



1) Weightlifting Fairy Kim Bok Joo

Bok Joo is a 20-year-old weightlifter, whose life revolves around lifting weights and preparing for a national tournament. Until she met her childhood friend Jung Joon Hyung, the twist here is Bok Joo develops a crush on Jung Joon's elder brother. Later, Jung Joon develops feelings for Bok Joo and then the show progresses with a lot of twists and turns. It surely is a delightful watch with a fresh aspect of romance.



2) Vincenzo

The story revolves around an Italian Mafia named Vincenzo who returns to Korea in search of gold. He made up his mind to flee the country as soon as he accomplished his mission. However, the trip turns into a mission to stop the Babel group. If you love action, drama, and comedy, then this is the show for you.



3) It's OK To Not Be OK

The tale of this drama revolves around Moon Gang-Tae, who has spent most of his life as a caregiver, to his autistic brother at home and as a nurse in the hospital. He meets a famous children's book writer Ko Moon-Young who has an antisocial personality. Moon-Young tries to pursue Gang-Tae's love. The show's mysterious plotline will keep you at the edge of your seat.



4) Itaewon Class

Itaewon Class is a show about the main character Park Sae-Royi, who is jailed for assaulting the man who killed his father. His father's murderer happens to be a former wealthy classmate. The title of the show is based on a popular neighborhood in South Korea. The show sheds light on issues like racism and transphobia in South Korea.



5) What's wrong with Secretary Kim?

The show is based on the story of a spoiled chairman Lee Young-Joon after his loyal secretary resigns. His life turns into an absolute mess, and soon he realizes he can't let her go. Lee Young-Joon is in love with his secretary. It is one of the highest-rated K-Dramas of all time and definitely entertaining.

- Glynis Fernandes, SYBAMMC A

AN ODE TO OUR MOTHERS



You know when you're looking for apartments and then you come across one that you really like.

It's empty from the inside, no furniture
And then when you have a fully furnished house, it becomes happier than any place on earth, even if some other places make you feel better.

This is not to say that you're like furniture, but maybe you are

This is to say that I may not be a big believer in God and am still looking out for many answers, but I do believe that someone out there who's responsible for our paths crossing, they've done good.

You really are an incredible number of stars in my sky, sometimes it's difficult to comprehend how I can possibly have so many bright ones! I spend a lot of time trying to pick up a few, talk to a few and somehow, all my next mornings feel like a new chance of life
How beautiful, no?

To be able to love and be loved, to have someone listen to you and be able to lend an ear, sometimes a shoulder, sometimes a pinky, sometimes even a hug!

To be able to look at someone and call them
YOUR PERSON!



To feel like the home you live in doesn't necessarily love you the same way, but you can take away the furniture with you and make a home elsewhere.

I must admit, you're my favourite furniture
I think, no, believe, without you I would have lost it.

I would've flung myself to an alternate universe and shat myself, I would've had to pick at my brain and do sorts of nasty things which is to say that you keep me sane.
You keep me alive.

You make me believe in love, you give me the power and strength to believe that love in your life doesn't always have to be Romantic.

That you can kiss your mother's cheeks, hold each other's hands aggressively and say 'I love you' at least 6 times a day.

You can braid each other's hair, you can put all those secrets and thoughts in a box and they'll still keep them safe.

You keep them safe.

You make me believe that motherhood is like a piece of furniture, that can make a house
You keep me alive.

And the only promise I can make is that I will always love you so hard!

- Pearl Dsouza, TYBA

BOOK REVIEW –

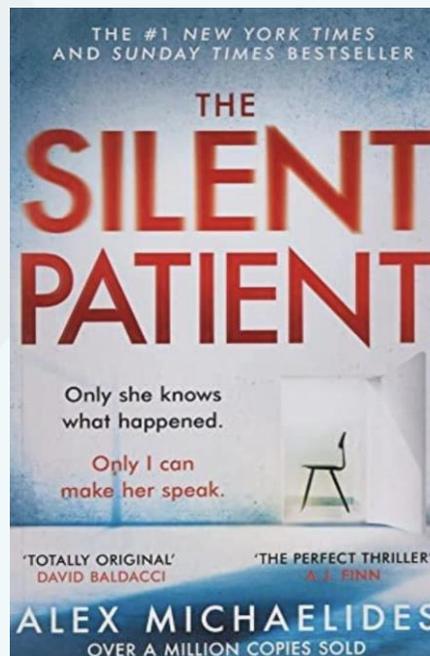
THE SILENT PATIENT

The Silent Patient is Alex Michaelides' novel, and it is a New York Times best-seller. It is the author's first novel and a psychological thriller. It is deserving of all the praise it has garnered in recent years. This book has been on my wish list for a long time, and when I eventually read it, I could see why it was so popular.

