

HOW DO RAINS AFFECT

MUMBAI?

In many cultures, rain is believed to be a gift from God himself, as it should be rightfully so. Our entire being, not to forget our environment itself revolves around the concept and possibility of rain. Many of the historical evidence prove the fact that rain was regarded as a very high entity in not only matters of spirituality and mythology but also art, culture, writings, etc. It has been the muse of several artists, writers and poets, all of who have given beautiful life and a whole new personification to the topic.

Now, add in the rich and vibrant city of Mumbai, one where life never stops! As we all are aware of the crazy hectic schedules, the heavy traffic and the vibrant and diversified number of festivals this city has to offer, we've come to terms with the fact that this city never stops and never sleeps! With it being an extremely large city with wide variants of career hubs, it is not a surprise that people from all corners of the world want to visit or migrate to this part of the country.

So, what happens, when we mix these two essentially important components together, the "necessary and extremely helpful rains" with the vibrant life of the CITY THAT NEVER STOPS DREAMING?

Well, if you didn't already know then you're about to find out!



Mumbai, with a great contrast to many states receives a huge amount of showers during the monsoon season! This although, is to be expected, as the city lies in the coastal region with water covering all its sides.

With all its strengths aside, the biggest flaw of the city is its infrastructure, the infrastructure of roads to be more specific. With the excessive amount of construction done and is still going on, the water absorption capacity of the city has been reduced down by great lengths. This therefore has caused a lot of roads and paths to be flooded across the city. The flooding of roads is not minor in this case. It is known to cause great amounts of trouble in both financial and emotional aspects when this is concerned.

The biggest example would be, since Mumbai is a big city, being formed by a variation of seven islands, it has a wide amount of population that travels across the city. The population varies from students travelling from far to attend their schools and college to people travelling for their jobs, etc. So, in this state, one of the city's pride and strength, Local trains are extremely useful. It is not only flexible but it

also takes considerably less amount of time than any road transport. The local trains although useful, soon become a lot of trouble, especially for people travelling from far ends of the city, when there are heavy rains or floods. The tracks are soon either blocked or the trains are late which tends to cause great distress to the city's residents.

As mentioned before, the city lies in the coastal region. With water covering all its sides, it is practically impossible for the city to not be flooded or at least have a bit of flooding. Although the floods are extremely worrisome, they do not have a huge impact on the civilians' daily lives. With the local residents residing so many years in this city, they have become acclimated to the monsoon season. After the hazard of the weather is over, they tend to get back to their normal lives as soon as they can.

Although the city's rains do tend to get out of hand, there are some moments, sometimes, some gestures that make Mumbai rains an absolute pleasure and peace to our hectic, crazy lives.

As I am sure, Mumbaikars would understand me, the first rain! The first rain that hits Mumbai is an absolute joy, which all sections of age groups wait for and get excited about, once it hits the surface. These rains make people feel more joyful and not to forget cool, given the Mumbai heat is another aspect in itself.

Not only that, there is a wide amount of local food that becomes tenfold more delectable when the rain hits the city. Examples of food like Vada Pav, a very famous local street food, Samosa, Bhajjis, Chai, Bhuttas, etc. Also, not to forget that the city offers wonderful places to sit and eat these delectable foods too. The city has many getaways that provide an extremely

beautiful scenic view only in the monsoon season and also some of its very own points like, Marine Drive, Bandra-Worli Sea link, Carter Road and Bandra Bandstand, etc. These places look even more beautiful and peaceful in this season, but one also has to remember to be careful.

Therefore, I'd like to conclude by saying, Mumbai rains, although a huge trouble, are not that bad. There are constant measures taken by the government and the BMC to overlook the well-being of the residents. Just like everything else, they too have a good and a bad side. So, what part would you like to focus on, the good or the bad?

-Shruti Nangia, SYBA B

THE IMPORTANCE OF

LETTING GO

Letting go. Even though it's only two words, it's the most difficult thing you'll ever do. It's difficult to give up on someone who means so much to you. You can get over things, but getting over people is the hardest thing you'll ever have to do. It's difficult because we're not talking about some random stranger who will be forgotten the next day; we're talking about people who once meant everything to you.

