

New Year's Resolutions

Why Your New Year Resolutions Fail

As a child, I was madly addicted to sugar. It was around that time when I got familiar with the concept of a New Year's Resolution. Understanding my invincible love for sugar, my parents recommended that I cut down on it, and reduce it to every alternate day. I happily took on the challenge because how hard could this possibly be?

As soon as New Year's midnight mass ended and I began greeting people, I happily took on a piece of cake and coffee they offered after the service, and even offered some to my brother, who was just waiting to watch me gobble it up. And OOPS!!! There went my resolution! "Oh darn, looks like we have to wait until next year to break this habit," I said to mom, as I gobbled down the final crumbs of cake.

It is about that time of the year. You see your friends hit the gym faithfully, the most spendthrift kid finally saves some money, and the junkyard of your group finally eat some healthy....until the weekend. I'm sure you're quite well versed with how disastrous maintaining resolutions can be and how sustaining

that will power to maintain it is even hard. Did you know that over 80% of resolutions fail annually? That means you're not alone. So what makes it hard to maintain? A lack of motivation, willpower, or just laziness that takes over? Well, let's find out!

Now, would you believe if I said a huge chunk of this problem could lie with the date associated while creating your resolution? As shocking as it sounds, Psychology Today explains how when you decide to start afresh from the New Year, you're already ruining your resolution. The odds that your body and mind are ready for that change as the calendar turns over to a New Year are probably minimal. This definitely doesn't mean resolutions that are set on the 1st day of a new year won't work at all.

Amy Morin, a mental strength trainer and psychotherapist, explains how "people do not change their lives until they're ready." Whether it's the case of an addict or a broken relationship, no one changes until they realise there is a problem. However she goes on to explain how identifying the problem is just a tiny aspect of this entire process. Deciding that the benefits of the change will surpass the cons is also a crucial step. Some resolutions may require a lasting motivation over a period of time. This will only start when you decide you need that change.

Another possibility why resolutions may fail is because you doubt yourself. If you're someone who's failed at this once, twice or even thrice, it's hard to believe in yourself. But does it hurt to try again? Evaluate your last time's goal. Was the goal you set too challenging or hard to achieve? After all, you can't expect yourself to restructure your entire life overnight, can you? Instead of treating a marathon like a sprint and trying to achieve it all immediately, break it down into doable goals that lead you to your long-term goal.

Sometimes, people rely on external means to get their life together. Be it a counsellor, the most inspirational book you'll ever find or a mentor that pushes you towards your goal. Unless you put your plan into action, you're not getting there.

Having said this, on a final note, knowing when to execute this plan is very crucial. Like I've mentioned before, instead of aiming to crush all your goals on the 1st of January itself, take some time and introspect. Are you mentally and physically ready for this change? Whether it takes you a day, week or a month to make this change, be committed and consistent, it's worth that wait. Do the necessary research, make the plan, jot down goals and organise yourself. It may take a while and until then you may feel like your life's a mess. But it's normal. Even if you wake up one fine day and decide, this is it, I need to get my life together. It may not always fall on the 1st day of a new year, and that's totally alright!

-Alicia Dias

Film Review

The Knight Before Christmas

When a 13th-century knight is transported to the present day, there are a lot of things that can go wrong – or he could be mistaken for an enthusiastic cosplayer or method actor in a small town. Sir Cole Christopher Frederick Lyons is a day away from his brother's knighthood. He encounters an old lady during the royal hunt who he assumes needs help, only to have found himself in the presence of a crone who curses him to a faraway land to fulfill a conquest. Vanessa Hudgens, who we all remember from our childhood show High School Musical, plays the character of Brooke – a science teacher in a small town of Ohio where we see her as a feminist role model and a love counsellor to any broken heart she meets. She first crossed paths with our Knight during the Christmas fair only to dash him with her car a few minutes later. This leads her to taking him to the hospital where the doctors assume he has a serious memory loss problem. She feels guilty and offers him shelter till he regains his memory, much to the disapproval of her close friends and family, who eventually come around. This leads us to a five-day journey that explores various Christmas values such as gratitude, generosity, and eventually love.

There are many heartwarming moments in the movie where the main characters reminisce about their happy childhood



pasts and their bond grows stronger. Eventually, after fulfilling his quest every Knight must return home, but will Brooke's Knight in shining armour return for her?

