

## Life Lately, in a Nutshell

It's officially the second wave of Covid and we have a lot of feelings about it. Some of us expected this and were prepared while some are angry and some have given up. All in all, there are a lot of feels going around. And as much as this may be a truly saddening time, I'd like to look back to a year ago and acknowledge how far we've come.

This time last year, we were afraid and scared that a solution to this pandemic would never be found, but this year, people all over the world are getting vaccinated. While this time last year, we were in a slump and couldn't keep up with the outside and inside world, this time around; sure, it's still quite a mess but, we've grown so much since then.

During the lockdown of 2020, we were restless and at our wit's end, but now, we've subconsciously developed patterns and plans to keep us from falling back into that slump.

Even though 2020 was just a few months ago, it was one of the hardest years. We survived it,



through grief, loss, and a lot of pain, but we still made it to the other side.

As the second wave continues, these are some things to keep in mind while looking after you and your family's health.

### Covid and its Recovery:

Corona symptoms can range anywhere from fever, nausea, body ache, headache, fatigue to something as serious as rashes, loss of taste, loss of smell, tiredness, and shortness of breath. But don't panic as most cases are treatable at home, very few need hospitalization, all you need is to gargle with some salt water.





While home quarantining doctors advise patients to rest and consume plenty of fluids. Multivitamins also play a crucial role in recovery, Vitamin C or citrus is essential to consume during Covid recovery. An important aspect to remember is that Covid is still a virus and you ought to treat it with conventional medicine, eg. paracetamol. While rest is essential, a proper routine needs to be maintained. Exercise is necessary. A 30 min walk up and down your house is perfect! Don't underestimate the power of an ice pack, if you feel your temperature rising even though you have taken paracetamol, apply the ice pack on your forehead for a few minutes and check your temperature again, if it's still rising, contact your family doctor immediately.

If you feel shortness of breath, buy an oximeter from your local pharmacy. If your blood oxygen is above 92, it's a good sign, if it's 90, doctors recommend being cautious, and if it's below 90 you should contact your family doctor immediately.

Post-Covid weakness is common and nothing to worry about. If you suffered from loss of smell and taste during recovery, the senses will return in about

a week. Doctors recommend continuing with Vitamin C and Vitamin D supplements. Get rest, exercise, and maintain a healthy diet. After testing negative, ensure that you don't come in contact with anyone for the next two weeks as your body is extremely weak and in recovery.

### Mental Well-being:

As the second wave of Covid shocks India, people are not only struggling to cope with the disease but also with the tremendous toll it has taken on their mental health. While social distancing is essential for public safety and to reduce the spread of Covid-19, it can make people feel isolated and lonely which can add to their stress and anxiety. Anxiety symptoms are subjective, they feel different depending on the person experiencing them. It can range from butterflies in your stomach to a racing heart. Some even might feel out of control, like there's a disconnect between their mind and body. During the COVID-19 pandemic, people also experience grief due to loss of life, loss of a job; inability to connect in-person with friends, family, or religious organizations; missing special events and milestones and experiencing drastic changes to daily routines and ways of life that bring comfort.

Go easy on yourself if you're experiencing more stress or anxiety than usual. You are not alone in your struggles. To cope, it's best to maintain a routine as best you can. Even if you're stuck at home, try to stick to your regular sleep, school, meal, or work



schedule. This can help maintain a sense of normalcy. Apart from that, you should take out time for activities you enjoy. It may be reading, cooking, painting, playing video games, or something as simple as spending time with your family. It is also important to make time for exercise. Staying active will help you release anxiety, relieve stress, and manage your mood. It's important to take one day at a time and do the best you can today for yourself and your mental health.

Changing from a pessimistic mindset to an optimistic one isn't easy. It takes a lot of courage to have a rosy outlook and see the glass half full rather than half empty.

Every life has its ups and downs but having an optimistic outlook on life has a positive effect on the quality of life, for mental and physical well-being.

Optimism doesn't mean ignoring the hard times or challenges in life, it means changing the way you approach them.

If you've always had a pessimistic worldview it can be difficult to reorient your perspective, but it is possible to highlight the positivity in your life with a little patience and mindfulness.

Optimism doesn't mean you have to force a feeling of happiness during hardships. It means to tune yourself to a different range of emotions in life, accepting that the negative, as well as positive feelings, are a natural part that helps you learn and grow. Avoid blaming yourself and others for negative emotions that come to your mind. Blaming restricts you to look forward; as

as it looks backward at what has already happened. Whenever you experience such negative emotions, note down them and analyze whether your reaction to them was correct or not.

