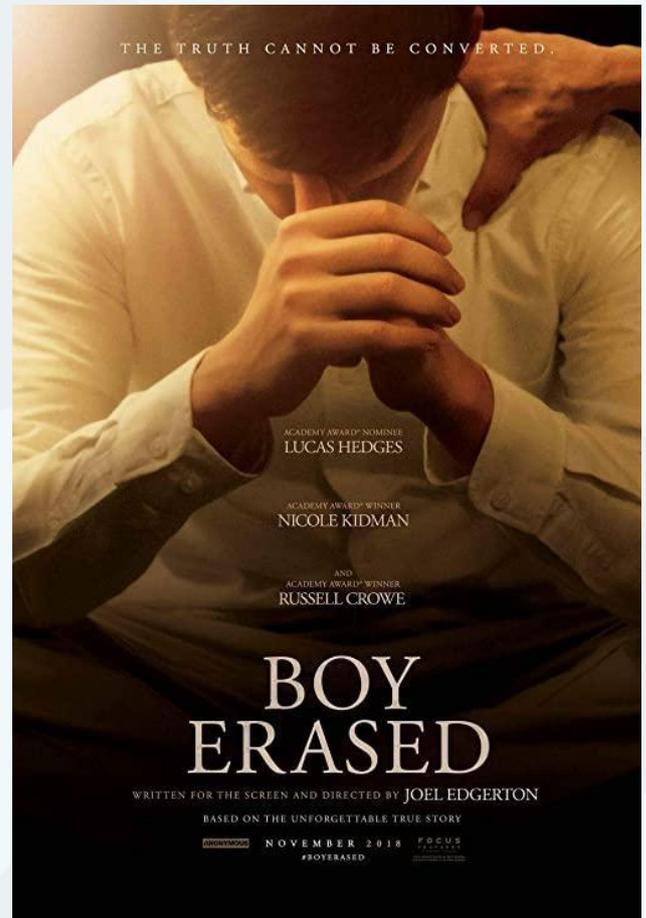
Jared was now in college, he had broken up with his girlfriend and on his first day at his dorm, we're introduced to Henry. Henry was his first friend at college, and they spent a lot of the daylight together. But things soon turned gloom when Henry decides to do the unspeakable.

But that's when he realized. Jared felt it, he can't do it anymore. There was no

unlicensed doctor and no amount of mental and physical torture that could change him. Then began his path to freedom; but first came the fight. The rest is for you to experience, both the struggles and the outcome.

Garrard is a real person who has experienced these events in real life. There is no person on this planet who holds the right to put others through such torture. Garrard's fight, as well as many others' for LGBTQ+ rights, is an ongoing battle. Boy Erased is effective in telling its tale and I implore anyone who believes "the gays don't have it that hard anymore" to watch it. It's a painful but significant film, I rate this 4.5/5.

- Joshua Ohol, SYBCom



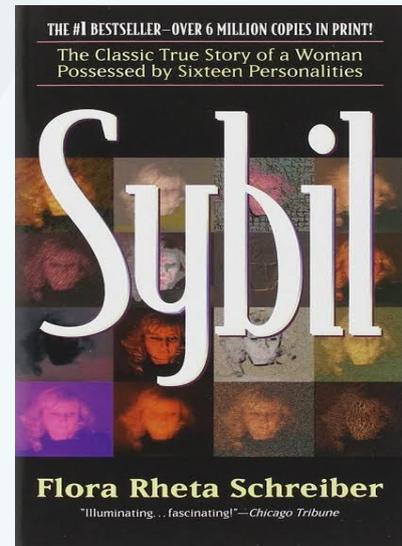
Book Review – Sybil

The Classic True Story of a Woman Possessed by Sixteen Different Personalities

The world of psychology has always been somewhat of an enigma to everyone peeking from the outside – which is why *Sybil*, a book by Flora Rheta Schreiber released in 1973, took the world by storm by selling millions of copies at a time when mental disorders were still a rarely discussed topic of conversation. It shares the true story of Sybil Isabel Dorsett (Shirley Ardell Mason), a simple, small town girl who was diagnosed with Multiple Personality Disorder (now known as Dissociative Identity Disorder, or DID).



The book starts off with Sybil as a college student pursuing her master's at Columbia University, waking up at a strange place. After discovering that she lost five days of time with no recollection of what happened in the lost time whatsoever, she finds room keys in her purse and realises she's in Philadelphia. Following this, she checks into a hotel with the room keys she found and goes through difficult interactions with people who supposedly know her well, even though she has no memory of meeting them before in her life. After a couple of instances, we find out that coming across belongings like clothes, bills, art supplies and more that are apparently hers but she has no memory of purchasing is quite common to her.