A feel-good movie with a few unrealistic scenarios that would only play out in a reel world. This movie makes for a fun watch with the whole family. Plus points if you watch it with a cup of Sir Cole's favourite Hot Chocolate. Overall rating is a strong 3.5 out of 5 stars.

Stephanie Liban Cardoz, SYBA A.

Talentine

The Digital Quest for Talent

Talentine - Mask On, Mask Off 1.0 was a smashing success and hence by popular demand, it's back! Talentine - Mask On, Mask Off 2.0 will begin from January 2021. I mean let's be honest, is there another way to begin the New Year than an online talent fest? With events from various categories to fulfil your desires, Talentine will be everything you've ever wanted! The dates for the same will be made known to you via the college's official Instagram Page.

"Talentine" is a hybrid of two words, 'Talent' and 'Quarantine' as it was a talent competition initiated during quarantine. Talentine serves as a platform for talented Andreans to showcase their talent. The platform enables students to learn, grow and develop in areas other than academia. It is St. Andrew's goal to provide holistic education to its students and Talentine does that.

During the last 2 years, most of us haven't had many opportunities to partake in competitions because of the pandemic. But St. Andrew's College has got you covered with our Digital Talent Hunt Competition. It's a safe environment for Andreans to express themselves and amplify their art. Talentine is also a great opportunity for talent managers to reach out and tap into undiscovered

talent. The Andrean Code is what inspired the personality and inception of the event.

Talentine is a digital stage for Writers, Content Creators and Performing Artists alike. It allows them to manifest their potential with the limited resources they possess. Talentine's core principle revolves around something that William Shakespeare once said, "All the world's a Stage ". We believe that talent doesn't need a physical stage to flourish, as the entire world's a stage and talent can blossom anywhere in it.

The PR Team has left no stone unturned and has ensured that Talentine 2.0 will blow your minds! The duration of the event will be approximately a month, in which there will be various categories, ensuring that many talented Andreans will be able to apply. The competition will begin with 3 events namely, Photography, Make-Up and COWID. Photography and Make-Up are quite self-explanatory, but what's COWID?

COWID is an acronym for Come On Write It Down inspired by the lockdown situation we all face due to Covid-19. It is a thematic creative writing competition for all writers. Writers are the creative geniuses that compel people with nothing but

words. Hence making COWID the perfect destination for all Andrean writers. The dates for the same will be mentioned on our official Instagram Page, so stay tuned for that!

We all know that performing artists have taken the brunt of the blow and hence we have 3 more events namely; Singing, Dancing and Instrumental. Drama isn't going to be offered this year as it's time for our Instrumentalists to shine. Each category will be judged by a panel of artists exceptional in their respective fields. The judges' information along with the dates for the events will be uploaded on our official Instagram Page, so stay tuned for that!

This is an incredible opportunity for Andreans to gain exposure, experience and pocket in some cash. Yup, you read it correctly, along with a participation certificate, yet another benefit, cash prizes will also be given to students who perform exceptionally well. So what are you waiting for? Keep a lookout for updates with regards to Talentine on our Instagram Page and don't miss out on this rare opportunity!

-Written By: Cliff Coutinho, FYBA.

MUSIC THERAPY

What is Music therapy?

Music is, without a doubt, a big part of everyone's life. It is to some a beautiful personification of the world they live in and to some the anchor to reality, but whatever it may mean to us, its importance in our lives is undeniable. So, it doesn't come off as a surprise when music in the form of therapy helps people pave through life. Music therapy is a therapeutic approach to help people improve their overall well-being. This therapy consists of nothing but the natural mood lifting qualities of music which can be touched in any form like making music, listening to music, discussing music, singing, writing, etc. It also does not necessarily require one to have a musical background to experience its benefits.

Why is it so effective?

Although there are a million obvious reasons as to why music is a particularly effective technique used by many in today's time, some scientifically proven are:-

- Brain waves- A number of researches have shown that brain waves can in fact be affected by music, for example, a slow tempo beat can get one in a calm and meditative state while a strong beat can get one to have a sharper concentration and more alert thinking. Not only this, the change in the activity of brain waves has led to the revelation that music can bring lasting effects to one's state of mind even after one has stopped listening to it.
- Breathing and Heart Rate- Other than the brain waves, other parts of the body also go through change. These are our heart rates and breathing. It has been proven how music can affect a person's heart rate and breathing, like slower breathing and heart rate with the activation of a relaxation response.