Alicia's life is perfect until she shoots her husband five times in the face and slashes her own wrist one day. She stops speaking after the incident, and her silence is interpreted as guilt, and she is admitted to the Grove, a forensic unit in North London. As a result of this catastrophe, Alicia becomes a public enigma, and the value of her paintings rises enormously. Theo Faber is a criminal psychologist who has been waiting a long time to treat Alicia and is confident that he can help her talk. His drive to get Alicia to speak leads him down a path of self-motivation and truth-seeking that could devour him.

The novel depicts the delicate nature of a therapist's relationship with his patient. It's a psychological thriller, but it's also a detailed analysis of the disaster that shows us the characters' cognitive processes. Infidelity, abuse, and violence are among the topics covered. You can't seem to put the book down after a few chapters. The reader is drawn deeper into the story by the mystery. The writing is hypnotic and completely immersive. It's not just the twists and turns that keep a reader going; it's also the slow-burning trip to the end.

The reader believes he has solved the riddle with each new character revealed, yet the ending throws you off guard. Alicia Benson, the book's silent patient, doesn't say much, but her physical appearance and the unique paintings she creates help us grasp the complexity of her mind and the issues she faces.



The readers pay great attention to Theo's account because he is the one telling it and makes us feel like omniscient observers, but it is only later that we discover many things are unknown. For a character who is determined to uncover his patient's secrets, Theo remains a mystery to the reader; Michaelides adds yet another layer of mystery here, keeping readers hooked on Theo's secrets gradually being revealed while Alicia's secrets are also being disclosed.

The captivating writing style, the self-proclaimed similarity to the Greek tragedy of Alcestis, and the character development are the most enticing parts of the silent patient.

Some aspects could have been improved. The ending will undoubtedly surprise you, but it will also cause you to reconsider how you initially saw some aspects of the story. Another factor that should have been avoided was the introduction of additional characters who were unrelated to the plot and only served to confuse the reader. It was possible to escape the minor tales that popped out of nowhere.

To conclude, 'The Silent Patient' is a treat for the thriller fans and I would give this book a 4/5.

- Niyushaa Petigara, FYBA

FEATURED PHOTOGRAPH



- Brandon Pinto, TYBAMMC

A GUIDE TO

GOAL-SETTING

Are there days where you feel like you're sleepwalking through life, unmoored, or unanchored? Or maybe you know what your long-term goal is but are not making enough progress and thus not getting exactly where you want to in life? A key reason you may be feeling this way is because you've not set yourself tight goals. Before we plunge into the crux of this subject, it's vital to understand that you can have a long-term vision, but the diminutive goals you set for yourself are what help you journey towards that vision.

Back in 1990, before goal-setting could emerge as a theory, psychologists Latham and Locke discovered a simple but interesting finding. On a big scale of tasks, people did much better when they were working towards specific goals rather than just being told: "do your best". Further findings stipulated how goal setting was based on 5 key principles:

THE 5 PRINCIPLES OF GOAL-SETTING



Goal-setting can be most effective when there is **commitment** and determination towards the goal. With a good amount of both, one will work towards the goal despite the hurdles along the way. Less commitment toward the goal also increases the likelihood of people giving up soon. When you're dedicated towards the goal but your performance isn't as much as required for attaining the goal, you'll put in more effort or change or develop new strategies to get there.

It's crucial to remember that if goals are set by someone else and the person is not committed to reaching them, the whole process can turn out to be ineffective and even backfire.

