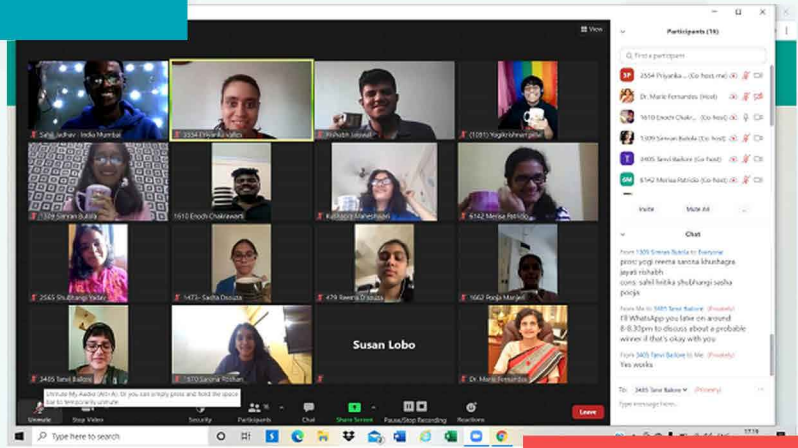


The Andrean Students League



Three years have passed since the foundation of the Andrean Students League. "To lead, to serve" is their motto. This organization's vision and mission is to provide a link between the faculty and the students. Prof Susan Lobo is the student council's head along with Dr Marie Fernandes. At most, the association can accommodate 20 students from each year. Joining the ASL offers no advantages but once a student joins, it truly helps him or her to comprehend, organise and arrange activities and to acquire new abilities.

During one academic year, a student may take part in ASL. Students can host a show wherein they assist their mates organise one and discuss problems that concern them or their peers. They plan and organize a few things. Teachers' day, yearly day, and TY farewell are

just a few of the popular ones. They have adopted the online approach for doing activities and have successfully held various events that have had a wonderful response. While the ASL's future plans are unrevealed, they do have a lot in store for the students, so please stay tuned!

by Pearl Dsouza in collaboration with Enoch Daniel Chakrawarti TYBCOM A, General secretary for The Andrean Students League.

Politics our way

“Students should not only be trained to live in a democracy when they grow up; they should have the chance to live in one today.”

— Alfie Kohn

Generally, the word ‘politics’ is taboo among the youth. We are made to believe that it is a topic only “adults” discuss. It is because it was believed that they knew & understood the country & its requirements better than the youth. Even among the educated, politics may not be the most glamorous of subjects. We are taught that decent people don’t get into politics. So, whenever youth are asked about their prospective career choice, seldom do they choose politics as one.

Although all these factors seem to be true, politics is not something you can detach yourself from. No matter what you do for a living or what field you are interested in, chances are your life is affected by politics at some level which is why it’s becoming increasingly important that youth are aware of politics and policies being introduced; while also advocating for important political issues and becoming involved in any way that they can.

You hear the youth often say “My vote won’t mean anything” or “It doesn’t affect us.” This couldn’t be far from the truth. The feeling that your voice does not matter in the big picture is an erroneous assumption. We not only make up a relatively large percentage of the population, but the youth vote is extremely powerful. Maybe one voice is not enough, but one voice encourages

others which in turn will lead to change. History can also bear witness to the power of the youth. Mahatma Gandhi, himself, urged the youth to actively engage in the freedom movement. The country desperately needs more young leaders to become the torchbearers of change.

Politics plays a big role in nearly all aspects of our lives. Right from the milk in your morning coffee to the fuel in your car, all these are impacted by the government and its policies. So, learning and keeping yourself informed about politics is more advantageous to you than you might realize. It can help you make the best possible decisions for a plethora of issues. Since politics has such a big impact on our lives, wouldn’t you want a say in the decision-making? One way to do so is to make sure you choose a representative whose ideologies reflect your own. This doesn’t mean that you have to know every single thing about the candidate, but doing a little independent research will surely help you be an enlightened voter. Going to vote armed with facts assists you to know who you want to vote for and why. No matter who you are casting a vote for, having the facts helps you make an informed decision on the issue.