- State of Mind- Music not only affects one biologically but also affects one's mood. Its uplifting beats and cathartic lyrics help one keep their worries and anxieties at bay. It also helps prevent the stress response from wreaking havoc on the body and helps maintain creativity and optimism levels high.
- Other Benefits- There are other benefits too that come from this, such as boosting immunity, lowering blood pressure, easing muscle tension, etc.

What can it help with?

Although music therapy is just to help people improve their overall well-being, there are a number of things it can help with. They are:-

- Depression
- Headaches
- Stress or Anxiety
- Insomnia
- Pain management
- Autism
- Alzheimer's disease
- Feelings of low self-esteem and negative mood
- Difficulties in verbal and non-verbal communication

The list is endless but these are some that have shown a lot of changes.

It is said that music has the power to charm a savage beast. Therefore it really comes as no surprise that music therapy is slowly and gradually growing in popularity with its many benefits and seeing as many have finally realized what an important tool music makes in helping one become healthy.

- Shruti Nangia

FEATURED

PHOTOGRAPH



By Brendon Martin

NBT

Nothing But theT

Who doesn't enjoy a good cup of chai and a refreshing talk with it?? That is exactly what NBT- Nothing but the Tea aims to do!! Initially started with an idea from the Andrean PR Team to offer insights and learnings from the lives of exceptional professionals, helping students to direct their path in life and gain control of their careers track. It aims to make things easier for students who question their career choices and are unable to find the right calling. NBT also helps students to deal with various issues and find the right motivation. The best part about Nothing But The Tea is that through the experiences of these talented and phenomenal professionals, students can relate and feel that they aren't alone, and troubled times are a part of growing up. Unlike other talk shows, NBT doesn't only focus on entertainment or just acquiring knowledge. It brings out the best of both worlds. With a tinge of gossip and a massive number of life lessons and interesting encounters, it is something that will excite you and encourage you to look to the future with a vibrant perspective.


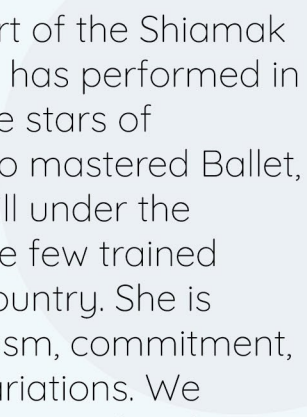
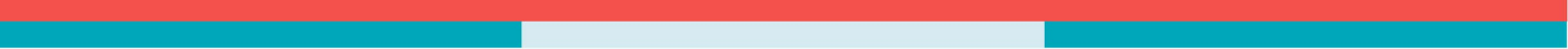
The guests featuring on Nothing But The Tea belong to various fields and have mastered the art of working successfully, gaining a huge following and praise for their work. Getting first-hand experience to listen to their stories and teachings is a golden chance one should never miss!

NBT-Nothing but the Tea is aired once a month on the college YouTube Channel. There have been a total of four episodes in this series and each episode has been a delight to watch! Our very first episode featured Mrs. Neetu Shukla, Senior manager at Nucleus Office Parks. She is a brilliant businesswoman skilled in Marketing and management. With her sharp and resolved frame of mind, we definitely learned a ton of skills.


The second episode of NBT featured Mr. Andre Borges, Manager at a digital entertainment company Pocket Aces who has formerly worked with popular media companies such as BuzzFeed. He is known for putting out his public speaking and news reporting skills to great use by reporting about notable topics on his growing Instagram page. With his resolute and determined nature, we got a glimpse of how we can deal with haters and online trolls.

The third episode featured Mr. Macedon D'mello, an Indian television actor and a professional dancer. He has starred in shows like Dil Dosti Dance and Bindass Naach, he holds spectacular dance and acting skills. He is a part of the Desihoppers Crew, and in their debut year, they won the World Dance Championship in Los Angeles. He has a mesmerizing social media presence and keeps posting dance and entertainment videos to his social media pages constantly. With his charm, pleasant smile, and outgoing nature we learned the art of how to be ourselves (and shake a leg too).

The fourth and recent episode featured Ms. Aneesha Dalal, a performer, dancer, artist, and exceptional human.



She is an important part of the Shiamak Davar dance crew and has performed in numerous films with the stars of Bollywood. She has also mastered Ballet, a dance form that is still under the covers, being one of the few trained ballet dancers in our country. She is known for her enthusiasm, commitment, and amazing dance variations. We learned how to be determined and hardworking towards our goal.