This particular incident provides deeper insight into the crippling and devastating mental illness that grips every crevice of Sybil's mind. Her disorder initially started interfering with her life on a major basis when she was sent home from college after suffering major bouts of "nervousness". She was asked to return when she had proof of her recovery, which is when she comes across Dr. Cornelia Wilbur and begins the process of her therapy. A few sessions in, Sybil falls sick and asks her mother, Hattie Dorsett, to call Dr. Wilbur and inform her of Sybil's illness – which Hattie only pretends to do. Since Dr. Wilbur receives no message from Sybil, she leaves for New York to further train herself in the field of psychoanalysis and Sybil is left with a sense of betrayal over Dr. Wilbur's unannounced departure.

After a few years, Sybil moves to New York to complete her education and once again runs into Dr. Wilbur and decides to resume her therapy with her beloved doctor.

However, she still experiences difficulty telling Dr. Wilbur about the blank spells



Cornelia Burwell Wilbur, M.D.

she goes through out of fear and anxiety. This causes Sybil's alternate personalities Peggy Lou Baldwin and Vicky to take over. As Sybil falls into the routine of her regular sessions, more and more personalities expose themselves to Dr. Wilbur after noticing her extreme compassion and regard for Sybil's well being. All of these various personalities have dominant emotions and personality traits that Sybil does not. Dr. Wilbur now has enough knowledge to piece together what happened in Sybil's life that caused her mind to break into such fragments. The reasons for Sybil's dissociations are extremely violent and gruesome recollections of sexual, physical and mental abuse she has undergone at the hands of her evil mother, beginning from the young age of 2½. With more insight into Sybil's issues, it turns out that both her parents, one for the abuse and one for the ignorance, have a hand in causing their child to dissociate at such a young age. Sybil's large blank spells begin when her grandmother, the only parental figure in her life she is actually close to, passes away.

When Dr. Wilbur finally decides to reveal Sybil's diagnosis to her, she takes the treatment up a notch by becoming her friend in order to ensure she is comfortable enough to really allow her mind to heal. However, a major thing to be noticed in this segment is the unusual closeness between a doctor and her client as Dr. Wilbur begins to break all ethical rules and

Case study of Sybil Isabel Dorsett



- Sybil Isabel Dorsett (1923), the main personality
- Victoria Antoinette Scharleau (1926), nicknamed Vicky, assured and sophisticated young French girl
- Peggy Lou Baldwin (1926), assertive, enthusiastic, and often angry
- Peggy Ann Baldwin (1926), a counterpart of Peggy Lou but more fearful than angry
- Mary Lucinda Saunders Dorsett (1933), a thoughtful, contemplative, and maternal homebody
- Marcia Lynn Dorsett (1927), an extremely emotional writer and painter
- Vanessa Gail Dorsett (1935), intensely dramatic
- Mike Dorsett (1928), one of Sybil's two male selves, a builder and a carpenter
- Sid Dorsett (1928), the second of Sybil's two male selves, a carpenter and a general handyman. Sid took his name from Sybil's initials (Sybil Isabelle Dorsett).
- Nancy Lou Ann Baldwin (date undetermined), interested in politics as fulfillment of Biblical prophecy and intensely afraid of Roman Catholics
- Sybil Ann Dorsett (1928), listless to the point of neurasthenia
- Ruthie Dorsett (date undetermined), a baby and one of the less developed selves
- Clara Dorsett (date undetermined), intensely religious and highly critical of Sybil
- Helen Dorsett (1929), intensely afraid but determined to achieve fulfillment
- Marjorie Dorsett (1928), serene, vivacious, and quick to laugh
- The Blonde (1946), a nameless perpetual teenager with an optimistic outlook

protocol for her. From doing house calls in the middle of the night, paying her rent and loaning her money to hiring her and going on road trips with her, Dr. Wilbur and Sybil cross many boundaries of regular doctor-client conduct.

The book is concluded as Dr. Wilbur "integrates" all of Sybil's personalities into one through hypnosis and heavy use of barbiturates. She is said to have completely cured Sybil through sheer will and superior treatment methods alone, which all ends the book with countless loose ends and missing pieces in the story. Fast forward to 2011 and Debbie Nathan, famous American feminist journalist releases her book titled "Sybil Exposed: The Extraordinary Story Behind the Famous Multiple Personality Case". Talk of this unforgettable case crops up again long after all the characters in the story are dead but the well researched and hard facts have everyone questioning true from false.