Apart from this, the political representation of young people is narrow. There is a need for more youth, not only those belonging to influential political families but also those hailing from diverse social and socioeconomic backgrounds and financial situations, to dive into politics for the sake of equal

representation and to mould the future of India. We ought to participate more in the decision-making process so that we can have more control over how our lives and futures are shaped. Although we are involved in activism in the digital space, protesting, volunteering, etc. youth participation and influence on formal politics is limited. We are underrepresented in political decision-making positions and our involvement in political parties is dwindling. The older generations have chosen to make decisions that work on pre-existing traditional patterns, which sometimes leads to failure when quick resolutions need to be made. So, when strict legal action needs to be taken, say in the case of, the rape of a young girl, the ministers instead say “It is because of the way she dressed” or “She shouldn’t have been out at night.”

Although it is clear that efforts need to be made to make the political system more accessible for all, we need to take the plunge into the political world- now more than ever. Without direct representation in the political setup, there is no assurance that our grievances will be heard and acted upon. For this country to succeed and develop dynamically, the voices of the youth need to be loud and clear.

Inclusive political participation is not only a fundamental political and democratic right but is also crucial to establishing a stable and peaceful world that responds to our specific needs. For the youth to be adequately represented in political institutions, processes, and decision-making, and in particular in elections, we must know our rights and be given the necessary knowledge and capacity to engage in meaningful ways at all levels.

There are many ways youth can become involved in politics. The most important way we can get involved is by voting at State, Center, and Municipal Council Elections. Voting is one of the basic ways you can influence politics. So, choosing the right representative is essential and hence there is a need for political literacy. The first step to political literacy is getting rid of ignorance towards what is going on in the world around us. Learning about representatives and political issues is an instrumental way of growing your involvement in politics. The bridge between youth and politics needs to be built by normative equipment, with schools being a fundamental, structured and unbiased source of political education. However, information regarding the same is often readily available in newspaper articles as well as online. One thing you should beware of is biases in the media and where each media outlet lies on the political spectrum. Alternatively, you can look into local governments and how they operate in your neighbourhood. Moreover, you can volunteer during elections for respective political parties to gain direct exposure to the inner workings of said party.

You can also be involved in politics by having conversations with people around you. Surround yourself with like-minded individuals, as well as those with opposing views. This might help in understanding a different perspective than your own. We may not see politics as black and white as many of the older generations do. So, we need to find the grey areas that make sense to us and our perspectives. The importance of being able to listen to and understand other people’s perspectives cannot be overemphasized. Finding a middle ground to agree on helps make the world more tolerant.

While social media has become an important source of activism since the pandemic, having young participation in formal politics helps accentuate the cause and increase the possibility of action. To make long term differences, we must engage in formal political processes and have a say in formulating today and tomorrow's policies. Even though youth engage informally, having more youth political representatives helps in driving our point home. All major political parties have youth and student wings, such as the Indian Youth Congress, Akhil Bharatiya Vidyarthi Parishad, the Democratic Youth Federation of India, etc. Getting involved with these youth wings that align with your ideology, is a small way we can make our mark in the political world, as political parties in power directly make new laws based on concurrent lists of the state and centre, at all levels.

The environment of radicalism in politics affects the youth more because youth are more easily influenced. One thing we can do is to make sure we stay true to our beliefs and principles and to always remember what we stand for, and the ideologies we believe in.

Not only are we integral members of society, but also members of the future generation and more so, politics. We can be powerful provocateurs of the status quo and fight for sustainable development and a better future for us and newer generations. As youth, we need to understand the impact that current decisions have on our future. Consequently, it is high time we stood up for what we believe in and speak up and make our voices heard. More the number of youths involved in politics, the better. Though many may be under 18, you can still do your part to ensure that you're making your voice heard by educating



Not only are we integral members of society, but also members of the future generation and more so, politics. We can be powerful provocateurs of the status quo and fight for sustainable development and a better future for us and newer generations. As youth, we need to understand the impact that current decisions have on our future. Consequently, it is high time we stood up for what we believe in and speak up and make our voices heard. More the number of youths involved in politics, the better. Though many may be under 18, you can still do your part to ensure that you're making your voice heard by educating yourselves about politics. Start small, for example, pick up the newspaper or visit an online news website and read up on current events, stay up to date on policies being introduced within and around our country, start a conversation about the same with those around you, etc. While one cannot expect everyone to rush out and join political parties, maybe consider taking some time out to become more aware of politics by educating yourself and others around you, voting, getting involved at the local level, etc.

- Jazlynn Mathias

Book Review

CIRCE

In the house of immortal Sun God and the strongest among the Titans God Helios - a daughter is born. Her mother Perse was beautiful, materialistic and the daughter of Oceanos.