What an amazing lineup of guests, isn't it?!! And that is the reason why you shouldn't miss any episode of Nothing But The Tea! A ton of surprises and incredible guests await you. The next episode of NBT is going to be very interesting and the guest is going to be..... Drumroll, please.... Ohh I think we should wait for the next episode! Till then, stay tuned and subscribe to our YouTube Channel.

Written By: Glynis Fernandes.

Marzipan

Recipe

Ingredients: Yield -750 gms

- Cashew Nuts – 300 gms
- Icing Sugar – 400 gms
- Egg White – 1
- Rose Water – 30 ml
- Rose Essence – 2 to 3 drops
- Liquid Food Colour (various) – as needed

Method:

- Divide the cashew nuts into three portions. Grind each portion in a dry grinder jar in short spurts till finely ground. It is important to grind them a few at a time. Don't grind the cashew nuts all at once.
- Sieve the cashew nut powder to remove any bits of cashew nuts. Place the sieved cashew nut powder in a bowl along with the icing sugar and mix.
- Add the rose essence to the rose water and mix well. Add this to the bowl with the cashew nuts and icing sugar.
- Beat the egg whites till frothy. Take a tbsp. of the froth and add it to the cashew nut mixture and mix with your clean fingers. Beat the egg white again and take another tbsp. of the froth and continue the same process till you have exhausted most of the egg white.
- Knead the mixture into a dough in the process (dust your fingers or palms with icing sugar to avoid the dough sticking to them).
- Divide the dough into 3 to 4 portions. Take a plate and dust it with a little icing



sugar. Take one portion of the dough on the plate and top it with a drop of food colour (just a drop) and knead it to blend well (add another drop if you're not satisfied with the colour or like a darker shade). Do this with different colours for all the portions of dough.

- Take a rubber silicon mould and dust it lightly with some icing sugar. Pinch out bits of the marzipan dough and press them into the moulds. Smoothen the surface with your finger.
- Demould and place it on a tray lined with butter paper. Allow drying at room temperature for 2 to 3 hours (Mumbai temperature) or longer before storing in an airtight container.

An article by Pearl Dsouza in collaboration with Healsan Mendonsa, TYBSC Hospitality Studies

Series Review

Two Broke Girls

I am your BFF- Broke Friend Forever

Everyone needs a good chuckle at the end of a long day, and 'Two Broke Girls' is the answer. The show aired on CBS for six seasons, from 2011 to 2017. Max Black and Caroline Channing are the two broke girls. Max had a difficult childhood, growing up in poverty, being abandoned by her father and left with an alcoholic mother. Caroline, on the other hand, was a wealthy father's little daughter until her father lost his fortune and was sentenced to prison for participating in a Ponzi scheme. Kat Dennings, Beth Behrs, Jennifer Coolidge, and a host of other talented actors star in the series.

The series centers around Max and Caroline's goal of opening a cupcake store called "Max's Homemade Cupcakes," and the girls work at the Williamsburg Diner, managed by an Asian guy named Han Lee, to make ends meet. Earl, the African-American cashier at the diner, is considered a father figure by Max. Caroline is a Wharton business graduate and the brains behind the cupcake business. Despite losing billions, she was able to survive and create a business. She is a tenacious and positive individual who, no matter what, never gives up. Max is sarcastic, street smart, and feisty. She lacked goals and hopes because, having to always take care of herself, she had never had the opportunity to dream. She utilizes sarcasm as her emotional shield.



The series contains a fair amount of racial and stereotypical humor, as well as inappropriate comments and some PG content, which made it offensive and was a further cause for the series' cancellation.

Apart from that, the series imparted some valuable life lessons:

1. There is no age to learn or graduate.

With Caroline's support, Max realizes her dream of attending pastry school and administers the last exam required for her high school certificate.

2. Never surrender.

Caroline dreams of opening a cupcake bakery even if she doesn't have a roof over her head since she believes she has nothing to lose by trying. Her business spirit persuades Max to join forces with her, and the two have never given up since.

3. Being lazy is not an option.

The two broke girls were never sluggish. Max used to work three to four jobs until Caroline came along. Even after starting their cupcake business, the girls worked

at the diner, made cupcakes, attempted to learn new talents to stay competitive, and never turned down a chance to make extra money.

4. Family does not have to be blood-related.

Even though Max and Caroline are opposites, they have managed to overcome their differences and move forward.

