ANDREAN TIMES
VOLUME 11 NOVEMBER 2021

Beauty Standards on Social Media

Effects on Self Esteem

"Beauty" is a word that has had multiple meanings—most of which effectively translate to outward appearances. The face of "beauty" has been through many changes, its definition changing with the mainstream media over the years and its latest obsession with what beauty should look like. This constantly evolving definition of beauty, however, now seems to be at a standstill, with social media making it more pronounced than ever. As good things are often a double-edged sword, a place that was meant to form a community, help people bond regardless of any social or physical constraints, has become a source of stress in the lives of many.

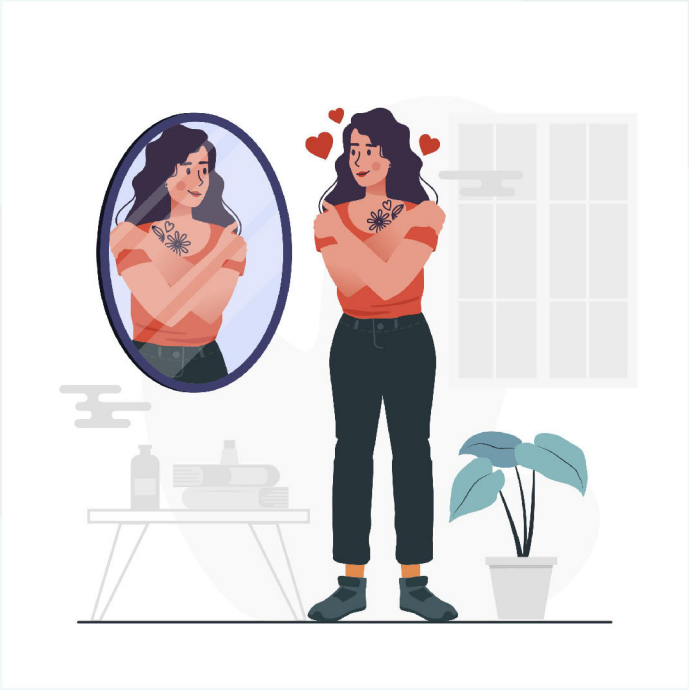

Image: freepik.com

As recent research suggests, a strong link seems to exist between heavy use of social media and the self-esteem of today's youth. Scrolling on social media, connecting with influencers and celebrities overtly seems to act as a positive influence, encouraging everyone to live their best life. Posts saying "all bodies are beautiful" make the rounds on the internet every week, but coming from a platform where everyone is trying their hardest to fit into certain standards of beauty, it can only be a pretentious hullabaloo.

Today, it is difficult to find someone with no social media apps downloaded on their device. Maintaining a virtual life on the internet along with your real one is the new norm. This just easily paves the way for all existing social media platforms and more to promote an unrealistic portrayal of what real bodies look like. The beauty standards that today's youth hold themselves to have

blurred the lines between what's real and what's not, resulting in even young children feeling the need to morph their features to look more European in nature. From cellulite and stretch marks to body hair and pimples, social media has found a way to turn perfectly natural parts of every body into a matter of insecurity that has extremely real consequences. Instead, there is a huge increase in the number of young people who turn to surgeries, botox, fillers, tattoos, and other such ways in an attempt to mask these supposed imperfections that are nothing more than proof of the realness of their skin.

Image: freepik.com

.Keeping up appearances is one of the many things we, as a society, are unhealthily concerned about, and it is no surprise that the same rules apply to one's own beauty. Feeling the constant need to look a certain way is just another thing that weighs heavily on the mind of a regular young person. It is, however, worth wondering why a place that prides itself on its diversity has knowingly allowed its youth to be swept up in erasing the uniqueness of each body. While it is surely not too late to make a change, a first good step would be to acknowledge that beauty does not have to be about appearances. One's body and features are always secondary to the internal goodness they carry. As long as we remember to remind each other that soc ial media, quite frankly, isn't real and you are beautiful just the way you are, there's always room for self-love.

- Riya Shukla,
SYBA A

Book Review
The Great Gatsby

Image: pixabay.com

New York City. The Roaring Twenties.

Everything and everyone comes at a price, sometimes it can also cost you your life. How precious is your life to you? Can it be purchased in dollars? Do you own your life?

Money is in fact funny in a rich man's world, for everything he sees and hears is undisturbed by scarceness. Whilst materialism has made home in the hearts of most, unaltered in his steps was Gatsby, Jay Gatsby to whom nothing was unattainable. After all, he was the host whose parties never ran out of guests or champagne.