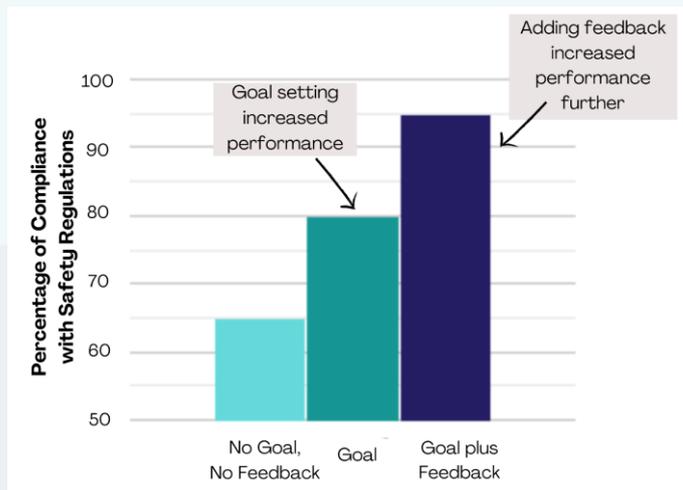
The goals you set should also be **specific**. You should know precisely what you're trying to accomplish and what is required. An imprecise or a vague goal may not keep you motivated enough in the long run. Set small and precise goals, putting in dates, times, and amounts. A study also showed how the overall level of satisfaction and motivation at workplaces were linked to setting specific goals. And specific and challenging goals are also linked with high efficacy.

Another important factor is **attainability**. Now when I say attainable, I mean challenging enough, but yet attainable. You should believe that you can reach those goals. When you know it is within your capacity and limits, it will boost your motivation and you'll be ready to do whatever it takes for you to get there. Start by breaking up your goal into smaller digestible goals. Writing also helps, it takes shape and gives you the push you need to start your work. If the first goal you set was too easy, set the next one a little harder.

An essential part of goal-setting also depends on the goal's **complexity**. When you have several goals, give each a priority. This helps you avoid feeling overwhelmed by having too many goals and helps to direct your attention to the most important ones. Excessively challenging goals can not only kill your motivation and get you overwhelmed but also result in feelings of frustration. You can always review your goals after a considerable amount of time.

The last and the most important feature of goal-setting is **feedback**. When people receive feedback about their progress towards meeting their goals, they realise their loopholes and weaknesses and work on them. In an experiment conducted by Wood and Locke, that aimed at using goal-setting as a method to

increase performance and comply with other safety regulations, it was found that goal-setting worked best under the following 4 conditions I mentioned above. Thereafter, the experimenters added one more factor to this research. Every week, they posted large charts with feedback on the performance of each worker. Here's the result that was drawn from this observation:



GOAL VISUALIZATION

Picture this scenario. You're a football player playing in the Olympics and about to kick the winning goal. A million people watching you. Keeping in mind this shot determines whether you'll bring back the medal for your country or not, the worst thoughts are racing through your mind of any possible mishaps.

While this may be found reasonable to amateurs, professional sports players are trained to visualize their goals, maybe scoring that winning goal, or even winning that race before the event. This is because imagining or visualizing the worst only increases the likelihood of us making those mistakes. Our minds are programmed to think of the worst possibility, and hence, the negativity ends up taking a major part of our attention.

Goal visualization is a technique used to help you reach your goals by acknowledging good things that can and will happen to you in your life.

Here, you prepare your mind and body for what you want to happen. Be it a relationship, or an academic goal, visualizing and imagining future events has proved to be beneficial, studies suggest. Besides boosting motivation and confidence, it also helps develop goal-directed behaviour. Positive psychology also points out how social cognition research has found that mental imagery of future events also increases the likelihood of those events occurring. Goal visualization is a good way of practising success. Evaluating and processing every step of your journey prepares your body and mind to take those steps, in reality. The more you practice this, the better and more confident you'll get at it.

BRINGING IT ALL TO ACTION: BEST ACHIEVING GOALS YOU'VE SET

1) JOT DOWN YOUR GOALS SYSTEMATICALLY

Although this may seem unnecessary and an extra burden, a place where you can systematically jot down your vision, the smaller goals, skills and strategies you'll need to undertake, develop and incorporate to reach your bigger goals, helps give your goal more shape and direction. Looking at your long-term vision and why it's important will also keep you motivated. On seeing this repetitively, it will also create healthy changes in how you act and will give more clarity and direction to your goal.



2) CREATE A GOAL

A goal tree serves as a road to success. At the top of the tree is your long-term vision/your end goal. Below is a critical success factor leading to your goal. Under this will be necessary conditions to follow to reach the goal above. This will help you track progress from time to time.