Would the person you want to have done the same thing or had a different approach towards that situation? If yes, then find an alternative to deal with them positively.

True optimism is accepting the challenges and telling yourself "I can do it, I can overcome the obstacles, I dare to face the challenges."

You don't need to burden yourself with solving everything at once. Start with little things, think positively, and put in your efforts and the results will be positive if you predict any uncertainty, keep your mind calm and tell yourself "There's always a way out." Surround yourself with family and friends that lift your mind and lighten your mood. Make yourself feel good, smile, and do activities that help you fight stress and have a healthy lifestyle.

by Pearl D'souza, Jessica D'mello, Cliff Coutinho, Jazlynn Mathias

# Reel-y Good Tips

When it comes to content creation on popular sites, Instagram has taken the lead in providing people a platform to produce some jaw-dropping as well as comical content. With its newest addition, the feature of reels, content creation, as well as consumption on Instagram, is getting more fun with each passing second. With barely 2 seconds to grab someone's attention, reels are proving to be a fun and addictive way to create engaging content.

From popular reel creators like @themermaidscales to @sakshishivdasani, reels are almost too hard to hate. But what is the science behind the success of a reel? When it comes to creating a reel, the biggest and most important factor is to spark curiosity. This helps you catch the viewers' attention and watch your entire reel, thereby boosting your views and likes. This, in turn, will lead to the Instagram algorithm sharing your reel with more people.

## Knowing Your Audience

When it comes to a regular Instagram post, the algorithm will show your post to anyone and everyone. However, when it comes down to a reel, the algorithm is location-specific. As a result, creating engaging and relatable content plays an important factor in making or breaking your reel.

## Visual Value

If you are the subject of your reel, it is essential to make sure you put your best foot forward. People may pay more



(Instagram: @rhyscoutinho. His first reel that went viral and garnered over Three Hundred Thousand Views!)

attention to you dressed up in fun and quirky outfits, than in plain boring pajamas. Using filters to accentuate your features, or your product also helps boost your reel!

## Cinematic Value

A reel, if broken down to its core element, is a story, one you are trying to convey to those watching it. This is why it becomes extremely necessary to choose your story or even your character well enough. Your entire reel is nothing but a climax, keeping your viewer engaged and hooked onto it, until the very end of it. And sometimes so hooked, that they may even rewatch it a couple of times.

## Choice of Song

"Talking to the mo-ooooon, trynna get to you-oooo" got extremely popular with reels within no time. So popular, that some people simply despise it now.



Choosing the right song for your reel helps with promoting your reel. Creating reels with popular songs help reach more audience and much more quickly too. Using songs by the original artist/creator will promote it even more!

### Editing a Reel

Another important step in creating a reel is knowing how and how much to edit. Instagram has made it extremely easy for beginners to create and edit reels with its inbuilt feature. However, it is always advised to edit as per your comfort. Should you be an avid user of other apps, you should stick to editing on those instead. The basic rule here is, quality.

### Hashtags

When it comes to hashtags for reels, it does not work the same way it does for a post. One cannot simply put a random hashtag and expect it to work. Instead, use popular hashtags such as those that have 20-50 million posts. The biggest no-no when it comes to posting hashtags is putting them in the comment section of your reel. It simply won't work.

### Sharing your Reel

Sharing your reel to your story/feed, will help garner views and encourage people to engage with it. Even encouraging your friends and followers to share it will tell the Instagram algorithm to boost it even further!

Now that you have learned the basic science behind reels and increasing engagement, go on, spark some curiosity and create some memorable content!

This article was written in collaboration with Rhys Coutinho, Head of design.

by -Rhea Dsouza

# Starting a Small Business

## A Small Guide

“People do not buy goods and services. They buy relations, stories, and magic.”  
~ Seth Godin.

Kicking off one's own business is like bestowing wings to your aspirations. Numerous youngsters and college students have developed their very own small businesses, and are excelling at it. Running a small business and studying side by side is quite a task and gets hectic, but kudos to the ones who manage to do it with so much passion and dedication. It requires the utmost patience and commitment. Initially, it will be a tedious process as you will have to start from scratch. Most businesses take time to flourish, and every so often it seems like it isn't going to work. In such a case, one should keep going and find new ways to boost their business. After a while, it becomes a smoother process, and you master to control it with ease.