What he did, where he came from or what he looked like, never mattered to anyone. The blanket of his reputation was long grown over the flesh of his past like vines on an abandoned building, undisturbed and a mystery to the eye, left to imagination.

No one could ever find a way to the extravagant host's heart, not in any of the multitudes that made way into his home for there was no more vacancy. For memories are not enough to live by and he lacked one thing in the whole wide world, his Daisy, his dear Daisy who was locked in the bounds of marriage to another.

His yearning of years was at last reciprocated when they finally crossed paths, but do the tides of time, the distinction of honor and the thought of happiness be enough to defend the greed for love?

I say greed, for one can understand the greed of money and possessions, but love? Love needs courage, commitment and individuality.

Would you lose yourself to love another? Gatsby would without a doubt, but what about Daisy?

To find out, you'll have to read The Great American Novel – The Great Gatsby by F. Scott Fitzgerald.

This book is 4/5 and great for persons of all ages. You'll finish reading it in two hours but recall it at unexpected moments like drinking tea on a Sunday or while walking on a lonely beach. This book will haunt you, in a good way.

- Stephanie Liban Cardoz, SYBA.

Loneliness

What is Loneliness?

There is a huge difference between wanting to be alone and being lonely. Being alone is a choice, but loneliness is a result of helplessness. A lonely person might not be alone physically, but mentally there seems to be no one in sight.

Loneliness is caused by a lack of self-esteem, the inability to connect on a deeper level with other people, and is the worst kind of poverty. It is a feeling that you are not sufficient for anyone in this world and that you are replaceable.

Beauty or the Beast?

Loneliness is a potent elixir in opening the gates of your mind. When an individual is lonely, he can let his imagination run wild and seek consolation as well as the love he desires from people who reside in his heart. He tries to make everyone feel happy and loved because it is only he who knows how it feels to not be loved.

Loneliness has the power to make a person believe he is sufficient for himself. But, when a wave of despair and loss hits you, it gets difficult to wipe your tears and comfort the aching heart. As you glance out the window, your tears tremble down your cheeks, blurring your vision, and the instant you realize no one is coming to hold you tight, the sorrow you were feeling seems to fade away. Leaving just an empty heart and dried-out eyes.

Loneliness is a lovely yet uncomfortable piece of clothing. It fits you like a glove as if it was made just for you. It adheres to your skin and conceals all your flaws, pain, and insecurities beneath its glitzy appearance. A lonely person will change himself completely to fit in but won't show his vulnerability to anyone because he is afraid of alienating the only person who cares about him.

Thoughts of a 'Loner'

Loneliness can also be described as wondering if the world was coming to an end, would anyone come to see you for the last time or hold your hand and save you. It is the feeling of being cut off from your loved ones but not being able to do anything about it. It is the urge to talk about a bunch of things at the end of the day but nobody listens to it.

People who are lonely are like two ships passing in the dark. They sense the presence of another survivor, empty and cold, but neither speaks because vulnerability is their greatest fear.

Loneliness is liberating and addictive. It is the freedom to listen to your heart and follow it without hundreds of eyes watching you. Once you are accustomed to the silence surrounding you, the tranquility and serenity in the atmosphere becomes a haven. This transforms a person into their own best friend whom they can count on for their whole lives.

Dwindled Life Experience

I've experienced loneliness before, but the most recent instance occurred when college began. Our group split off, and everyone took a different route. Our paths had diverged. I recall making a pledge to keep together and talk every day, even if it was only for a few minutes, no matter how busy we were. Unfortunately, the group has been pushed to the bottom of my Whatsapp list. I don't blame someone for feeling lonely, though. While we may all be feeling the same way, none of us are available to help the other.

Nobody's life is going to come to a halt. You're going to be lonely either today or tomorrow. So, why not work quietly today, without informing the rest of the town of your plans, and let your success yell at the top of its lungs that you weren't alone? I was accompanied by ambition, hard effort, and dedication.

Loneliness is not defined just by the lack of physical beings. A person's loneliness can also be caused by a lack of good values, objectives, and tenacity.

Loneliness as Fuel for Motivation

The sense of not belonging is a sign that you are supposed to be somewhere else. Allow the loneliness to motivate you to go to your objective, and perhaps this will vanish while you're driving one of your two-seater sports cars. Even though the world appears to be crumbling today and everyone appears to be having a good time despite your absence, remember that you must modify the circumstances so that a party never begins without you stepping foot there.

