

# The Public Relations Team

## Sakshi Kumar - Head of PR

The muggle embodiment of Hermione Granger, whilst being a human goofball. Known as the calmer of chaos, the ring master to our circus and the rope that ties the team together in the end. She is definitely a wizard when it comes to making the Andrean brand stand out with a beating heart. Lover of food, travelling and all that's good. Meet Sakshi Kumar- the head of Public Relations.



## Mary Robert - Asst Head of PR

Mary is best described by everyone as compassionate and a social butterfly. Her hobbies include cooking and embarking on questful adventures. Her motivating words and ability to lend her hand to always help someone in need, make her a beautiful person inside and out.

## Alisha Andrade - Head of Social Media

"How you doing?". While she doesn't exactly share food, but shares all her secrets about Social Media, meet our Social Media expert - Alisha Andrade. Whether it be in the bustling city of Dubai, or on a quiet vacation on the beaches of Goa, sipping a glass of margarita, our Media Magician knows how to handle the heat of Social Media.



## Yogikrishnan Pillai - Head of Internal PR

Yogikrishnan Pillai – Internal PR Head

Teddy Bear meets Serotonin. Yogi brings the enthusiasm and warmth everywhere he goes. His loyalty, diligence and comfortable nature make him a good companion. A true Harry Potter enthusiast and video creator at heart, he puts passion in his work and strives for quality.



## Janhvi Mukherjee - Head of External PR

An intelligent mind and a driven force, best describes Janhvi Mukherjee. Inspiring and uplifting her team by bewitching them with her outstanding work ethic and a warm heart, going the extra mile or encouraging you to do your best, tells us all why everyone loves working with her!

## Rhea Dsouza - Head of Content Writing

The R in Rhea stands for refined.

Her patience, understanding and ability to bring out the best in everyone make her an excellent leader. Her favourite pastimes often include adventure, singing and writing, which has helped her gain the title of a published author!





## Brandon Pinto - Head of Photography

You've definitely heard the term "The Little Lens", well this is the genius behind it. A wild imagination and an eye for detail that even Nat Geo couldn't keep away. Among his many accolades he also performs martial arts. Some would say a modern day Ansel Adams meets Bruce Lee.

## Ian Almeida - Head of Web Development

Meet Ian Almeida, the brainchild of Steve Jobs and Elon Musk. His entrepreneurial vision metamorphosed his dreams into reality with his very own brand Jinxed Network. He's best described as a great observer, diligent and a walking Pinterest board. So much so, he could be easily mistaken for the brand ambassador of Post It!



## Rhys Coutinho - Head of Design

Creative eye and intuitive nature? Check  
Talented artist? Check  
Good Human? Check check check



An Alchemist, soul-reflector and a magic maker. Meet Rhys Coutinho. He is more than your average graphic designer. What sets him apart is the ability to see more than just a person or an object but a story behind the lines, the ideas and the potential that they have carried within them and to translate them into something visual and tangible.





# How To Be More Organized

Do you remember how “back in the day”- you know, a year ago, when there wasn’t a pandemic - we’d be scrambling for notes a day before the exam or begging the class topper for the notes they so diligently took for a whole semester? A tale as old as time that just got a digital upgrade. Among the many surprises 2020 gave us, a stronger relationship with our beds is definitely one of them. But since 2021 is the year that defines damage control, how about we add some of that to our academics? So here are 10 ways to improvise, organise and adapt to the “new normal”.

## 1. Maintain a Schedule:

“If you fail to plan, you’re planning to fail”, says Janhvi from the PR team, who’s the actual embodiment of Amy Santiago, no matter how much she denies it. Planning out your life is key, especially if you have a lot on your plate. With all the assignments we get, plus the other work we have on, it’s hard to always be on the ball. Keeping a calendar on your work desk or

you need to get done and by when. Additionally, don’t forget to sync your digital calendar with all your devices for daily notifications so you can maximise efficiency.

## 2. Make To-Do Lists

Ian Almeida the Head of the Graphic Team, who’s probably the most organised person you’ll meet, says, “When you write something down, you’re more likely to achieve it” and I completely agree. Having a to-do list is the best thing ever and such a cure for feeling like you haven’t done anything in the day, even though you have. Making to-do lists for the day ahead is the most advisable, and a starting step into acing time management - it gives you a sense of direction and keeps you busy. Plus, the feeling of checking off those items gives you such a feeling of accomplishment, which is such an added bonus if you feel like you aren’t doing enough.



### 3. Do small tasks immediately:

Being a procrastinator myself, this is one thing that I still struggle with, but, it's the right thing to do, and who wants to be stressed out later anyway? Doing this gives you more time to relax, get other things done, and plus you don't have the irritating thought of the small thing you need to get done at the back of your head.