Victoria (Vii Crochet)



David Jayaprakash (character and colour)

Some of our students and ex-students became a part of our initiative “The Andrean Attic”, a platform where students and individuals got a platform to boost their sales. Students could showcase their products and advertise them too. It was like our very own market, with breathtakingly beautiful and creative products. From handmade jewellery to scrumptious baked goodies, the Andrean Attic had it all. Many budding entrepreneurs were a part of this wonderful event.

We spoke to a few of the student entrepreneurs, seeking tips and lessons for those who would like to start or expand their small business. And here is the story of their journey and what they said:

During this pandemic, many small businesses emerged, as people had to find something to do to fulfil their income. Many of these students started





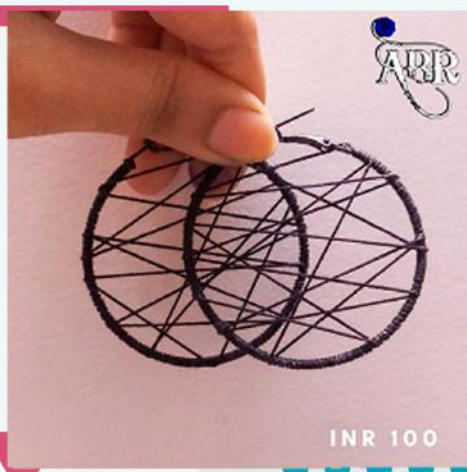
Denver Nazareth (craft buzz)

their small businesses as a part of their hobby. Some fancied art, crocheting, painting, or baking and thought to make a business out of their hobby, to share their talents with others.

Social media is an essential aspect in helping run a small business. Instagram, Facebook, and YouTube are mediums that help a business grow, as it garners many viewers. Word of mouth is one of the best tools too, as news circulates faster among people. Instagram and Facebook have come up with new business tools, which make it simple to contact clients and make payments. The pandemic was a bit of both, a boon as well as a curse. It was laborious to gather resources and raw materials required during the lockdown, deliveries became problematic. One would have a larger clientele if not for the financial crisis during the pandemic. On the other hand, one got more time to dedicate to the business, and more ideas and learning experiences came up. The lockdown gave the time from a daily rat-race to focus and channelize the creativity in making the business blossom. It's a perfect time to keep going on and producing more.

Here are some tips from our budding entrepreneurs if you are looking out to start or run a small business:

- 1) Know your strengths before starting your business, work on them.
- 2) If you are looking out to start something, do it. Get in touch with your interests. There is nothing to lose and it's a great learning experience.
- 3) Use different mediums and themes to explore your liking, eventually, you will find your specialization and something you are comfortable with.
- 4) Try new things but also focus on something you are good at and do well.
- 5) Keep exploring with the use of new products or new ways to make your product look unique, you might find something you would enjoy doing.
- 6) Be true to your style or vibe regardless of what is going on, be it trends or influences. Don't change your style just to appeal to others.
- 7) Keep building a portfolio as you never know when an opportunity arises.
- 8) Participate in events and competitions, as you will garner a larger audience and recognition for your work.
- 9) Be very regular with the content you create and post on social media to boost your business. It not only attracts more customers but also keeps you relevant.



Ashbelle Rozario (artisticblueroz)



10) Ask your friends and family to spread the word and promote your business as word of mouth travels fast.

11) Maintain good relations with your customers, as your service will be talked about and several people will be interested in checking out your products. It's important to have a good customer-seller relationship.

12) Keep in mind the needs of your customers and work accordingly.

13) Be transparent and honest to your customer, it is valued because it gives them a sense of confidence in your work. Keep them updated, tell them about the procedure and they will certainly enjoy the process as well.

14) When things are tough or out of your comfort zone, do not shy away from taking suggestions from your customers. Be completely open with what you can or cannot do.

15) Price your products at a fair price, know the audience, and do slight research before pricing your products. Take a look at similar products from another seller, it will help you price your products. Start small to attract more customers.

16) In the beginning, you will face losses and your business will be at a slow pace, in this situation you might feel like giving up. Instead of giving up, work harder and try new ways to attract your customers.

17) Sometimes you may feel low, demotivated, or mentally exhausted. Remember that it's okay to take a break, reorient yourself and get back. (This will often happen while working on detailed products). Forcing or pushing yourself will burn you out further, making it difficult for you to bounce back.