Letting go of someone is a difficult process that takes years to complete before you are entirely over their absence. It's critical to let go of individuals because the more you attempt to hold on to them, the more they will elude you and eventually hate you for holding them back, even if it was never your fault. Holding a grudge is akin to holding onto a person. The longer you hold on to your grudges, the more you will suffer, and the other person will remain unconcerned. It is vital to let go of people, or else you will be the one to blame for your loneliness and misery at the end of the day.

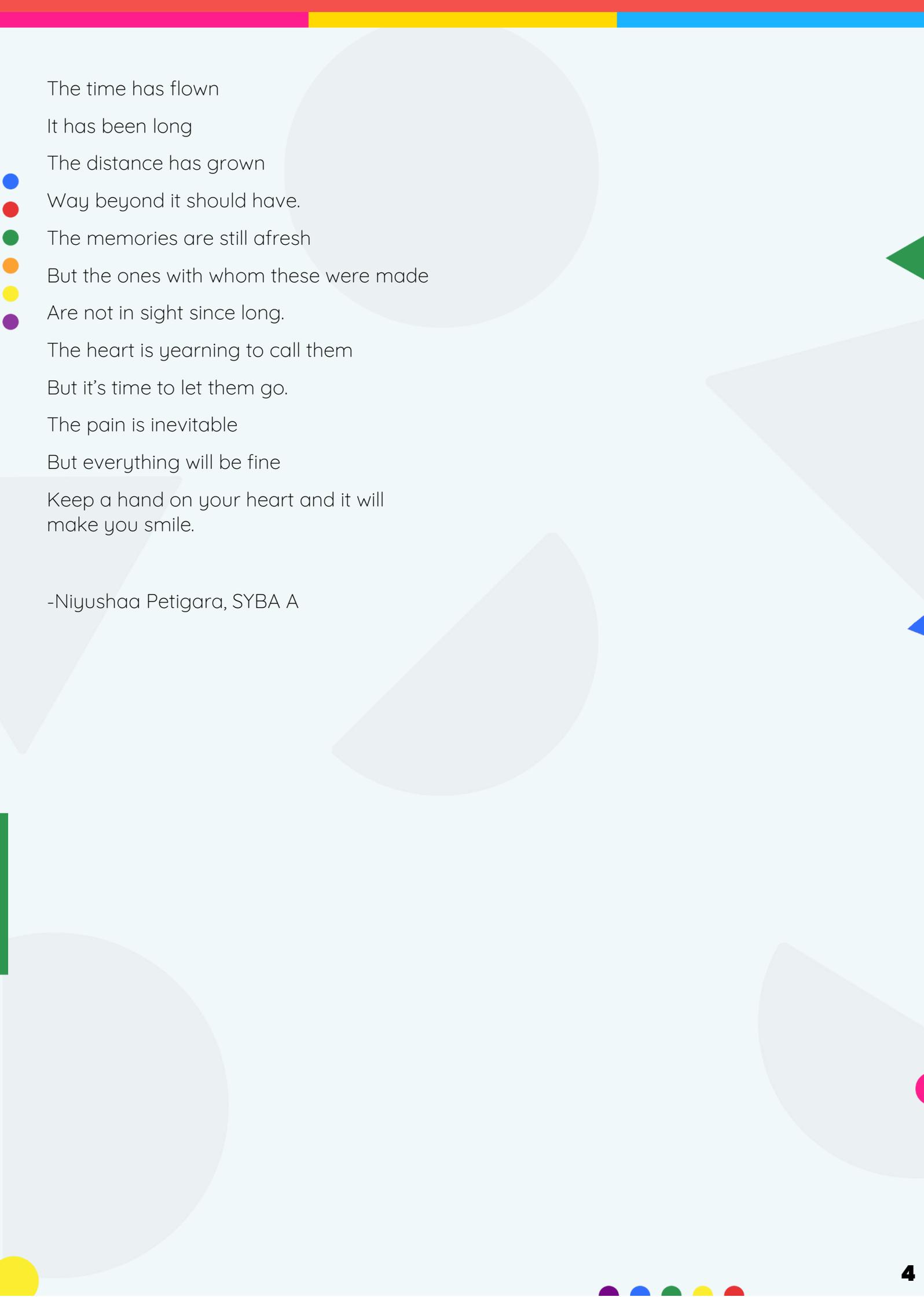
When people are preventing you from accomplishing higher goals, it is vital to let go of them. It becomes necessary when you are the only one who has put in the effort and is now emotionally, psychologically, and physically exhausted. It's crucial to let go of those who try to claim ownership of all of your moments. It's important to let go of people who prevent you from being your true self.

