

SAMUN

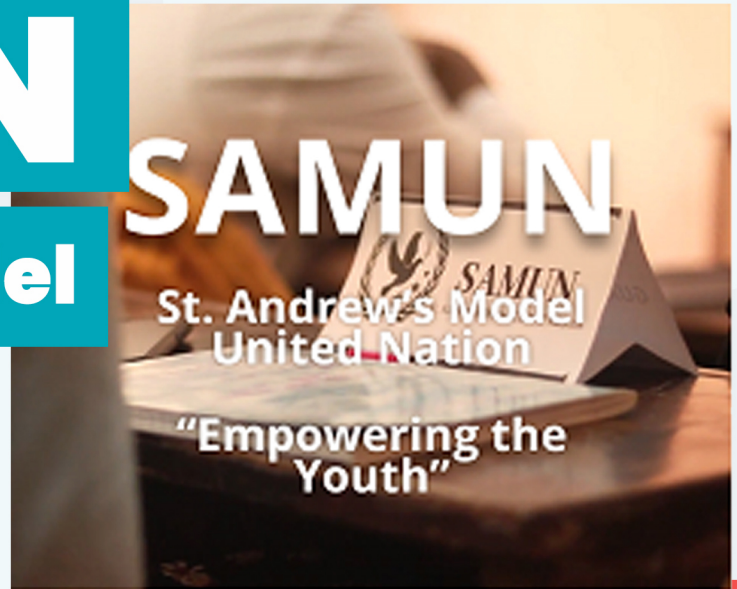
St. Andrew's Model

United Nations

As Mahatma Gandhi once said “Be the change that you wish to see in the world”. In order to do so we have to start by learning to be a part of politics and political debates which can be a challenge. Hence Model United Nations was developed. Model United Nations affects millions of delegates in personal, social and academic ways. It provides a plethora for delegates to dive into world politics all while learning to face their fear of public speaking. It supports students’ personal growth and triggers self-confidence. Understanding about the world politics will help students have a holistic perspective on India’s global commitments

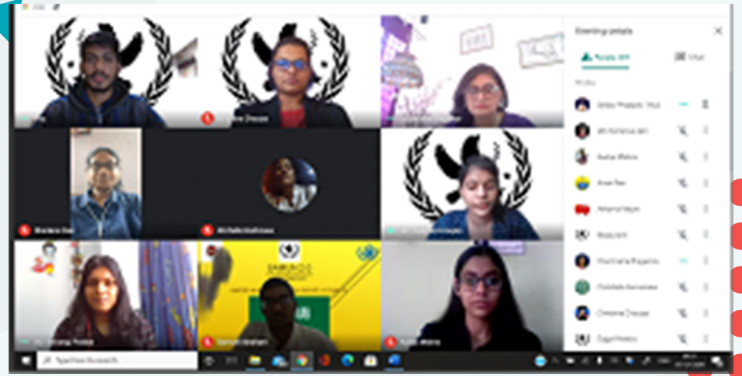


While SAMUN already existed at St. Andrew’s College, only in 2019 did it revive itself with the help of Sanjay Prajapat, currently a TYBBI student



and Vice Principal, Dr. Charmaine Braganza. St. Andrew’s Model United Nations or SAMUN for short, is a pedagogic semblance and by way of this activity students can learn about diplomacy, international relations, and the United Nations. It involves stimulating debates and discussions by young diplomats on the most pressing issues faced by the world and reaching conclusions that will eventually impact world harmony. SAMUN not only teaches researching, public speaking, debating, and writing skills, but also involves critical thinking, teamwork, and leadership abilities. SAMUN is a great platform for students to engage in the world of diplomacy and provides the foundation into world politics. Their vision is to empower the youth about diplomacy, their mission to encourage students in gaining insight into situations worldwide & assisting them in acquainting them with international law, politics, governance, rights & duties

The participants, also known as delegates, are assigned countries and placed in committees, or occasionally other organizations or political figures, where they portray members of that body. They are presented with their assignments in advance, along with a topic or topics that their committee will discuss. Delegates are expected to conduct research before the conferences and formulate positions that they will then dispute with their fellow delegates, all while accurately representing the actual position of the member they are assigned.