18) Believe in yourself and keep working hard. Do not fear making errors as you will learn from it and keep learning on the way.



Vishal Gohil (artomisation)

These tips will be incredibly helpful to you and will help you start your very own small business. If you were looking for a sign to start a business, here it is! Believe in yourself and take a step to fulfil your ambition.

by Glynis Fernandes. FYBAMMC.

This article was written in collaboration with Victoria (Vii Crochet), Vishal Gohil (artomisation), David Jayaprakash (character and colour), Denver Nazareth (craftbuzz), and Ashbelle Rozario (artisticblueroz).



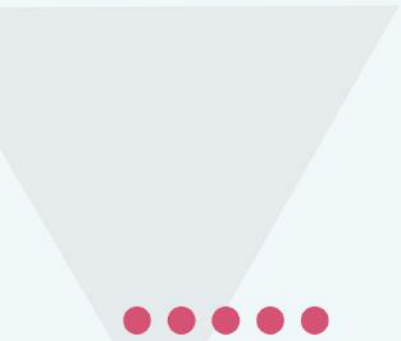


# FEATURED

# PHOTOGRAPH



By Denise Gonsalves, SYBA





# CHICKEN KATHI Recipe



## Ingredients

### For Marination:

- 250 gms Boneless Chicken
- 2 Tsp Oil
- 2 Tsp Ginger Garlic Paste
- 2 Tbsp Yogurt
- 2 Tsp Red Chilli Powder
- 2 Tsp Coriander Powder
- 2 Tbsp Tandoori Masala
- 2 Tsp Turmeric



### For Dough:

- 300 gms All Purpose Flour (Maida)
- Salt & Water as required

### For Filling:

- 3 Tsp Oil
- 4 Small Sized Capsicum
- 2 Medium Sized Onions
- Lemon Juice
- Coriander

### For Egg

- 4 Eggs
- Salt & Pepper as per taste



- For Garnishing
- Grated Cheese
  - Sliced Onions
  - Chat Masala



## Method

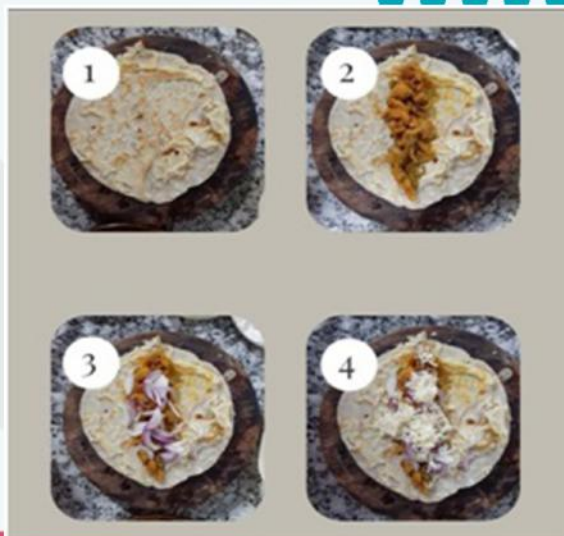


### Making the Paratha:

1. In a large bowl, make a firm and smooth dough by kneading together flour, salt, a tbsp of oil, and water added a little at a time
2. Coat the dough in 1 tbsp of oil and knead again. Cover and set aside for 15 minutes
3. Knead once again and divide the dough into 5 portions
4. Preheat an iron skillet on medium heat
5. Roll them into balls and flatten them with the palm of your hand
6. Toss them in flour and roll into circles (Diameter about 8 inches)
7. With skillet on medium-high heat, place the paratha. After a few seconds flip on the other side
8. Then flip and add some oil. Cook until almost done
9. Now spread two tablespoons of the beaten egg on one side of the paratha and flip
10. Remove from the skillet when the egg is cooked  
place the filling

### Making the Filling:

1. In a bowl, combine the washed and cleaned chicken strips along with the marinade ingredients. Allow it to sit for 10 minutes
2. On medium flame, cook the sliced onions and capsicum in oil for 3-4 minutes
3. To that add the marinated chicken along with the marinade. Cover and cook for 5-7 minutes until the chicken masala has cooked through. The chicken tikka should be just about coated with the masala
4. Turn off the flame, add a bit of lemon juice and transfer to a bowl and set aside



### Assembly:

1. In the middle of a heated paratha, place the filling
2. Add sliced onions
3. Top it off with grated cheese
4. Roll it up and enjoy hot!