But Circe was rather unique. Neither did she possess the strength and power like her father nor the beauty and charm of her mother. For that, she was constantly mocked for not fitting in with the standards of a Greek Goddess.

She thought her fate was sealed, but unbeknownst to her, she would soon gain her very own power in all of the heavens- witchcraft.

When her special gift threatens the Gods, she is exiled to the lonely island of Aiaia. After the betrayal from her very own kin, she decides to stop lamenting in misery and starts accepting what distinguishes her amongst everyone.

She honed the art of occult crafts, gathering inexplicable and strange herbs, learned to cast spells and tames the wildest of the beasts.

Cast away at a lonely island with only plants and animals for her companions, joy overcomes her when the island receives an unexpected visitor.

Odysseus, a mortal for whom she would risk all that she possessed.

Circe's story encompasses an epic tale of betrayal, family rivalry, love and loss amongst the turmoil and uncertainties. Her story is a perfect example of a woman reclaiming her power, accepting her truth and self love in a man's world.



Circe by Madeline Miller

An enchanting story that is the reflection of women in our modern society-picked on for being different or ridiculed at trying to stand out. It is a retelling of Greek mythology through the eyes of Madeline Miller that bridges man and myth.

It recasts the infamous Circe as a hero in her own power.

I'd rate this book a 4.5/5. Circe is a great read for young adults and Greek mythology enthusiasts.

by: - Stephanie Liban Cardoz SYBA



CHOCOLATE

Muffins

Recipe

Dry Ingredients

75gms flour
20gms cocoa powder
8gms cornflour
1/2tsp baking powder
1/4tsp salt
1/4tsp baking soda
100gms sugar

Wet Ingredients

120 gms milk
59gms oil
1/2tsp vinegar
1/2tsp vanilla essence

Method

- Preheat an oven at 180°C for 10 -15 minutes.
- Wet Ingredients: In a bowl, take 120 gms of lukewarm milk. To that add 1/4 tsp of Baking Soda, 1/4 tsp Vinegar, 1/2 tsp vanilla and 59 gms of oil. Mix until all the ingredients are properly combined.
- In a separate bowl, sift all the dry ingredients and after that add the wet

ingredients to the dry until combined.

- Line the cupcake/muffin tin with cupcake/muffin wrappers/liners.
- Pour the batter into the wrappers/liners about 3/4 of the way up.
- Bake for 15 - 20 minutes at 180°C.
- Let your muffins cool down and enjoy!

-Recipe by:

Vian Fernandes

SYBsc (HS)

Baking page on Instagram:

@viansbakingkingdom

Glynis. A. Fernandes

SYBAMMC A

Film Review

He's All That

If you're looking for a cringe-worthy romcom for a girl's night or a night of self-care, this is it. Fair warning: you will be laughing for 99% of the duration of this movie, not because it's funny, but because it's just that cringe.

The Gist: Padgett Sawyer "The Make-over Girl" (Addison Rae) is a beloved content creator and stellar student who's always posting her best for her fan following and main sponsor Bunny Venom, a company run by Jessica Miles Torres (Kourtney Kardashian). She's a loving girlfriend until she finds her up and coming pop sensation (tool of a) boyfriend cheating on her, and yes, she found out while she was live on social media. :)

She becomes a global meme, "Bubble Girl" and instantly loses fans and her brand deal. Later on, she rejoins society, and her (fake) best friend brings up an old bet of theirs - The Ultimate Loser Bet. As the challenge, Padgett has to make a nobody into somebody, and she takes this on, in a way to regain her "Make-over Girl" status. Enters in Cameron Kweller, the anti-social, scruffy man-boy who Padgett's friends choose for the make-over. He's dark and brooding, she's peppy in pink, the trope thickens. :)

While she gives him the ultimate makeover, she realises that there's more to his 24/7 anti-social (media) e-boy exterior, he realises she's more real than "Material Girl" and they start to fall for each other. But will their teenage dream last once the truth comes out?

The review:

The movie has obvious comparisons to the original *She's All That* and follows the same predictable storylines of other cringe-worthy



Netflix rom-coms like *The Kissing Booth* and *To All the Boys I've Loved Before* trilogies. Addison's acting debut is pretty normal, there wasn't much wow factor to what she brought to the screen. The meme of her handing out flyers has taken the internet by storm and just goes to show, not even a 20 million big-budget movie is perfect. The overall story is a trope as long as time but what's baffling is the escalating pace of the storyline and the full use of stereotypes.