It's important to let go of people who isolate you from the rest of your life and fill you with toxic energy. Aside from that, you must let go of folks who make you feel bad about being yourself and make your insecurities and trauma a source of their entertainment.

Individuals say it's easy to forget about people who are out of sight, but they don't realize that what's out of sight is the person, not your best memories. It's easier said than done to let go. Regardless of how this person has treated you, a part of you will always want to return to them. Stay strong at these moments and remember why you left them in the first place.

You are not losing hope when you let go; rather, you are hoping for better things to come into your life. While letting go, you'll discover that some people entered your lives solely to assist you in surviving a stage of your life or to teach you a life lesson. You will learn things that you were frightened to embrace as a result of letting go, and these will help you grow and set yourself free. It's healthier to let go of someone than to lose yourself while clinging to them. You can't keep something that was never supposed to be yours. Moving on will be painful, and your soul and heart will mourn, but use your tears to water the seeds of fresh beginnings.





The time has flown
It has been long
The distance has grown
Way beyond it should have.
The memories are still afresh
But the ones with whom these were made
Are not in sight since long.
The heart is yearning to call them
But it's time to let them go.
The pain is inevitable
But everything will be fine
Keep a hand on your heart and it will
make you smile.

-Niyushaa Petigara, SYBA A

The Phenomenal Month

Celebrating Pride

The term 'LGBTQIA+' is quite a common term these days. When someone hears it, the first thought that crosses their mind is: "Ah, the gay community". We'd like to clarify that the LGBTQ+ community is much more than just gay. In a modern turn of events, when Section 377 was completely taken down by the Supreme Court on 6th September 2018, the Indian LGBTQ+ community celebrated to their hearts content. This community is a safe space for everyone struggling with their sexual identity, and gives them a space to be themselves. Over the years, individuals have made an effort to understand the LGBTQ+ community and it has gained huge support, especially by the youth today. As we celebrate Pride Month, we are here to share some important knowledge about the flags that represent each community and their significance.



Let's look at the acronym itself- LGBTQ+, L stands for Lesbian, G stands for Gay, B stands for Bisexual, T stands for Transgender, and Q stands for Queer/Questioning. The '+' in the LGBTQ+ represents other sexual orientations, genders and gender identities.

Many times, the '+' is overlooked and advocates argue that it shouldn't as it represents other members of the community. There are many sexual orientations and gender identities in the LGBTQ+ community. Let's have a look at a few that aren't well known.

1. Queer/Questioning:

Many people don't know and/or understand what the 'Q' represents in the acronym, so let's rectify that. 'Q' means Queer or Questioning. Queer is an umbrella term for all people who are a part of the LGBTQ+ community. Someone might identify themselves as queer simply because they'd rather not disclose their sexual orientation or gender identity to others.

Queer originally was a derogatory term meaning "strange" or "peculiar". It was used against those who had same-sex desires or relationships. The term was eventually embraced by many people in the community, although many still feel that it shouldn't be.

Questioning refers to the process of exploring one's gender, gender identity and/or sexual orientation. In this stage, a person explores themselves and identifies who they are.



Inclusive Pride Flag

2. Pansexual:

Now there are a lot of misconceptions about this specific topic. Let's set the record straight, Pansexuality has nothing to do with pots and pans. Pansexual refers to a person who is sexually attracted to people of all sexual orientations, genders and/or gender identities.