by Jazlynn Mathias

This recipe was written in collaboration with Amandeep Thakur, FYBSC(HS)



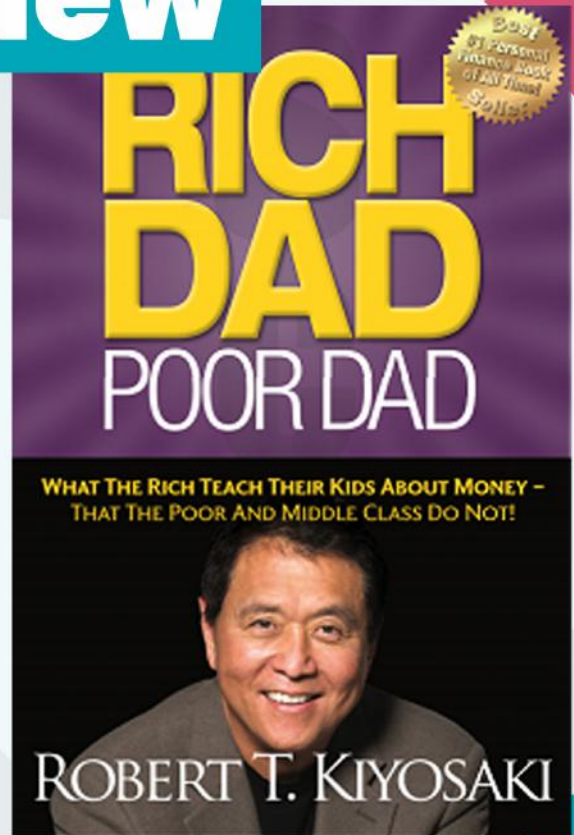
# Book Review

## Rich Dad, Poor Dad

"The Rich Buy Assets, The Poor Only Have Expenses and The Middle-Class Buy Liabilities Thinking They Are Assets."  
- Robert T. Kiyosaki.

Robert T. Kiyosaki is the founder of Rich Global LLC and the Rich Dad Company, a private company that provides financial education to people through books and videos. His best-selling book 'Rich Dad, Poor Dad' sheds light on the importance of financial literacy and building wealth through investments, as well as increasing one's financial IQ. This book will change the way you look at money, income, jobs, wealth creation, assets, and liabilities.

Kiyosaki begins by explaining how he came to have two strong father figures and how each of them shaped his life. He addresses his biological father as the 'Poor Dad' and his best friend's father as his 'Rich Dad'. Kiyosaki was interested in wealth creation from a young age and therefore began his informal financial education from his Rich Dad as a young boy. His Rich Dad emphasized the fact that schools and colleges only focus on scholastic and professional skills, and while those are crucial, they don't teach financial literacy. Throughout the book, Kiyosaki elaborates six key lessons that he had learned over thirty years from his Rich Dad. He explains how he ended up taking his Rich Dad's advice over his Poor Dad's, but the catch is the Rich Dad wasn't rich yet, and the Poor Dad wasn't poor yet!



Rich Dad, Poor Dad  
by Robert T. Kiyosaki

The book is a fine read as the author has used simple, lucid, and non-jargon language as a result, even an eight-year-old could understand this book easily. The book explains the concept of finance in quite a detailed manner and explains how one can generate income through various means other than a corporate job. Kiyosaki explains the difference between the lifestyles of the Rich and the Poor, specifically how the rich get richer, the poor get poorer, and the middle-class struggle with debt.

The author explains the difference between being rich and being wealthy, for this, he uses the geodesic dome

patent along with his KISS ( Keep It Super Simple) Principle. He states that financial literacy is not taught in schools and people are taught to study to get good grades and get a good job so that they can get a good salary. We live in a system that teaches us to work for money, but in his book, Kiyosaki explains that the rich don't work for money, they make money work for them. He further states that asset generation and the four pillars of personal finance are extremely important if one desires to gain financial freedom. Wealth can easily be created if one knows where to look.