Here are just a few of the questions I had after watching the movie.

- 1) Did they need to go as far as giving Cameron Kweller, our brooding, anti-social nobody, a broken, yet duct-taped flip phone from 2006!?
- 2) How is it possible that after just 1 day of

hanging out, Cameron swoops in to save Padgett from social embarrassment? In front of a crowd of people he loathes, at a party, he didn't even want to come to?

3) Why was each character written out of a book of generic Hollywood archetypes?

4) Are you seriously trying to tell me Cameron let Padgett change 80% of himself in 3 days of knowing her? Really?

The movie leaves nothing to the imagination and is surprising considering the movie was directed by Mark Waters, the director of Mean Girls. They tried their best with nostalgic cameos, Laney Boggs, Padgett's mom (Rachael Leigh Anne Cook) and Brock Hudson (Matthew Lillard) but it didn't add much to the storyline, except Elder Millennial jokes and tired mother-of-the-main-cast tropes. The most exciting part of this movie is the fight scene that does its best to get you to the edge of your seat but falls flat as soon as they move on to the next scene.

It would have been refreshing to see a mainstream Netflix film use this golden plot to hold up a mirror to younger audiences, allowing them to see the grotesque funhouse reflection that is the 21st century staring back at them. But it is what it is, and luckily people are taking in the movie more as Quinns and Camerons rather than Jordan Van Draanens.

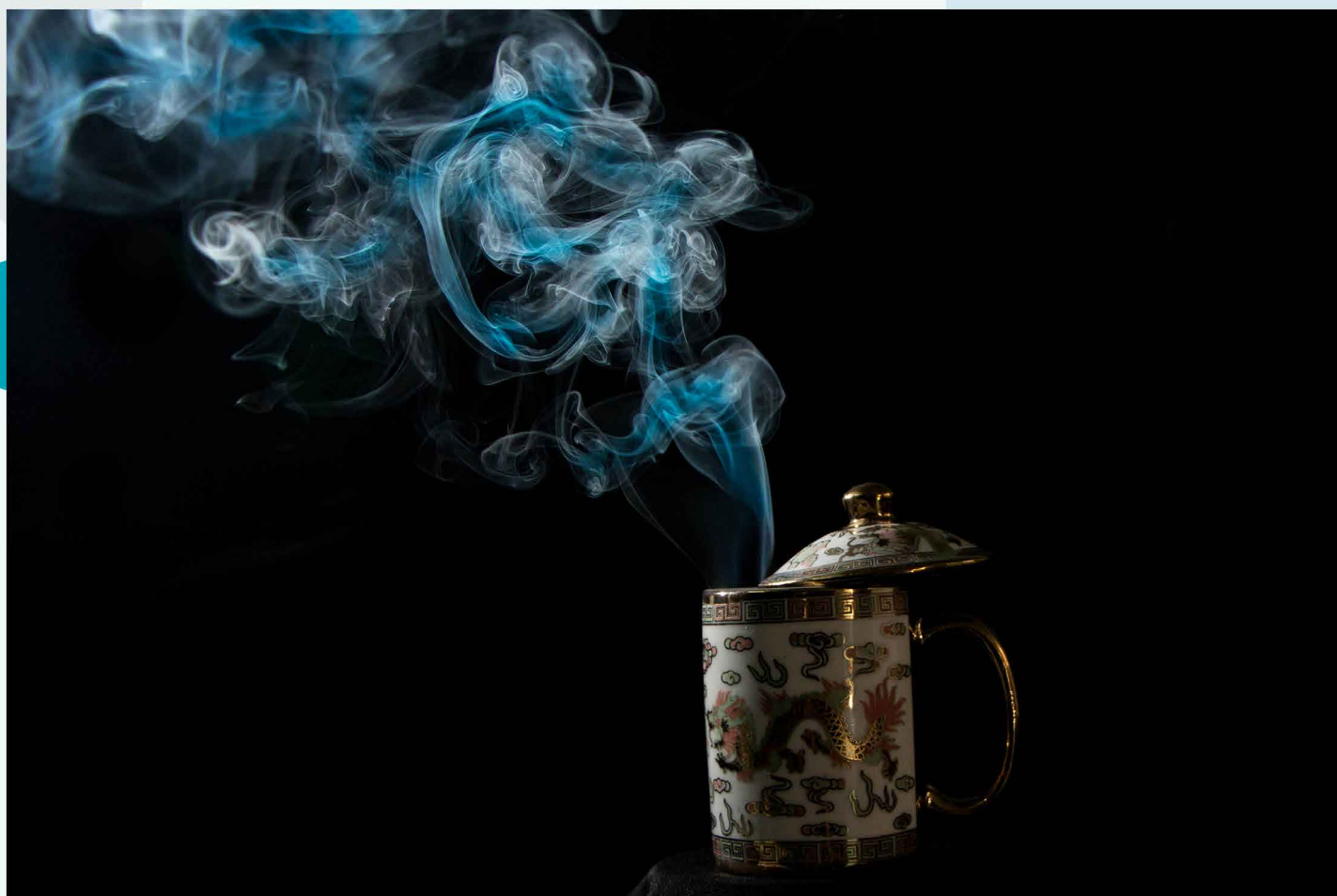
On a scale of Clueless to 10 Things I Hate About You, this movie falls a little before the scale's beginning, as it has barely any elements that make it a lovable rom-com. But like I said before, this is the perfect binge & cringe movie for your night in, so at least it has that going for it. Who knows maybe like Jennifer's Body, it'll have a cult following of its own 10 years from now.