For more about the truth behind this mysterious and compelling case, make sure you come back for Part 2 in our next edition!

— Riya Shukla, TYBA

FEATURED

PHOTOGRAPH



- Brendon Martins, TYBAMMC

WHAT'S YOUR RAASHEE?

Person 1: "What's your zodiac sign?"

Person 2: "I'm a Gemini."

Person 1: (rolls eyes)

****The above convo is purely written for comedic reasons and not intended to hurt any feelings.**

Astrology has made a comeback in the 21st century, where millennials and Gen-Z have strongly associated themselves with this study and also have created an illusive perception and stereotypes about every sign

Astrology is the study of the influence that distant cosmic objects, usually stars and planets, have on human lives. The position of the sun, stars, moon, and planets at the time of a person's birth (not their conception), is said to shape their personality, affect their romantic relationships, and predict their economic fortunes, among other things. Astrology originated in Babylon far back in antiquity, with the Babylonians developing their own form of horoscopes around 2,400 years ago. Then, around 2,100 years ago, astrology spread to the eastern Mediterranean becoming popular in Egypt, which at the time was under the control of a dynasty of Greek kings. But still there is not only one origin of astrology, due to this Astrology is also known as "pseudoscience" because it has no scientific or clear reasons for its origins and has many different versions of it from each culture. Eastern cultures continue to practise their own forms of astrology; Chinese, Vedic, and Tibetan astrology are among the most well-known.

Western astrology consists of 12 star signs based on the construction of a horoscope for an exact moment, such as a person's birth. It uses the tropical zodiac, which is



aligned to the equinoctial points. In modern Western astrology, the signs of the zodiac are believed to represent twelve basic personality types or characteristic modes of expression. The twelve signs are divided into four elements: fire, earth, air, and water.

The 12 signs are: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Pisces, and Aquarius. Each of the star signs determines an individual's personality, behaviour, emotions, communication, etc. Therefore, people make assumptions about their personality or the above mentioned attributes of another individual by determining what their zodiac sign is. For example, if you are an Aries, you are more likely to be short-tempered, impatient, or assertive. However, this may not be the case for everyone; instead, members of this particular group may feel the exact opposite. On the other hand, the majority of the people actually felt they did have those qualities and could relate to them.

There are plenty of reasons why people are so into astrology these days. Those reasons are:

- ❖ Firstly, people in today's generation, especially those who want to discover more about themselves, get involved in astrology or personality tests.
- ❖ Secondly, reading about your daily horoscope either in newspapers, social media, or on a special astrology app (costar), etc., is said to have reduced

stress and has created some sort of certainty in the lives of people who seem to be confused or uncertain about situations. Therefore, astrology plays a major role in their lives and mostly depends on them.

- ❖ Lastly, pop culture plays a major role in today's obsession with astrology. As movies or TV shows are often seen making references towards it or many celebrities have spoken about their interest in it, it makes fans learn more about it. For example, Lady Gaga planned her tour dates around astrological alignment. Even social media articles that come out with titles that say "Zodiac signs of the characters in... a particular TV show or movie, for example, Friends, Stranger Things, How I Met Your Mother, etc". This makes readers or fans of this particular tv show more intrigued into reading more into the article.



When the person you like is into astrology and they tell you that your signs don't match



As the pandemic wreaked havoc on the world, people began to delve deeper into it due to the extra time they had on their hands. Posting daily horoscopes on social media and explaining each zodiac sign precisely has definitely made the viewers addicted to them and made them go "Wow, that's so me!". Astrology should definitely be used to spread awareness and positivity rather than to bring down a particular zodiac sign or create stereotypes or differences.

- Jovita Francis, SYBA B

Why We Go Back to Toxic People

'You're blinded' 'You look awful.' I knew this whole game of manipulation, resentment, lack of cohesiveness, controlled and impulsive behavior was taking a toll on me. I'd feel emotionally drained out after every conversation. I made up my mind that this was it. I'd break it off this time. But every time I tried to do so, I was caught in this seemingly vicious cycle of guilt and self-doubt. Despite the constant comments I got from peers and despite knowing this wasn't right for me, there was some sort of force that kept pulling me back to this relationship. Towards the end of walking away, I was hit by this 'he's changed' notion.

Relationships are an integral part of our journey. They shape our lives, bring out the best in us, push us to be better people, and deep down we're aware that whatever adversary comes our way or whatever life throws at us, we don't have to face it alone. Be it a friend or your partner, letting go of someone toxic is more than arduous. What's worse is when you're in a toxic relationship, it becomes harder to view unforeseen red flags. And although they say 'there's plenty of fish in the sea,' incessantly it's these toxic relationships that we go back to. Although there must've been a perfectly valid reason to end the relationship, there's often this fantasy we create in our minds which increases the desire to get back to that relationship.