Arguably the only con with the book is that it doesn't give any practical information on investing, although it does give numerous examples and theoretical situations of generating wealth. I feel that this book was particularly strong in the area of explaining the cash flow quadrant, emphasizing the importance of assets, and stating the difference between the rich and the poor. If you want to strengthen your knowledge in finance and know how to make money work for you rather than work for it, I highly recommend this book.

by Cliff Coutinho, SYJC



# How to Engage an Audience



Ever wonder why an audience is willing to spend some bucks to go watch or listen to their favorite artist perform? Ever wonder why people react with such enthusiasm to the person on stage? It's simple, engagement. That's it, that's all that matters, engagement. Audience engagement refers to how an audience responds to your content. It's how your audience is willing to take part in a certain activity, speech, presentation, or live performance.

My name is Nathan Gomes. I'm a writer and stand-up comedian. I've been practicing the art of drama since my Junior college days and somewhere amid that journey I happened to try my hand at stand-up comedy. To my luck and fortune, it worked out well and I don't intend to look back at all. It all started with a reaction from the audience, and it all ends there too. They say "if you know how to manage and

control an audience, you have pretty much mastered the art of self-presentation". Now I don't quite know who came up with that mundane saying, but when it comes to engaging an audience, I do have a few things to say, from my perspective. Let's get going.

Audience engagement and interaction sound and seems pretty easy. But it isn't always butterflies. There are a few things you have to do like dealing with how you think and how you feel before a performance and presentation. I'd like to categorize any performance as Pre-performance, Performance, and Post-performance.

## **Pre-Performance.**

This is mainly concerned with how you feel and perceive the energy around you before you hit the stage. This deals with your thoughts, feelings, and at times anxiety. Here below are some basic tips on how to prep yourself before stepping up on stage.



Breathe.

Let go of all that unnecessary stress and overthinking. Be in the present moment, feel your surroundings, look around. Practice your set or speech. Prepare notes if need be. A great suggestion apart from taking deep breaths would be, hydration. Stay hydrated, at all costs.

Arrive Early.

Who wouldn't want to arrive a few or more minutes early at a venue? Arriving early saves time and helps one prepare themselves for the act. In most cases, you can figure out the ins and out of a venue too.

Talk to yourself.

Sounds absurd, doesn't it? But having that small pep talk with yourself is the best way to loosen up and take that first step towards the stage. You know yourself the best, and only you know your worth, don't let any negative energy get to you. Sometimes even saying the words, "okay, I can do this, I'm the best" can make and create wonders, try it out.



Performance.

This involves you being on stage, under the spotlight, facing the audience. You might be a musician, actor, comedian, emcee, politician, theatre artist, or just another wingman at a wedding, but when it comes to engaging an audience, you might want to keep these tiny things in mind.

Presentation.

I'm aware this sounds generic but believe me, people love watching and listening to how a person presents themselves under the spotlight. Presentation simply refers to how you carry your act forward, your overall tone, and delivery. It's the drive, the energy, the charisma behind your act. An average Joe wouldn't want to spend big bucks on watching Michael Jackson perform right after he's just woken up from sleep, would he? Even if he's Michael Jackson.

Posture and Confidence.

It's never a good idea to lean too inwards whilst presenting yourself to a live audience. It's important to let loose, be free, and feel comfortable on stage, but it's even more important to have an impeccable command over the content which you are presenting. Your posture must be upright and open, enabling one



one to feel much more confident. It's never a good idea to have your hands folded mid-presentation because it can indicate overconfidence.

#### Post Performance.

As the title suggests, post-performance refers to how you communicate with yourself, your colleagues, and your subordinates after a presentation or performance.

Quick hacks to improve your speech or performance:

Record your set.

Having performed all across the city, I can easily give away the most important hack; record yourself. This could be done via audio or video recorder. Recording your performance gives you access to plenty of insights into your performance. It helps you detect your flaws, slurs, pauses, hand gestures, and most importantly, your tone and speed of talking.

#### Be Open to Constructive Feedback.

Now if you're keen and eager to be a great public speaker, you will have to leave your ego outside the doorstep for a while. Always ask your colleagues or mates for feedback.

Constructive feedback helps one improve all the aspects behind a performance/presentation. You could be Dave Chappelle or Zakir Khan, but it's important to acknowledge feedback. It's completely alright if you don't intend to ask people for feedback, your audience and their reaction to your performance will speak for themselves.

But this isn't all that there is when it boils down to audience engagement. In my personal opinion, audience engagement is an endless process. The more you hit the stage, the better you get at engaging with a live audience. We covered tips concerned with Pre-performance and Post-performance stages, but there are a few more 'to do's' that I'd like to share.