Now Pansexual could also be used as an umbrella term for quite a few other sexualities. For example, Bisexual (Sexually attracted to two or more genders and/or Gender identities, but not all of them), Demisexual (Sexually attracted to people of all sexual orientations, Genders and/or gender identities but only once a strong emotional connection has been established), Sapiosexual (Sexually attracted to a person's intellect, regardless of their sexual orientation, gender and/or gender identity), etc.



Pansexual Pride Flag

3. Asexual:

Asexual people, sometimes also identified as "ace", are people who experience little to no sexual attraction. This shouldn't be confused with Aromantic, who experience little to no romantic feelings. Asexual people may or may not identify as Aromantic.

Asexual is also an umbrella term for Graysexual. **Graysexual** means a person who occasionally experiences sexual feelings, but the sexual urges are reduced.

The difference between the two is that in Asexual people sexual tendencies don't occur most of the time. While in Graysexual people, sexual urges are reduced.



Asexual Pride Flag

4. Non-Binary:

Non-Binary refers to a person who identifies as neither male nor female. They see themselves outside the gender binary system that society has formed.

To understand what Non-Binary is, we need to look at Gender and Biological sex. Biological sex is the biological traits that we were born with. Gender refers to roles constructed by society to direct and control how people behave and interact with each other in society.

Now, let's not confuse Gender with Gender Identity. Gender is a social construct to categorise people into specific roles.

Gender Identity is a psychological construct on how a person feels about themselves.



Non-Binary Pride Flag

5. Gender Fluid:

As discussed above, Gender identity is a psychological construct of how a person feels about themselves. Gender Fluid refers to a Gender identity which changes over a period of time. This can be days, weeks, months and/or even years.

A simple way to understand this is that, just like how personality is psychological and can change, similarly Gender identity is also psychological and hence can also change. A person whose Gender identity keeps on changing is referred to as Gender Fluid.



Gender Fluid Pride Flag

MODERN LOVE-

MUMBAI

Six renowned directors bring together six love stories of six couples that depict the various languages of love, all wrapped up in one series and all based on one city—"MUMBAI."

Modern Love-Mumbai This is the Indian version of the American television series, also named *Modern Love*, developed by John Carney and based on the weekly column of the same name published by *The New York Times*. The Amazon series, based on the *New York Times* column of the same name, adapts different love stories taking place in New York City.

The Hindi version is similar to the American one, except for the stories and, of course, the city it is based on. Shonali Bose, Hansal Mehta, Vishal Bhardwaj, Alankrita Shrivastava, Dhruv Sehgal, and Nupur Asthana bring forward six heartfelt, romantic, and delightful stories that explore six unique yet universal stories of human connection and love in its varied forms—romantic, platonic, parental, sexual, familial, marital, self-love.

RAAT RANI

Fatima Sana Shaikh plays Lali, a cook, and her husband, Lutfi, a security guard, in an upscale apartment in Mumbai, far from their native Kashmir. Long days end with ice cream—one cup, two spoons—until suddenly he dumps her, breaking her heart and shattering her dreams. All he leaves behind is his old bicycle. This story focuses attention on how one can achieve the comfort of independence. In my opinion, this is Fatima Sana Sheikh's best performance till date. She outdid herself by



playing a bubbly, lively, and fearless woman.

BAAI

Manzu, a gay man who grew up in a conservative household, is torn between love for his partner and Baai, his ailing and ever-doting grandmother. When he visits her in their ancestral home, the past catches up with him as the pain and pangs of his childhood take him back to a reality he had long left behind. This beautiful narrative showcases the importance of acceptance and courage. Acceptance of oneself and your loved ones and the courage to be yourself no matter what the societal norms are. Pratik Gandhi returns to the screen with yet another powerful performance, this time accompanied by co-star Ranveer Brar, who makes his debut as a supportive and adoring partner to his partner.