Written by - Jessica D'mello,
TYBMM



FEATURED

PHOTOGRAPH



By Brendon Martins



How to get rid of Anxiety

Do you want to get rid of that terrifying and nervous sensation as your heart continues to beat, or even worse, pound with greater intensity? If so, this article is just the one you've been searching for. But before we jump into the technical bit, let's just take a moment to explain what anxiety is to our uncursed brethren and sistren.

What is Anxiety?

Anxiety is a multisystem response to perceived danger. It's categorized as an emotional response as anxiety is a direct result of a biochemical change in the brain. People with anxiety usually have recurring apprehensive thoughts or concerns. Common symptoms among people who suffer from anxiety would include - sweating, trembling, dizziness, hyperventilation and a rapid heartbeat.

The Cost of Anxiety:

If ignored, anxiety can cause severe harm to your mind and by extension to your physical health as well. The stress hormone - cortisol, triggers anxiety, which could contribute to



problems such as heart diseases, kidney diseases, stroke and sexual dysfunction. A 2017 Lancet study revealed that the more intense one's anxiety is, the greater is the risk of heart attacks and strokes. Anxiety can dominate your life, without you even realising it until it's too late. This is because anxiety impacts every part of your life. School, work, relationships, etc. all eventually feel the negative impacts of anxiety. Social anxiety can cause people to isolate themselves, ignore opportunities, and miss out on important phases in one's life.

Coping with Anxiety:

Now that we have an insight into how critical anxiety can be, let's talk about effective coping methods to help you get through this. Here are a few techniques that have proven to be extremely useful in coping with anxiety:

#1 Cognitive Restructuring:

Cognitive restructuring is a six-step framework that's extremely popular and used by therapists quite often. The following points discuss this framework in detail:



Hitting the Pause Button: We often let our emotions take the wheel and just go on for the ride, but this is extremely unhealthy. Instead, we should pause and take a moment to ourselves. Once you've taken a brief pause, question yourself: What's going on here?

Identifying the Trigger: Writing down your negative thoughts is a good way to get your thought process organised. Once you've written down your negative thoughts, ask questions such as who, what, when, where, why, etc. to identify what's triggering your negative thinking, thus triggering your anxiety.

Notice your automatic thoughts: We all have thoughts that, by default, pop up in our heads. Make a note of all the automatic thoughts that pop up in your head and now examine those thoughts. What automatic thoughts were running through my head after this trigger? Why were they running?

Identify your emotional reaction and note how intense it is: Our mental interpretations of the environment around us generate our emotions. Although the type and intensity depend completely on how we interpret those thoughts. At this point, note down how that event made you feel - angry, sad, happy, euphoric, etc, and then note how intense those emotions were. A scale of 1 - 10 is fine.

Generate alternative thoughts: Instead of thinking "Oh my god, that cyclist almost hit me!", try shifting your mindset and thought process to, "Damn, I have quick reflexes". If possible, generate at least two or three alternative thoughts for each Negative Automatic Thought.

Re-rate the intensity of your emotional response: At this point, hopefully after generating plenty of positive thoughts, re-evaluate how you feel - the intensity of your emotions. In most cases, they will have gone down. This is the final step and the most crucial one as noticing and feeling the relief from your negative emotions decreasing is an important reinforcer of the new habit of Cognitive Restructuring. In simpler terms, you'll be more likely to develop a long-term positive mindset as you've received a reward of a slightly lower negative feeling as compared to before.