If you don't have a shoulder to lean against, grab a pillow and curl up. Positive affirmations can help you stay motivated and become stronger with each passing day. This will be the most difficult phase to complete, but the journey will be worthwhile once you see the light at the end of the tunnel.

- Niyushaa Petigara

POTATO CHOPS

Ingredients:

1/2 kg Chicken mince
7 Potatoes
1/4 cup green peas
2 Onions finely chopped
1 Tomato finely chopped
3 green chilies
1 tbsp ginger garlic paste
1 tsp turmeric powder
1 tsp garam masala
1 tsp chilli powder
1/4 cup coriander leaves
1/2 cup bread crumbs
1/2 cup semolina
2 eggs
Salt and pepper as per taste

Method:

1. First, we will cook the potatoes in a cooker until they have turned soft, drain and mash the potatoes well to ensure there are no lumps, and keep them aside.

2. In a pan, add some oil, onions, tomatoes, chillies, salt, and pepper and cook until the onions turn translucent.

3. Now we will add in the chicken mince, ginger garlic paste, green peas, turmeric powder, garam masala, chili powder, add water as required, and cook for about 10-12 mins on medium flame.

4. Once cooked, add the coriander and allow it to cool.

5. Onto shaping the chops!
Take a medium-sized portion of mashed potatoes, flatten it and add a tbsp of the mince mixture in the middle, fold the sides to cover, and roll it into a ball.

6. Coat it with an egg wash and cover it with the breadcrumb mixture

7. Shallow fry on medium flame until golden brown on each side and it's ready to enjoy!

- Anaida Pereira
TYBMS
@thethirtyonemiles

FEATURED PHOTOGRAPH

By Brandon Pinto
TY BAMMC

Mismatched
Series Review

"Kisse pyaar karein, Kisse naa karein, yeh humare haath main kaha hota hai"
~ Mismatched

We all crave a good love story drama, don't we?? Here is one of them!
A Netflix Drama Series named "Mismatched". It is an Indian drama series which was released on Netflix on 20th November 2020 and comprises of 6 episodes. Very few people are aware that this cute love drama is based on a book named "When Dimple Met Rishi" by Sandhya Menon. The series stars wonderful actors like Rohit Saraf, Prajakta Koli, Taaruk Raina, Ranvijay Singh and many more.
The story of the series revolves around two individuals, Dimple (Prajakta Koli) and Rishi (Rohit Saraf)
who have enrolled for a three-month computer coding program in Jaipur. Each episode is shown from the point of view of a different student and that is what makes this series so interesting to watch. At the heart of it is the love story of Dimple and Rishi. Dimple, a studious and career-centric girl, whose mother sends her to college so that she can meet her future husband. Rishi, who fancies the idea of old school Bollywood love and wishes he had a love story like his grandparents. His grandmother is in a Whatsapp group and in pursuit of setting Rishi up with his future wife. And they are both just 17 (I mean wow, all I could think at that age is to get a good amount of sleep). Dimple and Rishi have a series of cute moments through these six episodes. However, the two characters do have a few flaws. Dimple with her "I am not like other girls" complex and Rishi who likes Dimple because she needs "no makeup like other girls". The different characters in the show make it an engaging watch. The show focuses so much on Dimple and Rishi that it does not do justice to the other characters. The stories of the other characters would give a deeper meaning to the show, like the girl who lives in a closet because of her sexuality or the boy who secretly suffers from alopecia. Hopefully, the makers of the show reveal these stories in the next season.
The one scene that always gets me is during the first day of the program when none of them are familiar with each other, Rishi walks up to Dimple and says "Hello future wife" and Dimple flips a cup of cold coffee over Rishi calling him a creep. Another beautiful moment from the show is when Zeenat Karim, who is back to school to get a new start, confides in Ranvijay Singh's character about the death of her husband. Such

moments give the viewers a profound message.

Mismatched is a light-hearted teenage drama that can be binged on a weekend. It is a good watch for someone looking for a teenage romance drama.

I would rate this show aa 3/5 and I look forward to a new season.

- Glynis. A. Fernandes. SYBAMMC A

Editor In Chief
Rhea Dsouza

Chief Designer
Rhys Coutinho

Assistant Editor
Stephanie Cardoz

Team of Editors
Glynis Fernandes
Riya Shukla
Joshua Ohol
Niyushaa Petigara
Jovita Francis
Cliff Coutinho

Follow Us:

@standrewscollegemumbai

www.standrewscollege.ac.in