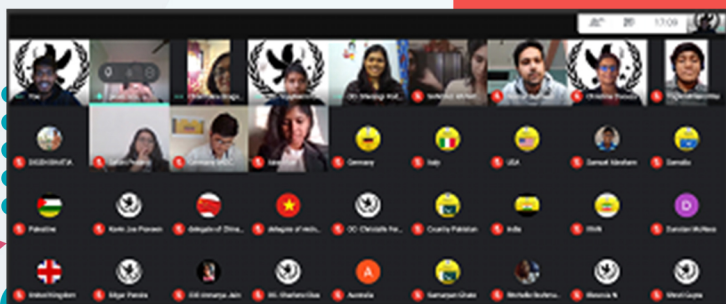


After such a positive response the committee decided to open its doors to students outside of St. Andrews as well. Although SAMUN 2.0 happened virtually, it enabled delegates to expand their world-view. It was an important step toward becoming global citizens. The Executive Board members conducted the conference and imparted the attendees with interesting facts. Dr. Preeti Oza gave the concluding speech at the closing ceremony. At the end of a conference, the best-performing delegates in each committee, as well as delegations, were recognized with awards

This department contains youth passionate about politics and keen on building themselves up. SAMUN is a department that leaves you with skills that you will need in life whether it is public speaking skills or just self-confidence.

- Jazlynn Mathias. TYBAF

This article was written in collaboration with Sanjay Prajapat(TYBBI)



With the motto to empower the youth and educate them, SAMUN has conducted 2 events since 2019. St. Andrew's College of Arts, Science and Commerce conducted its first conference SAMUN 1.0 from 28th Jan. 2020 to 29th Jan. 2020 where 53 students participated. At the end of the two days' discussion on agendas, resolutions were passed by the committees and the conference concluded with the awards lauding the best speakers, being handed out by Vice Principal and Professor In-Charge, Dr. Charmaine Braganza. SAMUN 1.0 had three committees:-

1. United Nations Security Council: – Addressing the issue of World War 3 and reducing the nuclear danger.
2. United Nations Human Rights Council: – Violence based on sexual orientation and identity.
3. International Press.

Spilling the Tea on Nothing but the T

Nothing but the T can be easily described as a plethora of education, talent, and interesting conversations, but where's the fun in that? "NBT" is a one-stop-shop for all things career, life, and genuine fun times.

From questions like favourite childhood memories to the real hard-hitting questions like the role of women in the workplace, NBT makes each episode worth our while.

In their first episode, they had Neetu Shukla, former cabin crew manager at Kingfisher Airlines, who talked about her experience working there. Not only did they talk about the great lifestyle that came with being in that industry, with that airline, but they also very clearly highlighted the grey areas. Neetu openly spoke about her time at the airline and how its recession was visible. Now I can't give away all the spoilers, but if you'd like to know what Neetu's take is on Taylor Swift, where women lie on the empowerment scale and many other mini-conversations that will leave us in awe of Neetu, head on over to our official YouTube page 'St. Andrew's College of Arts, Science and Commerce'.

NBT aims to bring out the best from each aspect of an interview, they bring out the educational aspect and great comedic timing with their rapid-fire questions. While we'd love to hear about the backstories of our role models and people who inspire, they also add in that extra tinge of life lessons that are a wake-up call in itself.

For people who are trying to cope with education, life in the pandemic, and the toxic, unrealistic ideal that we need to have our life figured out by the age of 25, NBT is the exact beacon of hope that shatters these myths. With seasoned professionals from various industries, telling us it's okay to begin again at 40? That might just be the most helpful thing for anyone struggling with existential dread.

NBT is nothing but reassurance, inspiration, and motivation to be the best version of ourselves. And I'm sure we'll get an overdose of this in the next episode, hint; the next guest is a famous journalist who spent a good amount of time making us smile at a little known place called BuzzFeed.

I could write much more, but none of my writing prowess could fully explain what NBT can mean to you and everyone else, so you better go ahead and find out for yourself!

- By: Jessica D'mello, TYBMM.

Film Review

And Action!! – The Intern

The Intern is a pleasant and lighthearted film released in 2015 and directed by Nancy Meyers who is also known for numerous critically and commercially acclaimed films like *Something's Gotta Give* and *The Holiday*.