#2 Lifestyle Changes:

Caffeine can act as a catalyst for your anxiety, so if you suffer from anxiety or even depression, stay off of caffeinated drinks for a little while. Try decaffeinated drinks instead! You'll notice that your anxiety and stress levels are going down. Also, try to avoid energy drinks and exercise regularly. Studies show that participation in physical activities shows an improvement in self and life satisfaction, which helps in reducing depression and anxiety. A recent systematic review of the Mental Health Foundation (2013) concluded that exercise is extremely effective against clinical anxiety.

Another impactful way of overcoming anxiety is by doing yoga. Yoga helps you to meditate, visualize, and focus on your breathing, which can help you to let go of fear and worry, induce the relaxation response, allowing the body and mind to calm down and ease out.

#3 Intentional Breathing:

In a tight spot and need to calm your nerves? I've got you! Take a moment to yourself, forget about the world, and just breathe! Breathe in through your nose, hold for 5 seconds, and exhale through your mouth. Do 6 sets of these. A Chinese study revealed that slowed heart rate along with slow breathing cuts the levels of cortisol and adrenaline (the stress hormones) and releases dopamine, oxytocin and serotonin (feel-good hormones). This technique is called Intentional Breathing.

#4 Mindfulness:

Mindfulness is a variation of Cognitive Behavioural Therapy (CBT), in which it focuses on changing the relationship between an anxious person and their thoughts, rather than changing the thought itself, as done in CBT. It revolves around the idea of not reacting to situations, but analysing, evaluating and responding to situations. This teaches us how to respond to stress-inducing situations with awareness of what's happening in our surroundings.

#5 Butterfly Hug:

The Butterfly Hug is accomplished when an individual crosses their palms, interlocks their thumbs and places them on either their chest or shoulders, whichever feels comfortable. If it seems uncomfortable in any way, you need not cross your arms and interlock your thumbs, you could simply just place each palm on your knees. Once your palm is on either your chest, shoulders or knees, you will then gently begin to tap each side of your chest/shoulder/knee alternating the sides. While doing this, know that however you're doing this is OK! If you'd like, you could also add a positive affirmation to this. It may be - "I am ok, "I am enough", "I am loved", "I can do this", etc. whatever aligns with your need at the moment. Do this as long as you like, as hard or gentle as you please, there aren't any specific rules here. You make them. This exercise is for you and no one else, remember that.

Once you feel that you've reached the end, stop and keep your hands in that same position for about a minute and take a deep breath, hold it in for about a few seconds, and then gently let it out.

Written By: Cliff Coutinho, FYBA

How to Be a Real Man in a

Man's World.

Your Guide to Being the Manliest Man ever in 2021. As told to us, by "men"

We're all familiar with the terms 'man' and 'mankind' and their textbook definitions that closely resemble the image of Arnold Schwarzenegger and Dwayne Johnson in our minds.

"What is it like to live in a man's world?", "Are all men the same?", "What is it that makes someone a man?", "What does 'MAN' even mean?!"

A plethora of questions that may have crossed our minds at least once in our lifetime. Whom better to question than living breathing people? We thought so too.

In order to answer our many questions, we invite five very different people from different walks of life that are somehow still connected.

Here is a list of nine questions and the participants' different answers, because we know that all men are not the same, or do we?

We'll leave that up to you

1. What is your definition of a "Real Man"?
2. Statistically speaking, men are favoured in every aspect of life, often called the superior gender. Is it easy or difficult to be a man in today's world?
3. What should young men of today learn with the changing nature of the world?



(Art courtesy: Gargi Kshirsagar, SYBA A)

4. Do you think the term Meninism should exist? Ironically a lot of people think feminism is sexist.
5. Do you believe that Patriarchy affects everyone?
6. A lot of men are internally divided between conforming to society's standards and being their true self. What is your take on this?
7. What are the personal challenges that you have faced that are not often spoken about or are silenced?
8. What change would you like to see in young people or those who identify themselves as young men of today?
9. One piece of advice that should stick with people throughout their whole lives?



Sunil Nair. (he/him)

Runs a financial service center for over 15 years. Parent.