### 4. Post-Its are your best friend:

Keeping reminders on your phone is great but how many times do we swipe it away and say, "I'll do it later"? Guilty :) Post-its have saved my life and are so cute with all of their different colours. Sticking them where you work or around your room as physical reminders are a good solution, especially if it's the small but eventually important things you might forget later.

### 5. Set a deadline for yourself before the actual deadline:

This works wonders for assignments. As a person who does everything last minute, planning work with a little buffer time is such a relief. Plus, it gives you plenty of time to go over it again and edit your work, if you need to correct stuff and be completely happy with it.

### 6. Declutter your life:

Having a clean workspace makes work much lighter. Being a neat freak has loads of benefits. Not only does it help you stay organised and make you efficient, but it also really makes you enjoy what you're doing.

Pro tip: Colour coordinate your TBDs by importance and deadline, a pop of colour and checking off tasks makes life feel lighter and easier.

### 7. Get enough sleep:

Okay this one, we all struggle with, especially me. Having a healthy sleep cycle is a blessing, waking up the next day fresh, with the feeling of taking on the world, um... yes please! But getting those 8 hours, that's the tough part. However, once you settle into a routine and stick to it, you're going to feel 100 times better.

### 8. Take Breaks:

No, this doesn't mean work for 30 minutes and never take your eyes off Netflix after that. As much as the feeling of binge-watching shows and movies when you're procrastinating feels... amazing for some reason, I've realised working for a sufficient time and then taking a well-deserved break to let off some steam feels so much better. I sound like an absolute bore but take my word for it. Wait, is this what adulting is?

### 9. Daily affirmations:

This may not be related to academics but it does help you have a better grip on your day and increases your confidence and your efficiency. If you manifest and feel like a boss, you will begin acting like one.

### 10. Reward yourself:

All work and no play makes this article - not my best work. At the end of the day, you do deserve a little something for the effort you've put in. This step makes you feel more independent and gives you a sense of achievement for a job well done. And who knows how to reward you, better than you?

Reminder, Routine, Reward - a nugget of wisdom from Ian that sums this up perfectly. It takes 21 days to form a habit but takes 10 semi-easy steps (yes no.7, I'm looking at you) to being a little bit better at being less of a sloth.

Lastly, don't take yourself too seriously, we all fumble and screw up, but that doesn't mean we can't try again tomorrow.

# Chicken Ala King

## Recipe



### Ingredients:

Chicken 250 gm  
Celery 25 gm  
Garlic 5 gm  
Tomatoes 20 gm  
Fresh cream 5 ml  
Oil 5 ml  
Butter 5 gm  
Flour 5 gm  
Milk 50 ml  
Egg 1  
Red and yellow bell pepper 10 gm each  
Mushroom 20 gm  
Salt 2.5 gm  
White pepper powder 2.5 gm

### Method:

- Cut the chicken in even sized cubes. Wash and season it with salt and white pepper powder
- To make the white sauce: - heat butter in a pan, once melted add flour and milk cook well into a thick mixture add salt as per your taste
- Boil the eggs and dice them

into even cubes.

- Dice the tomatoes, bell peppers and mushrooms.
- Then take a pan and heat the oil and sauté the chicken. Sauté lightly and keep aside
- In a separate pan melt the butter, sauté chopped garlic, celery and the diced mushroom add tomatoes once the ingredients are well sautéed.
- Add the white sauce, stir well and then add cooked chicken and allow it to cook till chicken is well done
- Add cream and let it simmer for some time then season it with salt and pepper
- Serve hot and garnished with egg cubes.

Recipe By: Sahil Jadhav



# Book Review

## Strange Case of Dr Jekyll and Mr Hyde

What makes your curiosity unique? Written in 1886 by Robert Louis Stevenson, the 'Strange Case of Dr. Jekyll and Mr. Hyde' is still an admired gothic fiction thriller. Stevenson explores the ideas of consciences, identity, good and evil to question the duality of human beings. The story is set in London told largely from a perspective of a lawyer named John G. Utterson who investigates the strange occurrences between his old friend Dr. Henry Jekyll and the recently encountered Edward Hyde.

Utterson drew his first impression of Mr. Hyde based on terrifying accounts of assault; from trampling a young helpless girl in broad daylight to cold blooded murder at night. The most peculiar part of this story isn't the murder or strange happenings; it is the bond shared between Hyde and Utterson's dear friend, Jekyll. What could Jekyll possibly want with Hyde? Why does Henry entrust all of his possessions to Hyde? Why does Jekyll protect a criminal in his own house? The sinister character and eerie atmosphere of Edward Hyde haunts the protagonist, forcing him to investigate and unlock the secrets confined behind locked doors.