Nancy Meyers doesn't just make movies, she makes lifestyle daydreams which are playful, and movies that are generally irresistible. The most notable aspect of her direction is the pristine and well appointed interiors, the little details with each setting and creating something that is ready made for Pinterest. These small details seem to be pleasing to the audience as well.

The movie stars the eminent and versatile Robert De Niro as the 70 year old Ben Whittaker, and everyone's favourite Anne Hathaway playing the role of Jules Ostin, the founder of an online clothing company that has soared from zero to millions. The movie also stars talented actors like Rene Russo, Adam DeVine, Andrew Rannells, Zack Pearlman and many more.



The company he gets selected in happens to be owned by Jules Ostin, who runs the company with a firm grip and an obligatory smile in a warehouse-like building. She is a successful woman, but also facing one crisis at a time. She happens to be struggling while maintaining a steady balance between her family life and career, and wants the best of both worlds.

Ben, who is assigned to be Jules' assistant, looks forward to working with her. While Jules isn't very keen on working with him (poor connections with elderly as she doesn't share a good relationship with her mother), leading to Ben helping the others in the office complete their tasks. Soon, he becomes known in the office as the office mascot ready with a handkerchief and his fair share of wisdom. Ben becomes friends



The story of the film revolves around the character of the 70 year old widower Ben Whittaker, who worked at a phone book company prior to retiring. Ben, who now faces loneliness after his retirement and living a life without his spouse, decides to enroll for a spot as an intern.

with three office workers named Jason, Davis and Lewis, who help him out in learning all about the new technology and how to put it in use.

The friendly relationship between Ben and Jules begins when Ben happens to clear a table which was cluttered for quite a while, and it bothered Jules who wasn't ready to ask anyone to clear it up. We also happen to see a glimpse of Jules's family and the relationship they share.

Slowly and steadily we see the relationship of a boss and an intern growing, with some wise words by Ben. Jules, who is known to be late at meetings, is accompanied by Ben, who serves as her driver, and Mr Fix-It-All who helps Jules get on track at work and her home, in a way that nobody else could help.



The Intern is one hell of a ride. It erases the stigma of working till a particular age and then retiring, showing us that someone who can find joy in work can surely continue regardless of their age. It surely is a delightful and fun watch, with a surprisingly good end for all.

by -Glynis. A Fernandes.
SYBAMMC A



Throughout the film, we happen to see the budding friendship between Jules and Ben, with Ben being her confidant and sharing some of his life lessons with her, motivating her to do better and making her believe in herself. Ben shares a friendly relationship with all his colleagues, always ready to help them with any situation they face. With tense situations, a mission to delete a mail, the fear of losing the position and handling a breaking family,

CHICKEN PASTRY RECIPE



Ingredients

- 1kg chicken breast
- ½ tsp ginger (finely chopped)
- ½ tsp garlic clove (finely chopped)
- 1 cup - water
- 2 tbsps - oil
- 3 cups - onion (small chopped)
- 2 tbsps - refined flour
- ¾ tsp - pepper
- ½ cup - milk
- 2 nos - puff pastry sheets
- Salt as per taste

Method

- In a vessel, take some water and boil it for a few minutes. When the water comes to a medium boil, add the chicken breast, ginger, garlic and salt. Simmer until cooked on low – medium heat
- Remove chicken from heat and shred it.
- Heat some oil in a pan and add chopped onions and cook until soft and translucent on medium heat.

- Add the shredded chicken and stir it together.
- Add the flour in the pan and fry for 2 minutes on medium heat, then add some salt, pepper and milk. Stir well until the milk is reduced
- Brush some oil on the baking tray.
- Use a cookie cutter and cut the pastry. Then take a spoon of chicken filling and fill it in the centre, egg wash around edges and seal it from the corner with the help of a fork.
- Arrange the pastries on the baking tray and brush it with egg or milk wash from the top .
- Bake for 20 minutes until golden at 350°F /176°C.
- Serve Hot.

This Article was written by Pearl Dsouza in collaboration with Healson Mendonsa TYBSC HA.

FEATURED

PHOTOGRAPH



By Brandon Pinto

Productivity

A Mythical Concept during COVID-19

Prior to this grey and anxiety-ridden lockdown, productivity had a much different meaning compared to how it is defined at present. Productivity used to be defined as achieving production efficiency, but during this traumatic period, so many people feel demotivated and are curious about how to be productive.