As Dr. Erika Martinez, a psychologist, frames it, "there's still something left unresolved, or some additional lesson they needed to learn in that relationship. It's the safety and familiarity that they want. It's the fear of going back to the dating scene, being open and vulnerable in a new relationship, or being heartbroken in a new relationship," she tells Elite Daily. Here are a couple of reasons why we keep going back to toxic relationships:

Fear of loneliness: Being with a partner or friend can establish some sort of emotional dependence with time. Subconsciously, we could have been trying to fill a void by being with that person and now that they're gone we'll have to figure out a way to do it ourselves. We're scared of being alone and essentially, afraid of not being able to find someone who understands us the way they do.

You get used to that behavior: As time flies, we get accustomed to the lack of cohesiveness, dismissive and condescending behavior, and settle for minimal effort. We temporarily pacify ourselves by saying 'maybe it's a rough patch' or 'maybe things will be different this time'- whatever keeps us going and whatever justifies our actions. To an extent that we could even tolerate abuse. However you put it, abuse is never the solution and is never acceptable. It could commence with verbal insults and eventually escalate to physical abuse. Abuse can be in the form of physical, sexual, and emotional. Emotional abuse is especially common in the case of a narcissist.



Familiarity: One of the prime reasons for going back to a toxic person is the comfort that familiarity once gave you. A recent survey conducted by Kiney Institute revealed how 1 in 5 people reached out to their exes since the beginning of lockdown. Whilst going through a rough patch, it's our human tendency to run back to something familiar. And this being someone you've opened up to, been vulnerable in front of, it's hard to label them as toxic and unsafe. Amidst the overwhelming uncertainties of life, these relationships do serve as a comfort point.

We assume they have changed: A toxic relationship is not only characterized by contempt, apathy, insecurity, resentment, or other related negative emotions. There are instances where one experiences moments of love, reassurance, and contentment. And for the sake of experiencing the compassionate, nurturing, and empathetic side of them that shows up occasionally, you let yourself get trampled over, blinded by all the red flags, in the hope that they change someday. You imagine the future with the qualities of the person that could have been, rather than accepting it for what it is.

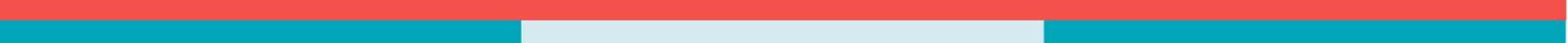
We get caught up in a toxic and vicious cycle known as *intermittent reinforcement*. You have good moments where your emotional needs are met, and momentarily, the tension starts to dissipate. This is followed by a moment of withdrawal due to the callous and cruel patterns. Post maltreatment one observes sporadic 'bread crumbs' of affection.

And you refuse to withdraw from this relationship for the good parts it seems to promise. It's hard to break out of this cycle and recognise its implications. Essentially, being firm and setting clear boundaries can help you stand your ground and save you from manipulation.



Refusion to start from scratch: Our fear of starting over with someone brand new could keep us from withdrawing from our ongoing relationship. I mean, no doubt it is daunting. Withdrawing from a relationship where you've invested a great deal of time and effort into and given your everything isn't the best feeling. After a certain point, we do take for granted how our partner tolerates our foibles, knows just what would elevate our mood, and recognises our quirks with just one look or hearing our tone. Of course, it does deserve a fair chance to rethink. But at the cost of what?

Low self-esteem: We're all people, pleasers, by nature and sometimes it's so hard to accept that we too deserve to be happy. More often than not, a sense of low self-esteem sets in rather subtly. In that conflicted state, some part of our minds accept or believe that we deserve this kind of treatment or we're not meant to be happy. Low self-esteem and self-worth can be detrimental because you settle for the bare minimum, and the emotional needs that are met of yours, helps you temporarily escape from your mundane and monotonous life. The famous line from *Perks of Being a Wallflower* beautifully summarizes this behavior- '*we accept the love we think we deserve.*'



Although the toxic people in our lives may not realize their toxicity and callous patterns, be mindful. It may not be the simplest thing to do, but let go of the hurt, pain, and resentment. Not because they deserve it but because you owe that to yourself. You deserve that peace of mind. And for what it's worth, it's probably time to let go. Prioritizing yourself takes precedence here.

-Alicia Dias, SYBA

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