3) REASSESS



From time to time, make sure you review and reassess your goals. Because as time flies, there may be minute alterations in your goals or vision and thus some of the steps taken to reach there may be irrelevant. Or perhaps things didn't go as planned and an unexpected incident ruined your schedule. Or maybe even a goal you set is taking longer than expected or was too challenging. Some of the bigger goals you have may need a lasting amount of motivation and thus in times like these, it's essential to review your goals instead of giving up midway. Hence, reassessing gives scope for scanning over your progress and making the necessary changes.

4) CELEBRATE SUCCESSES

The small accomplishments you make have also to be acknowledged. This will help you maintain the lasting motivation that you require to sustain throughout the process. While rewarding yourself for the little successes along the journey is essential, learn how to face failures too, resiliently. Take it as a sign that your goal needs reassessing and reviewing.



A FINAL WORD

Goal-setting might not seem as important as it is at this point, but even research has shown a considerable amount of improvement and motivation in performance levels. If you're someone who doesn't set goals, try it today. When you incorporate this habit into your life, watch every part of your life flourish, grow, and glow. It's worth a try, don't you think?

-Alicia Dias, FYBA

HEARTSTOPPER

"Boy Meets Boy"

Contains No Spoilers

HEARTSTOPPER is regarded as one of the best teen series that Netflix has ever debuted. Adapted from the graphic novels by *Alice Oseman*, the show talks about a group of British teens navigating through their journeys of figuring out their sexual orientation and gender identity. The show has seen an immense amount of success within a short span of time. It has a "100% Certified Fresh" rating on Rotten Tomatoes and grew to become one of Netflix's top 10 global shows from the week of its debut.

The show gravitates around a group of friends - Charlie, Tao, Elle, and Isaac, along with Tara, Darcy, and rugby lad Nick. The show is light-hearted and heart-warming while addressing numerous issues that LGBTQ+ folk go through daily. Although the show focuses on the romantic tension between two young men, it also showcases other sexual orientations and gender identities that exist within the LGBTQ+ community.

The show is very realistic and tear-jerking as it strikes all the emotional chords of the viewer. From taking "The Quiz" to going through the entire 'Questioning' process, the show perfectly portrays the 'Coming Out' process. The show normalizes the feelings of being nervous, afraid, surprised, and whatnot when coming out.

The show follows the romantic journey between the two main characters - Nick and Charlie, and how the tension between them leads to something magical. The show hooks you in from the first episode itself and it's hard not to get emotionally invested. The show contains 8 Episodes, each being roughly 30 minutes. The show is digestible to finish within one sitting and is a family-friendly show (granted that your family isn't homophobic).



(Credits: Instagram @netflixuk & @aliceoseman)

Throughout the show, we get to see many unfortunate scenes that many LGBTQ+ folks go through in real life. Bullying, Cyberbullying, normalizing homophobic jokes, etc. The normalisation of these homophobic jokes desensitizes people toward LGBTQ+ issues and makes people believe that being queerphobic is socially acceptable. We also get to see characters retaliating, physically and verbally, to these jokes to deliver the point that homophobic jokes aren't funny.

In the show, Charlie - the main character, questions his worth because of his encounter with a closeted and toxic person. He isn't used to being treated nicely and therefore questions if he deserves it, something again many can relate to. The show sheds light on the social pressures of fitting into roles that others believe you belong in. When you deviate from those expectations, homophobia arises. This is very well described in the show and hits one hard emotionally.

The show beautifully showcases the importance of accepting parents and the influence it has on their kids. Heartstopper is very different from other queer shows such as *Euphoria* or *Young Royals*. Because while other shows focus more on Sex and Scandal, Heartstopper is just a bundle of joy that focuses on the development

of the romantic relationship between two teens. When I say or hear “LGBTQ+ representation in media”, Heartstopper is precisely what comes to mind. It is the definition of queer representation in media.

This is an absolute must-watch and I rate it a 5/5. And to bring you even better news, Heartstopper has been renewed for not one but two more seasons!



(Credits: Instagram @netflixuk & @aliceoseman)

- Cliff Coutinho, FYBA.