All people, from students to retired folks, are required to be productive to lead a healthy life. Since COVID-19, people have taken a massive blow and productivity is nowhere to be seen. This plague has not only locked us indoors but has also impacted our mental health, during which people have become victims or even slaves to their phones and beds. Productivity has gone through such a gigantic phase that it feels like folklore consisting of narratives that play a fundamental role in society, almost like a myth, hence making it a mythical concept.

"Let action and routine drive your life, not emotions". Emotions aren't bad, but don't let them control your life. You see, productivity and motivation are both feelings, but you can't lead a productive life just off of emotions. Let's take an analogy to simplify things, Imagine you get into a car but don't know your destination, sound ludicrous,



but it's exactly what many of us do in our lives, we get up but don't plan, we don't schedule our work, and don't set realistic goals, but instead just "go with the flow". Now imagine you get into a car with a destination and a specific route in mind, guess what? You are now enabling yourself to achieve something. Similarly, instead of just letting your emotions take a hold of you, if you planned and scheduled your work, you'd be a lot more productive.

Keep in mind that productivity and motivation are both relative concepts and hence differ from person to person. It isn't about completing enormous amounts of work in short periods but delivering quality results promptly ensuring that you are mentally stable and happy. Below are a few productivity tips to help you become more productive, increase efficiency, and deliver quality results!

#1 Clear Vision:

What do you want to accomplish in your life? This is a question many fail to answer and for good reasons, after all, a lifetime is pretty long, so let's break it down. What do you want to accomplish in the upcoming 3 months? Break down tasks into smaller chunks. Instead of saying, "I need to write 8 blogs today", try breaking it down and say, "I need to write 1 blog an hour". Once you successfully break down the tasks into smaller chunks, set a realistic vision. Once you can define this, with the other mentioned tips down below, everything else will fall into place.

#2 Schedule:

"I don't have enough time" is a phrase heard quite frequently and generally people who say this are lying. They don't have a proper schedule, a proper system in place, they possess no time management skills whatsoever. But this isn't the end of the world as time management is a skill, a professional skill that every industry in the market demands. Scheduling will help you accomplish your goals and improve your time management skills. If you need help with time management, take a short course, read a book, listen to podcasts, etc.

#3 Stop Multitasking:

Multi-tasking is the technique of sporting out several obligations simultaneously. This is extremely dangerous as your mind is continuously switching among obligations, therefore reducing usual productivity. Studies display that multitasking decreases productivity by

as much as 40% and if that is not bad, it additionally lowers your IQ. So next time you think of multi-tasking, recollect the dreadful 40%.

#4 Organize:

Every time you sit down and notice your desk is messy/untidy, what do you do next? Instead of starting your work, you begin to clean and organize, by the time you're done, you lose motivation. Try clearing your desk before you start working, keep everything that you'll need neatly on your desk. Once you sit, don't get up from your chair unless necessary, studies state that this results in an 18% increase in motivation, thus decreasing your productivity.

#5 Minimize Distractions:

If you're a student or a working professional, distractions are never-ending! Let's be honest, not every WhatsApp message is urgent, not every Instagram post is important, but a constant flow of work is, your constant flow of work! Work or studies done while numerous distractions are around lead to low quality work and poor learning outcomes.

#6 Smart Goals:

The acronym SMART stands for Specific, Measurable, Attainable, Realistic, and Time-bound. When putting desires for yourself, make sure to outline it specifically, set a manner to measure the progress, make certain it is realistic and set a closing date to it so it doesn't get pushed until "tomorrow".

#7 Associate with like-minded people:

Surround yourself with people that have similar mindsets and ambitions as you do and strive to work beside them. In this manner, you may inspire each other, brainstorm thoughts and talk about applicable subjects that will increase your information and make you strive harder. It's a vital step to observe so make it your purpose to discover people that encourage you to work on and be a part of them.

#8 Work Smart, Not Hard:

We've all heard this phrase, however, what does it mean? Let me inform you! Focus on result-orientated activities! Many of the activities we do for the day aren't pressing and do not commonly have a seen effect on our lives. There's this precept referred to as the Pareto precept that states that 80% of our consequences come from 20% of our actions. What you ought to do is locate the 20% activities that deliver you the 80% consequences and get your foremost recognition there!

By: Cliff Coutinho, SYJC



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