#### Tell a Story.

Anecdotes always keep an audience hooked, no matter how interesting, intense or humorous the premise is. It's your perspective and experience translated into a sentence or a punchline and who wouldn't want to buy that? Although your story will need a great structure but do keep in mind, the more personal the

story, the better the engagement.

#### Maintain Eye Contact.

Maintaining eye contact with as many folks in an audience is a great display of confidence. Eye contact instills interest and the same interest later converts into a reaction. That being said, it's not a good idea to maintain eye contact with just one or two people in an audience; the more the merrier.

Balance is key, the use of hand gestures and movement also plays a major role.

#### Talk to the Audience.

Don't pull back, the audience always appreciates and loves being a part of your act. Of course, heckling is not a good idea but ask them a few questions related to the subject, have a brief but short conversation and conduct QnA's. This will enhance a great sense of audience engagement.

Note: never be rude or disrespectful to an audience, no matter what. The audience is the best part about any show and you wouldn't want to lose that.

#### Relatability.

A very crucial factor is relatability. This refers to how an audience can perceive and relate to your content. A stand-up comedian wouldn't want to tell 'yo mama jokes to a corporate audience right? An artist must create universally consumable content. Relatability also deals with finding your audience. A great way to combat this is research. Researching about what gets a reaction and why; and take notes, every time.

The more you engage, the more they react. Engagement creates engagement.

In conclusion, the most important, hacky, and generic thing: be yourself. The more you, the more they would want to listen to you. It's all about having fun, acknowledging your presence on stage, and practicing your art and gratitude. Also yes, don't forget to breathe.

by Nathan Gomes [TYBCOM](https://www.tybc.com).



# UNESCO and Cardinal Paul Poupard Foundation Chair of Inter-Religious and Inter-Cultural dialogue

The year 2009 was proclaimed as the international year of reconciliation by the United Nations General Assembly. It was at that time that the college was bestowed with the chair for inter-religious and inter-cultural studies. The chair was established on the 30th of January, 2009. The inter-religious foundation, initiated by Cardinal Poupard, was awarded the chair to St. Andrew's College due to the relentless encouragement and efforts of Archbishop Felix Machado and Cardinal Oswald Gracias. The motto of UNESCO is 'Peace through Religion'. The vision and mission of UNESCO to promote 'The Dialogue of Cultures'. There is an executive committee for UNESCO which includes the Chairholder Adv. Giuseppe Musumeci, Principal Dr. Marie Fernandes, Prof. Sharmila, Prof. Janine, Prof. Savina, Dr. Fr. Michael, Dr. Fr. Gilbert, Dr. Sr. Teresa, and Mr. Ernest. The year 2009 was proclaimed as the international year of reconciliation by the United Nations General Assembly. It was at that time



UNESCO has a team of 20 students. The benefits of joining the UNESCO are numerous. The chair helps students gain knowledge of different cultures and religions. It also provides the students an opportunity and experience to conduct and host various events. The students are also provided with certificates from the chair. A student gets to experience, learn and grow at UNESCO for all three years of their degree college.

They also get to learn various skills during this period. The different roles at UNESCO are that every student is assigned a unique task and given different roles in areas of public speaking, event organizing, social media management, content creation, etc. UNESCO has conducted almost all types of activities and events from Seminars, Quizzes, and Workshops to Panel Discussions, Guest Lectures, International Symposiums, and many more competitive events. Every year the UNESCO conducts numerous events, a panel discussion on current topics, quiz competitions, guest lectures on topics





on topics students should be more aware of. Their biggest event is the international symposium, which began in 2009. It's an international conference where Indians, as well as international speakers from different backgrounds, come together. It is held at the Andrean auditorium yearly, however this year UNESCO took the symposium online, with 6 International and 9 Indian speakers who spoke on the topic of 'Evolving Inclusive Communities for Greater Solidarity'. UNESCO has their annual journal called 'Ethics and Society'. It is an International Journal that talks about religions and cultures for peace and Harmony'. UNESCO also provides a certified diploma course in St Andrews College.

The pandemic introduced a new lifestyle, the era of online communication. The team adapted to the new normal swiftly which helped them conduct activities easily. It allowed them to connect with people worldwide and learn different things. The department's goals for the year 2021 is as technology is to adapt to the new lifestyle, the team this year will be focusing on growing virtually. This will help them connect to people from all over the world.

by Pearl Dsouza, SYBA B

This article was written in Collaboration with Divya Vaity, UNESCO head elect



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