MUMBAI DRAGON

The currency of love is different for all, but for Sui, the mother, it is the food that she cooks for her son, Ming. When that is threatened by the entrance of his girlfriend Megha into Ming's life, Sui vows to the Warrior God, Kwan Tai Kwon, that she will not speak in Hindi until he brings her son back to her. *Mumbai Dragon* brings forward a story that presents the act of letting go. A third-generation Indo-Chinese

family consists of a mother and son living Indo-Chinese population that have been living in Mumbai for many years was a novel approach, and infusing the story with a mother-son relationship was a brilliant move. In this story, you can see the casual racism the characters face, which tells us how the country lacks cultural information. Ultimately, this story won my heart with its excellent storyline, immensely talented star cast, and cultural appreciation.

MY BEAUTIFUL WRINKLES

Dilbar Sodhi tries to grapple with a young man's declaration of sexual interest in her. It sets her on a path of dealing with the baggage from her past and re-discovering the joy of life. The theme of the story is "self-love." As said, if you can't love yourself, how can you love someone else? Therefore, focusing upon it, the directors and writers bring about this delightful story, but it lacks the appeal. The dialogue and writing could have been more impactful but failed to take that approach. Yet, it speaks a lot for the middle-aged women out there who are trying to find their self-worth, that it is never too late.

I LOVE THANE

About Saiba's journey of finding the right modern man amidst the plethora of men on dating apps. However, life has other plans for her when she meets someone who isn't the modern man she had set out to find and is timeless. While writing the script, the writers must've surely kept the concept of "opposites attract" in mind. This story would appeal to those who love slow-burn romances, as it takes a really long time to develop.

CUTTING CHAI

As the title says, the story is interesting too. In her 40s, Latika is caught in the humdrum of marriage and motherhood and regrets not having fulfilled her dream of being a novelist. One eventful day, she finds

herself re-evaluating all her choices in life thus far, even her marriage. As bittersweet memories and 'what if' fantasies run parallel in her mind, she understands that questioning her past is futile; the answers all lie within her. This being the last episode of the series definitely delivers one of the best stories seen as it questions the mundanity of one's life and the feeling of being stuck or the feeling of 'what if?'. Chitragada Singh plays a frustrated wife trying to juggle the household chores and her career, while Arshad Warsi plays the notorious and loving husband, whose punctuality is put into question throughout the entire episode. Both the actors' performances are exceptional and definitely showcase undeniable chemistry.

The six stories truly captivated all the essence of the type of love that was promised in the given title, keeping in tie with today's modernity and lifestyle. With each episode's ending, you immediately crave another. With great writing, each character's flaws and beauty are brilliantly brought to life on screen by brilliantly talented actors, and the astounding background score makes it even more captivating to watch. This show should definitely be on your weekend watch list if you are craving a fresh breath of romance.

- Jovita Chettiar, SYBA B

FEATURED

PHOTOGRAPH



- Joshua Pereira, SYBMS

MOVIE REVIEW –

JONGENS [BOYS]

This month's feature is *Jongens*, which translates to “Boys” in English. Directed by Mischa Camp, it is a Dutch romantic drama film released in 2014 featuring Gijs Blom as Sieger, Ko Zandvliet as Marc and Stijn Taverne as Stef among others.

Jongens is a severely underrated piece of LGBTQIA+ media that I personally think more people should know about.

The movie follows the story of Sieger, a quiet 15-year-old boy who mostly keeps to himself. He and his best friend Stef, are both members of their local athletics team. The national championship relay race is approaching and selections are being conducted. When the results were decided, it was revealed that both Sieger and Stef were selected to compete along with two other boys. Enter Marc, the fated companion of our protagonist. Sieger often finds himself alone with Marc and doing things that he later questions. He struggles to understand why but soon he realizes his feelings toward Marc. Back at home, Sieger had always been a quiet kid, helping his single father as much as he could, trying his best not to be an inconvenience to anyone. The same cannot be said for his older brother, who's constant need for rebellion forced Sieger to constantly look out for him and pull him out of danger.