1. A real man is someone who is not threatened by his female colleagues but rather empowers, supports and listens to them with an open mind understanding they are equal.
2. Historically, I agree. The mindset of people has undergone a massive change and women have proven time and again that they are no less capable than their male counterparts. Women have made headway in many countries around the world to what was originally known as a man's world in medicine, armed forces and even the principal Dr. Marie Fernandes of our college at St Andrews. I am grateful that my wife and daughter have studied there.
3. The advice I would give my son or the youth of today would be "Adapt a progressive view in the volatile, uncertain, complex, ambiguous world and keep an open mind free from bias that they would identify with. Gender identity and sexual orientation are a personal choice and do not reflect the

capabilities of an individual bringing different perspectives to the table that differ from stereotypes.

4. Meninism should exist if men allow it as a way to express difficulties facing modern men. Feminism is the demand for justice for everyone. It is liberation.

5. Yes. The old rules were built for stability and consumption, not love and intimacy. One can be a man and cry and be a woman and step up. We must step out of the frame of patriarchy and not be determined by it.

6. As you explore your sexuality, it is important to gauge your comfort at every step of the way. Guilt or shame can get in the way of you feeling comfortable in your body. If you are confident in your body, you will feel comfortable in the way society views you like Elon Musk.

7. Men never speak of their problems and it's a huge issue. The kind of job I have involves taking huge risks and have faced many personal challenges. There were times where expressing my emotions was a challenge for me since I am expected to lead and motivate my team. There were times I felt like wallowing in self-pity and giving up.

8. No particular change as everyone comes with their personal brand of uniqueness and every child must receive an opportunity to find their star and shine in their own way.

9. To take advantage of all available opportunities today and never give up learning and reading because it opens the mind up to ideas enabling them to become a star in the future.



Aaron Christopher Nayagam (he/him)
Nano Beauty Influencer (@aaristopher
on Instagram), Out and Proud member
of the LGBTQ+ Community.

1. Growing up, it was someone who was hyper masculine and who had a lot of machismos.

But now, it is one who is confident, sensitive, in touch with their feminine side and is assertive when required.

2. It depends. Cisgender-hetero men have always had the upper hand as compared to women owing to the patriarchal system. Trans men and gay men face a lot of discrimination

3. Look up to people who have fought for their rights and change is constant, you will meet different people in life so one must evolve, accept them as they are and respect everyone's pronouns.

4. A few years ago, I would've said yes, but now realise the privilege of presenting as a man. Feminism = Equal Rights. Meninism = Justifying Patriarchy.

5. YES. Men and women both suffer owing to the stereotypes caused by a patriarchal society.

6. Do not conform to any gender norms and risk your mental health. Come out when you are financially stable and not at the risk of your life.

7. I consider myself privileged, so I speak out for underrepresented people such as trans people who are often scrutinised.

8. Acceptance. You can have opinions on topics such as veganism, abstinence, politics without hurting someone physically and mentally.

9. Keep your unsolicited opinion to yourself. Practise your freedom of speech without shaming anyone for their personal beliefs, their bodies or sexual orientations.



Samson Carvalho (he/him)
MA Organizational and Industrial
Psychology. Professor at St. Andrew's
College, Bandra.

1. An integrated person who is in touch with his masculine and feminine side. One who is successful and competent and also sensitive, gentle and caring.

2. It is easy and difficult. We have benefits and privileges that we enjoy in familial and corporate sectors.

3. Being a feminist myself, I understand the misogynistic ideas created by patriarchy where women are looked down on. I have identified with countries that embrace the feminine side of men, such as South Korea through their K-pop and K-dramas. They cry, are sensitive and get hurt, that is representation for

me.

4. Meninism shouldn't exist. Feminism isn't sexist and I do not agree with feminazis who are an extreme side of feminism. I believe Feminism is important in India.

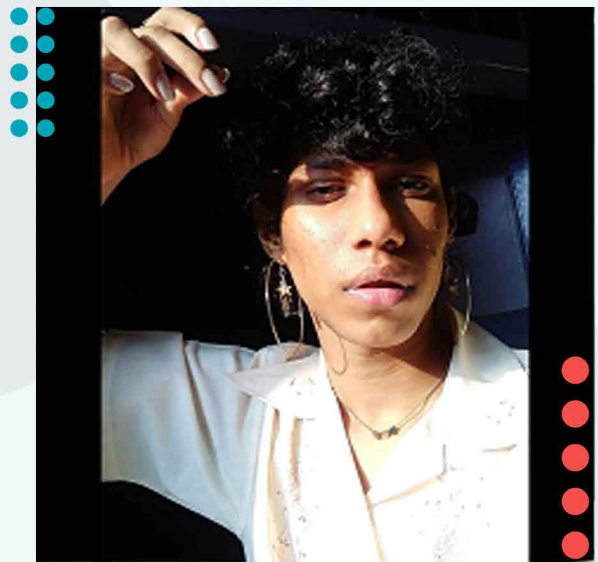
5. Patriarchy affects everyone: non binary people, women and men. The fantasy of the patriarchal family sees men as sole providers, born leaders who must suffer in the name of love of their family and always be strong.