Strange Case of Dr. Jekyll and Mr. Hyde  
A Novella by Robert Louis Stevenson

The novella expands on the constant internal struggle of desire and self control. The author manages to maintain the suspense throughout the novel by limiting the reader to Utterson's comprehension of the events taking place. It's easy to get lost in the story when each chapter contributes clues to the final reveal. Stevenson brilliantly ties philosophy and science to question human nature and our potential. This classic appeals to the "What ifs", the people that question the usual and let curiosity be their guide. This is certainly a good read for people that fancy the darker

Written By: David Jayaprakash  
SYBA A, 1021





# My Name

By Wanroisaka



To All The People Who've Said My Name Wrong,

"Veronishka, are you there? Are you attending the class?"

That is the most bizarre pronunciation of my name and believe me, there have been some really funny ones. I've been called 'Vaanrai', 'Vandra', 'Vandro', 'Vendroska' and countless others. A classmate of mine even messed up so bad and called me 'Gondro'.

We had our Zoom classes from home due to the pandemic and the professor who was taking that particular session had asked a question. I was listening, wondering how in all my two and a half years of college, I'd never heard of this classmate. Surely, there must be some mistake. After calling out this name two more times, our professor asked "Roll number 2351, are you there in the class or not?" It was then that I realized she was speaking to me. It was not the first time someone had said my name wrong in class and neither was she the only professor. Most of them choose to call me by my roll number or my surname, which I prefer.

Wanroisaka Pala. Does that sound complicated to you? If yes, let me break it down for you. 'Wan' as in 'one', 'roi' as in 'roy', 'saka' as in, well, 'saka' and if you have a problem pronouncing 'Pala' then may God help you.

One of the first things people ask me as soon as I introduce myself is, "what does your name mean?" To answer that, here is a little back story.

I come from a beautiful place called Shillong (which is not in China by the way). It is situated in the state of Meghalaya in North-east India which actually hosts one of the world's largest surviving matrilineal cultures. This means that women are considered the custodians of family lineage. We take our mothers' last name not our fathers' as most Indians do and after the wedding, the husband moves into the wife's house. The youngest female child inherits the property or the estate of the family and has the responsibility of looking after her parents in their old age.

Literally, my name translates to 'with her comes plenty'. I am the second daughter so it made sense. I brought plenty of joy to my family's world and since my children will be carrying my name, my household or my family clan will only grow bigger. Hence, I will bring plenty. Yes, I was basically born to reproduce. Hilarious, isn't it?

I don't usually get offended if someone says my name incorrectly. I mean, it is only natural to mispronounce a word the first time you read or hear it. I do, however, want people to know how it is actually pronounced before my college experience is over. I'm in my final semester and only a handful of people know how it is correctly pronounced. I want to bid goodbye with a clean and cheerful heart knowing I left the correct name behind.

Nothing but love, hugs and kisses,  
Wanroisaka Pala.  
TYBCOM A



# New Year

## New Me

Every time the calendar ticks another year over, there's an almost rallying warcry - either whispered or shouted - in many circles, that you must be familiar with too, "New Year, New Me." There's this idea that with the start of a new year, the slate has been wiped clean and a chance to reinvent ourselves has presented itself to us. As every year ends, we look back at the good, the not-so-good, and the downright ugly and promise to set ourselves up for success. Whether that success is emotional, mental, spiritual, or physical - the focus needs to be on determining what works for us as individuals. However, often the toughest challenge we face is to get over our own inhibitions about ourselves. In the process, we end up setting ourselves up to fail instead.

Socially, people have made the New Year a time to reflect and reinvent, but the downfall is they don't often make their goals realistic or put enough thought into what they want to work on, or why they want to work on a particular thing. It is natural to want to cue a transformation of sorts, but the excitement fades when there is a lack

of self-discipline to follow through on goals.

As we talk about focusing on fulfilling goals and discovering better versions of ourselves, it's important to realise that this is more about the pursuit of happiness. Knocking off things from your list of ways to be better versions of you is a sure shot way to do this. To that end, here are five holistic things to focus on that will help you have a GREAT year ahead (yes it is a mnemonic) and smash the goals you set for yourself:

### 1. Get creative.

Creativity is healing. Creating something that makes you happy just for the sake of it is good for your soul. So cook because you want to, not just because your resolution said you had to eat better. Read because that story will bring you joy, not just because you wanted to read more in the year. Write because you have a story to tell, and not just because it will help you score that job you had your eye on. You can even do something small that adds creativity back into your day-to-day life, like buying some stickers and fun pens for your daily calendar. Good things will come your way as a reward eventually, but don't focus on that.