There are a few things about this movie that are notable. *Jongens* is a movie with incredibly masterful cinematography despite its budgetary constraints (Being a movie made for TV.) The scene of the two boys facing each other in the lake over a log is the most iconic scene and rightfully used for the majority of all the promotion. On the same topic about TV standard



constraints, the camera work is remarkable in telling a story by hindered scenes. Another thing that sets this movie apart from mainstream LGBTQIA+ media is the adorable lack of sexual scenes and the plot progression is wholesome and innocent. It's refreshing and breaks the formula of LGBTQIA+ movies usually having a sex scene in the second half of the plot. The way Sieger reacts to Marc's approach is albeit classic, rejecting the idea that he could possibly be attracted to boys. But his mental conflict feels real, it doesn't feel dramatic in a way that reminds you it's a movie. *Jongens* is a beautiful illustration about the journey of self-discovery, internal conflict, misunderstandings and ultimately finding acceptance. Despite touching topics like family troubles and self-denial, this film manages to maintain a comforting atmosphere and makes for a great watch. The soundtrack features the very fitting “I Apologise (Dear Simon)” by Moss as its opening and closing track. This movie also won 4 awards at the Zlín-Jugendfilmfestival in Czech Republic.

Jongens is a great comfort pick and I definitely recommend it for when you want to watch something pleasant and enchanting. I would rate this movie a 3.5/5.

- Joshua Ohol, SYBCom A



WATCHING TV WHILE EATING?

Here's how it affects you

Can you recall the last time you had a meal without watching a movie/show or scrolling through your cellphone? Being glued to our devices while eating has become the new normal in our fast-paced lives. After a stressful day, it sure is a pleasant way to unwind by relaxing on the sofa while you mindlessly snack on something or have a meal. But do you know how this is affecting you? Here's what happens when you snack mindlessly:

The American Journal of Clinical Nutrition explains through its research and experiments how DISTRACTED EATING CAN INSTIGATE OVEREATING. Two areas in the brain, namely the insula and orbitofrontal cortex, play a considerably crucial role in the 'perception of taste.' In an experiment done recently to prove this study, 41 participants were made to do highly or slightly distractive tasks, while their neural activity was being scanned. These were visual tasks wherein the participants had to press a button when they saw pictures belonging to a certain category (stationery, sound equipment, etc.) for the highly distractive task, the speed at which these pictures were displayed at was increased, which obviously would then need a higher concentration level. Thereafter, two things were measured. One is how distraction impacts the perception of taste and the second being participants' likeliness to eat more snacks after the experiment. Here's what was observed through the brain scans:

The transmissions in the taste-performing regions of the brain performed poorly when the participant was highly distracted. Moreover, such participants also ended up

eating more snacks later on. Our brain cannot process taste information as accurately when we're distracted. When we begin eating, it takes our brain a good 20 minutes to signal us that we're full and need to stop eating. And when we eat without paying attention or eat mindlessly, we're likely to eat a lot more than we should be eating in those 20 minutes.



We miss out on important signals like half the food from the plate disappearing in no time or the signal our brain sends us that we're getting full.

“I think eating while watching TV also prolongs the time period that we’re eating.” Dr. Albers adds, “If your show is an hour long, you might continue to eat throughout that time period.”

- Clevel and Clinic

In times like these, we may also tend to take a second serving when we're not that hungry rather than sit with an empty plate.

To put things into perspective, our viewing choice can also have an impact on how much food we consume. “More stimulating programs that are fast-paced, include many camera cuts, really draw you in and distract you from what you are eating. They can make you eat more because you're paying less attention to how much

you are putting in your mouth,” said Dr. Tal. Studies have shown how people gulped down twice as much when they were while watching action thrillers than when they were watching celebrity interviews, said Huffington Post.



As Dr. Albers says, while it’s okay to snack in front of the TV sometimes, we should not let eating and watching TV get cognitively linked. Because then, it becomes an unhealthy pattern. And while it’s also understandable how getting rid of this habit suddenly is not possible, it’s crucial to make an attempt. Maybe by snacking on healthy food or by keeping your hands busy while watching shows by knitting, etc. Luckily, experiments have also shown how, although we overeat, we tend to eat whatever is placed in front of us. Might as well take this to our advantage and binge on something a little healthier next time!

-Alicia Dias, SYBA

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