They went from being friends to sisters in a short period. Their friendship was far from flawless, but it was genuine, and the girls were one another's most prized possessions. Apart from each other, the girls' extended family included Han, Earl, Sophie, and Oleg.

The finale was my favorite episode of the entire series. The emotional roller coaster experienced during this episode is unmatched. I don't want to spoil the surprise, but everything works out for these girls. They have a successful dessert bar and a healthy relationship with their boy-friends.

This show gets a 4/5 from me. There's drama, comedy, romance, and some excellent lessons to be learned. 'Two Broke Girls' is one of my all-time favorite shows, and I wouldn't mind seeing it five more times.

-Niyushaa Petigara

Anti-Ragging Cell

“When someone is cruel or acts like a bully, you don’t stoop to their level. No, our motto is, when they go low, we go high.” – Michelle Obama

Bullying, a growing universal issue, means to seek to harm, intimidate, or coerce someone perceived as vulnerable. It is an aggressive human behaviour that is not limited to any one region, individual, a segment of society or community. It resounds with many worldwide.

Bullying manifests in multiple ways and is a common occurrence in all walks of life. The common cases of bullying are reported at school, college, workplace, public places or online via cyberbullying. The most common examples of bullying are witnessed in schools where the physically or mentally weaker students are mistreated by the stronger ones. Almost everyone in their school life would have faced or witnessed it. There are varying causes and impacts of bullying on the mental health of students. It severely impacts the behaviour, thinking, social life and self-respect of the victim. It also scars the psyche of students. It deteriorates mental health and causes isolation. As a result, the academics of the student are also affected.

Ragging is a subset of Bullying. The Maharashtra Prohibition of Ragging, Act 1999 states “Ragging’ means display of disorderly conduct, doing of any act



which causes or is likely to cause physical or psychological harm or raise apprehension or fear or shame or embarrassment to a student in any Educational Institution and includes Teasing, abusing, threatening or playing practical jokes on, or causing hurt to, such student; OR

Asking a student to do any act or perform something which such student will not, in the ordinary course, willingly, do.”

Ragging in the basic sense consists of the use of humiliation to socialize newcomers to an educational institution. Ragging causes Physiological problems like nausea, headaches, hypertension, sleep disorders, elevated blood pressure, asthma, etc., Psychological problems such as anxiety disorder, negative self-image, reduced self-esteem, anger, depression, withdrawal behaviour, panic disorder, social phobia and OCD, lack of concentration and attention, reduced productivity, forgetfulness, errors in judgment etc., constant fear, inferiority

complex and guilt, Behavioural problems like alcohol and drug addiction, compulsive behaviour, aggression, PTSD, etc.

Other than the psychological, cognitive and behavioural disorders, physical injury also occurs through beating, being hit by objects or by being forced to perform dangerous tasks, etc.

Actions taken against students indulging or abetting in Ragging as per the Supreme Court of India and Maharashtra Act NO XXXIII of 1999 includes:

- Withholding results.
- Suspension/expulsion from the Institution.
- Cancellation of admission.
- Debarred from taking admission in any Institution in India for up to 5 years.
- Withholding/Withdrawing scholarship and other benefits.
- Debarring from appearing in any exams and representing the Institution in any regional, national or international meet, tournament, and youth festival.
- An FIR filed without any exception with the local police station.
- Imprisonment for up to two years and shall also be liable to a fine which may extend to Rs.10,000.

Within seven days of a written complaint of ragging, submitted by any student/parent/guardian/teacher to the Head of the Educational Institution, there shall be an enquire into the matter and if, prima facie, it is found true, suspend the accused student, and immediately forward the complaint to the relevant Police Station, for further action.

If the Head of the Educational Institution fails/neglects to take action, such person shall be deemed to have abetted the

offence of ragging and shall, on conviction, be punished with imprisonment for a term which may extend to 2 years and shall also be liable to a fine which may extend to Rs.10,000.

If you are a victim or know someone who is a victim of ragging or have witnessed ragging, we advise you to reach out to the Discipline and Anti Ragging Committee comprising of the Principal, Dr Marie Fernandes, five core Faculty members, Dr Vatika Sibal (chairperson of Discipline and Anti-ragging committee), Mr Abhishek Sood (BAF Coordinator), Mr Neeraj Shukla (BScIT department), Ms Rachel George (Accountancy Department), two Parent representatives and four student representatives.

Don't stay silent, encourage or participate in such activities. Speak up against ragging to create a safer environment for learning for you and your fellow students.

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