

Why Can't We Remember Our Dreams?

As a child, I always wondered about my dreams. What happened to them? Where did they go? Why at times I couldn't remember them? It all seemed like a big web of mystery to me and I'm sure I'm not the only one.

The study of dreams and sleep has always been a very complex topic, albeit interesting but complex nonetheless.

Dreams are a part of our sleep, sometimes we remember them, sometimes we don't. Thus, raising the question in many minds, "Why Can't We Remember Our Dreams?"

There are a couple of reasons as to why we don't remember our dreams:-







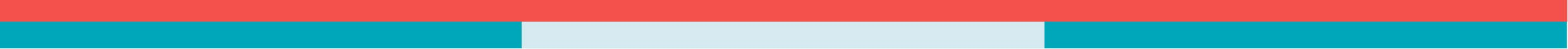
- The first reason is the Hippocampus. The hippocampus is a small, curved structure in our brains that is responsible for moving the information from short term to long term memory. According to studies, this region of the brain is the last to sleep, which makes it highly probable for it to be the last one awake. Although the hippocampus region is highly active during sleep, storing the existing memories does not register the new incoming experiences. So therefore, while we may be dreaming, we won't remember it since the short term



memory of the dream won't proceed or even be registered by the hippocampus.

- Another reason is the REM cycle of sleep. Our dreams mostly occur during the REM(Rapid Eye Movement) cycle of our sleep. The cycle continues at several intervals but still lasts a bit longer towards the morning. According to research and experts, we have at least 4-7 dreams every night and tend to forget most of them. Although we may remember the one we experienced immediately before waking up. This is possibly a reason as to why we actually remember our dreams. So therefore prior to recovering our consciousness, if there is a transition from the REM sleep to any other state of sleep, our dreams are very often forgotten.

According to a study conducted by the researchers of France in 2017, compared to the low dream recallers high dream recallers wake up more frequently during the night. They monitored sleep patterns in 18 people who reported to have remembered their dreams frequently and 18 who rarely remember their dreams.



-Lastly, it's also possible that many of our dreams just aren't that memorable. Throughout the whole day, our thoughts wander to endless scenarios all the time, but yet again there are only a few that we remember by the end of the day. We discard most of our thoughts that we find non-essential information so the same could also be said for our dreams, those we find non-essential and unnecessary we discard them.

As mentioned before, the study of sleep is more complex than we think, the intricate design of our brains going through a rollercoaster of mental states, caring and storing our memories while the body is in a state of sleep is simply fascinating. Dreams are an incredibly fragile part of the process, making it more of a labyrinth.

Perhaps it is a good thing after all that we don't remember our dreams. As it is brilliantly pointed out by Dr Siclari, if we remember every detail of our dreams as we can do in waking life, we'll eventually start to confuse them.