## 2. Remember to breathe.

This seems like a simple ask, but many of us forget to take a moment for ourselves and get lost in the anxiety of the moment. Whether the stress is coming from seeing your to-do list pile up, or seeing your resolutions take a backseat as other priorities jostle their way to the top, it is easy to get overwhelmed in the moment. Taking a step back and breathing in a focused manner can help you relax and feel more centred. A breathing technique that always helps you feel more grounded is the 2/4 method, where you inhale for a count of two and exhale for a count of four. When you double the length of your exhale, it signals to your body that you are safe and it turns off the fight or flight response.

## 3. Eat, sleep, exercise - but with purpose.

Whatever your resolution or goal is, eating properly, sleeping well and exercising are generally a good base for getting ahead with any and all of them. Don't restrict yourself to things that are working for other people - find what works for you. Also, when you are doing well, remember to reward yourself. If you've been eating a diet of greens, proteins and lean things, indulging in a junk meal is not going to set you back. The sadness you feel from not indulging on the other hand, will definitely leave an impact. If you've sacrificed your sleep to binge TV shows, that doesn't mean you give up resetting your sleep schedule - you just try again because you know your body and mind will thank you for it. Getting bored with the same workout routines? Take up dancing or yoga or anything that your body isn't used to - it'll kickstart your metabolism. Just remember to have fun with whatever you choose.

## 4. Accept the good things.

No one has a perfect life. It is important to remember that and hold tight to the aspects of your life that are worthwhile. It can be difficult to see the good when the bad seeps through to cast its ugly shadow so focus on those moments of joy — even if it is the littlest of things. Instead of counting all the things that go wrong, count all the way things go right and watch things transform.

## 5. Today is your best day, make it count.

Remember that tomorrow isn't promised and yesterday is over. It is imperative to avoid fixation on past failures and choose to live in the present. You honestly have no way of knowing what will happen next, so what is the point of worrying? Live in the beauty of today and enjoy every moment you can. While we chase the idea of happiness through reinvention, here's something to ponder on - why do we insist on waiting and planning for happiness as a destination, rather than understanding it is a mood that we get to choose to be in? The reality is this - we do not need to wait on the elusive new year to begin to find the new version of us that is happy. We can choose to start exactly where we are in this moment and grow from there. Stop giving yourself a reason to be disappointed due to self sabotage. You have every reason to take control of your destiny and waiting is no longer acceptable if you truly want to be happy. Shouldn't that be the basis of all resolutions and reinventions anyway?





# Fudgy Brownie

## Recipe

### Ingredients

- Semi-sweet dark chocolate 200 grams
- Butter 1/2 cup (115 grams)
- Granulated sugar 1 cup
- Brown sugar 1/2 cup
- Eggs 3 medium size
- Salt 1/4 tsp
- Vanilla essence 1 tsp
- All-purpose flour 1/2 cup
- Cocoa powder 1/4 cup

### Method

- Keep the baking tray ready with the parchment paper greased with butter.
- Add the semi sweet dark chocolate and butter together in a bowl and melt using the double boiling or microwave it for a 1 minute, once done let it cool for a while
- Add the granulated and brown sugar in a bowl and add the eggs

one at a time whisk them together one by one mix after each addition and whisk until the mixture turns creamy smooth

- Add salt, vanilla essence and the melted chocolate and butter mixture and whisk them well.
- Sift the dry ingredients i.e all purpose flour and cocoa powder together in the mixture and mix it using the folding method.
- Transfer the mixture in the baking tray, shake and gently tap to remove air bubbles and then bake in the pre heated oven at 180°C fahrenheit for 30 minutes
- Once done baking remove it out and let it cool and cut into squares and enjoy with a scoop of Vanilla ice cream.

Recipe By: Sahil Jadhav

# Andrean E-Cell



The team has set up an incredible stall near Room G1 to make it easier for everyone, not only to place an indent, but also to collect their merch.



11th December 2019, St. Andrew's College of Arts, Science and Commerce marked another important chapter in its books as the official Andrean Merchandise was inaugurated. Initiated by the Ex-Vice Principal of degree college, Dr. Desiree Gonsalves with the help of Dr. Marie Fernandes and Prof. Savina Shenoy, the merchandise received great feedback from Andreans and Ex-Andreans alike.





As the pandemic has descended upon everyone, the E-Cell took their operation online and are receiving orders & payments online and also ensuring home delivery while practicing social distancing and other safety measures.



**Professors In-charge:**  
Dr. Harmeet Kaur Bhasin  
Prof. Savina Shenoy

**Student Heads:**  
Reuben Fernandes  
Swedal Patel

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