6. It's easier to preach than to practice. It is difficult to be vulnerable but I believe that everything begins at home. We must try to get rid of guilt and shame associated with our identity.

7. I allowed myself to cry after 7-8 years at my grandfather's funeral. We call it the permission wheel where we allow ourselves to do things that we generally wouldn't and find redemption from being chained by things. I consider myself privileged to have so many people who supported me in my journey of personal growth- my mentors and professors. I have made meaningful relations with my friends and students due to this.

8. Coming out of an all-boys school, with strong patriarchal ideas I only learnt for the better after being exposed to the other gender. I realized my misogyny and started working on it and everyone can learn from their past and create meaningful relationships.

9. Mard ko bhi Dard hota hai. Start working around your scripts of shame.



Ayush Alex Alphonso (they/them)
Transgender and Non-binary person.
Student at National Institute of Design,
Haryana.

1. I actually laugh at the term 'real man'. There is no such term except for the toxic definition which is exclusionary in nature.
2. Statistically, in comparison to women there is male privilege and ignorance as these oppressive rules are created for all by men.
3. It should begin with the realisation that trans people, intersex, women and non-binary people have always existed but never had the language to describe it. No one is encroaching anyone's space as spaces were never assigned to a specific part of society. Get off your high pedestal and acknowledge your entitlement.
4. I actually laugh at the so-called movement because it's the same as men, men and men all over again. Feminism is against Patriarchy, not men.
5. Absolutely. It is making rules for women and men by men that excludes non-binary people. It creates a mould or list excluding nuances and complexities.

6. Question your identity to reflect on the meaning of your masculinity. Ask yourself, 'Is it my reproductive organs, my ability to fit into masculine stereotypes such as a rough and tough personality that makes me a man?'

7. Transgender and non-binary people are often underrepresented in media or are unknown to people they know as they do not feel comfortable to live their true self.

8. I hope they read and question themselves and empathise with the lived experiences of other genders.

9. I'm 19 and still learning. All I have to say is "Testament to the fact as to much I (we) don't know, but also as too much there is to know."



Shridhar Kshirsagar (he/him)
Behavioral Scientist, OD Consultant.
CEO at People and Systems Alchimie
Pvt Ltd.
Parent.

1. There is no proper definition. A real man is someone who understands issues and processes related with gender, class, caste and religions but also understands how it impacts overall humanity.

2. To be a man is easy, to be a real man in this world isn't.

3. It is important to understand one's social process. My worldview is created by my reflection. Socialization process isn't based on equality. We should be able to function and cooperate as it's one's personal choice.

4. No, I do not think the term Meninism should exist as we must understand the nature of oppression. There is an oppressor and an oppressed. All rules were created by men and have been a huge contribution to patriarchy and oppression.

5. Yes, 100%. It affects every part of the world. Patriarchy is another word for oppression.

6. Allow your cognitive self to listen to your emotional self. If you don't follow norms, there will be no resistance. Youth is nothing but energy to resist, fight and learn.

7. As you grow, you will learn about new things. My thought process has changed throughout my life and so will yours. Keep an open mind.

8. Gender, religion and class affects our lives and won't let us live peacefully. If we learn about the processes that affect our lives, we will understand that one oppressing the other will never let us coexist in peace. We must reflect on our behavior.

9. Listen to your heart if you truly want to be happy.

Now that we learnt that not all people are the same, let us free ourselves from the cage of stereotypes and coexist. Harmony in diversity. Which one of our above speakers do you relate to the most?

Practice the Pronouns! (they/them)

The pronouns mentioned are used by non-binary or queer gender people.

Using the pronouns, they/them isn't that difficult at all.

For example:

He/ She is my friend. His/ Her mother is my school teacher.

They are my best friend. Their mother is my school teacher.

-Stephanie Liban Cardoz, SYBA A.

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