World Laughter Day

KHABHIE KHUSHI BUT NOT ALWAYS GHAM

“From there to here, from here to there, funny things are everywhere.” – Dr. Seuss

World Laughter Day is celebrated on May 1st every year. It was created in 1998 by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement. Dr. Kataria, who is based in India, began this celebration after being inspired by the Laughter Yoga program. You can see this being done when you go for a morning walk to the park and can often see a group of middle-aged people laughing their hearts out. As they say, laughter is infectious, and you can see bystanders joining them. Its popularity has grown exponentially with that of the Laughter Yoga movement, now counting thousands of Laughter Clubs in more than 115 countries. And now it is celebrated worldwide.

We sure must have put a few smiles on the faces we love, take care of, and meet daily as ‘Laughter is the best medicine’. It’s true: laughter is a strong medicine. Laughter leads to a healthier mind and body. It strengthens your immune system, boosts your mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner. After a stressful day at work or at school, all you want to do is come back home and spend time with your loved ones, who can ensure your happiness, or else just lay back and watch fun media content to lighten the mood.

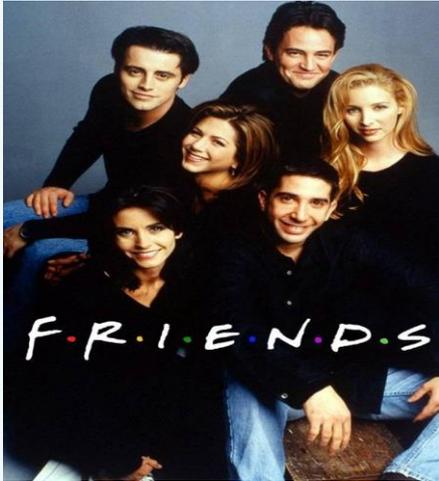
Laughter can be induced through many means, like, for example, a friend cracking a hilarious joke, just having a jolly conversation with your peers or a loved one, reading a book, or watching a comedy show or movie.

In today’s fast-forward life, people don’t have the time to spend their few seconds conversing with strangers or even the ones they live with. Therefore, laughter can be ensured by watching your favourite movies and shows. Movies and TV shows such as



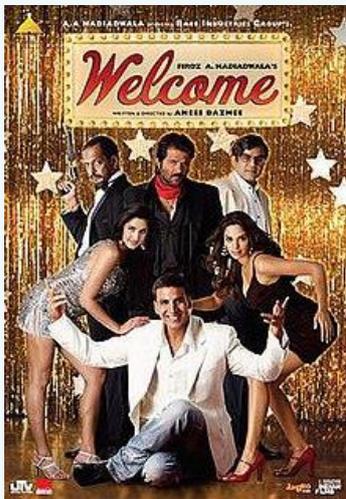
TAARAK METHA KA OOLTAH CHASHMAH

This show needs no introduction, a classic and fan-favorite show whose reruns are still played in almost every Indian household, and despite the constant viewing, this show never fails to put a smile on one’s face... and I mean the reruns of the old episodes. A show about the daily lives of a housing society with comically different people whose jokes and plotlines get crazier with each episode.



FRIENDS

Another classic show which is still beloved by many, regardless of the fact that the show ended almost 17 years ago. Friends is almost everyone's comfort show. The jokes, characters, and storyline never fail to put a smile on your face or bring out that infectious laughter in everyone who watches it. This show is always on my weekend agenda, and it should be on yours as well.



WELCOME

I mean, any OG 2000s comedy movies are hilarious, but Welcome always stands out and is definitely a personal favourite. The movie is an absolute laughter riot, and of course, why wouldn't it be? It has a full star cast, such as Akshay Kumar, Nana Patekar, Katrina Kaif, Anil Kapoor, Paresh Rawal, and many more. When it is played on television, it makes everyone turn towards their screen and laugh their hearts out.



THE HANGOVER

A wild bachelor party, a kidnapped groom, a lost child, a lunatic goon on the loose. I think these descriptions are enough to entice you to watch this twisty and witty dark comedy. Bradley Cooper's charm, Zach Galifianakis playing the dim-witted man with insanely hilarious comic timings, and Ed Helms, with his sarcastic and distressed comments, brings this whole film together, making it an absolute delight to watch.

Laughter can even melt a stone-hearted person. Therefore, share a smile or joke with anyone you think is having a bad day or is in terrible pain; you never know who might need it the most.

-Jovita Chettiar, FYBA-B

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