- Shruti Nangia, FYBA

Book Review

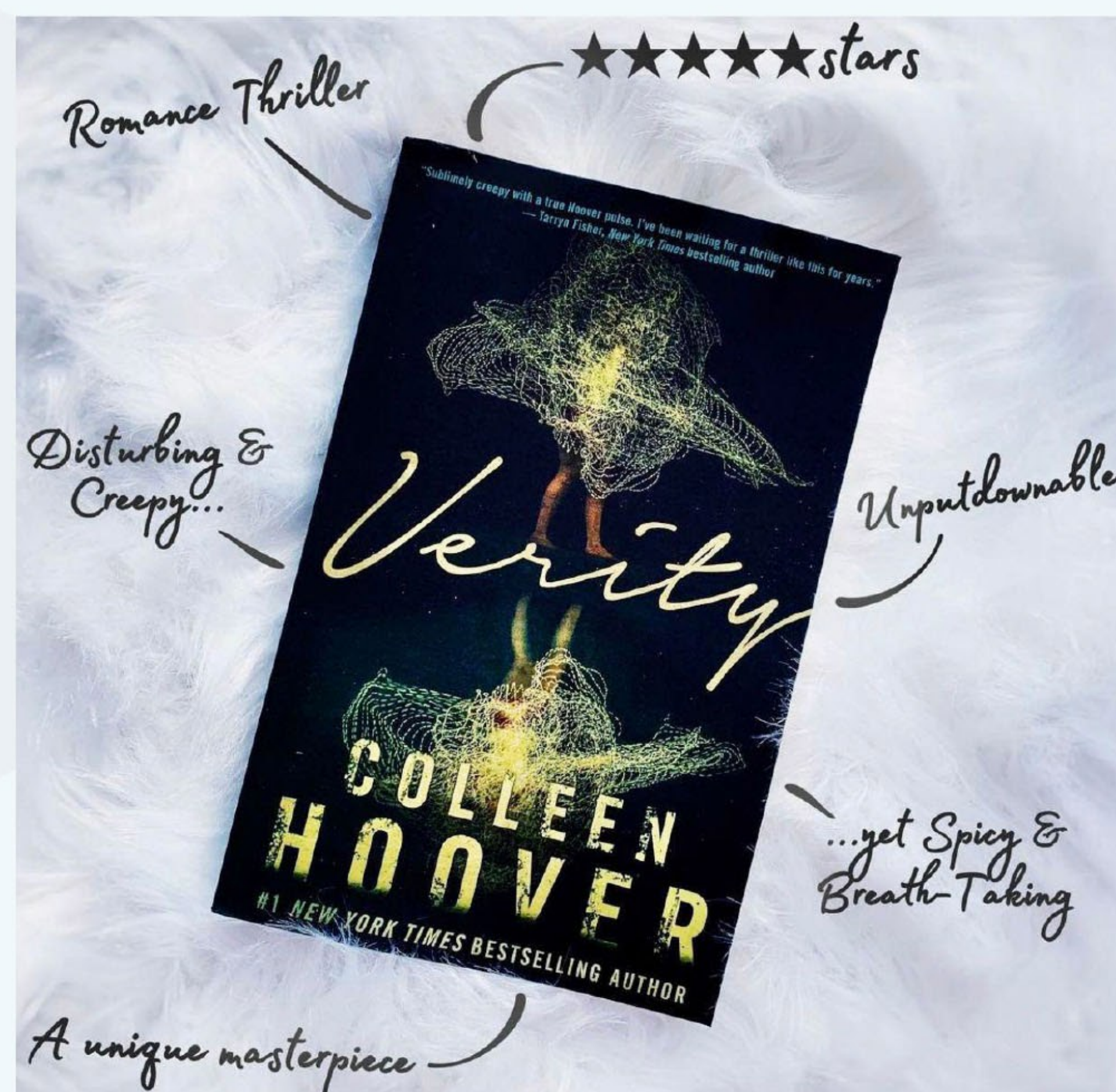
Verity

Verity is a book that will get you hooked from the first page. It is the perfect blend of romance and suspense, written by New York Times bestselling author Colleen Hoover. The book received over 3,000 positive reviews and was an Amazon Best Seller in 2019. This book is a far cry from Hoover's earlier dramatic love stories.

The plot revolves around a struggling writer, Lowen Ashleigh, who is on the verge of bankruptcy when she takes a job to finish a book series by the most famous author, Verity Crawford after she is injured in an accident. Lowen, who has been hired by Verity's husband, Jeremy Crawford, moves into their home to gather information for the books. Lowen comes across a manuscript authored by Verity that has some terrible truths while working at the Crawford estate. Lowen's life is turned upside down by a single occurrence that sends her into a spiral of lies, wrath, and dishonesty.

The novel fulfills its goal of telling a psychologically disturbing tale. Verity is a page-turner from start to finish. The tension builds with each chapter, and it becomes impossible to put the book down. Believe me when I say that I finished the book in 6-7 hours and don't regret a single minute of it. The novel has the power to keep you on the edge of your seat throughout.

Verity's plot is similar to that of many other thrillers, with a major twist at the end. The book contains many dark



themes, including child abuse, drug addiction, and graphic adult content. Every incident's specifics are horrifying, demonstrating both how cruel the world can be and how individuals are not who they appear to be. Some people may be emotionally or psychologically triggered by the descriptions in the literature.

The book's writing style is simple to read and comprehend. Every few pages, the author provides us a glimpse inside Verity Crawford's manuscript, discovered by Lowen. The specifics have been given a lot of thought, and they help to move the plot ahead. The characters are complex, and as the story unfolds, we see the various traits that each individual possesses.

To sum up, Verity tells a scandalous narrative and leaves the reader with the question, "Which truth is the lie?"

Verity is the ideal book to kick off your book bucket list for 2022. For its wonderful plot and unexpected turn of events, I would rate this book a 4/5.

By: - Niyushaa Petigara, FYBA

FEATURED PHOTOGRAPH



By Joshua Pereira

How does Social Inequalities affect the Mental Health of Older Women?

Social inequality occurs when resources in a society are distributed inequitably, typically through allocation procedures that establish certain patterns along the lines of socially defined categories of individuals. It is the disparity in access to social goods induced by power, religion, kinship, position, race, ethnicity, gender, age, sexual orientation, and class in society. Social inequality is commonly linked with a lack of equality in outcomes, but it may also be characterised as a lack of equality in access to opportunity. There is a substantial distinction in how social groups are regarded throughout society. People from various socioeconomic backgrounds will discover that they obtain varied benefits from society as a result of their social status. There are three social groups in society: the working class, the middle class, and the upper class. The upper class is regarded as superior to the lower classes and benefits the most from society. The middle class occupies a social position in the centre, receiving neither the most benefits from society as the top class nor being regarded as the working class. Individuals who work for a minimum wage, typically in physical or industrial labour, are classified as members of the working class. Individuals who get them may be influenced by the social differences that exist between



socioeconomic classes. Working-class people may encounter bullying because other groups in society see them as 'poor.' As a result, since they think they are suffering in society, people may develop a range of mental health concerns, such as depression. As a result, their health conditions may worsen, and they may become critically ill.

Elderly people are also treated differently in society, with the assumption that once they reach a certain age, they are unable to achieve much and cannot care for themselves. People over the age of retirement are viewed as 'elderly' and 'weak,' according to society. This is not the case, because many people beyond the age of retirement can do the same activities as those under the age of retirement. Inequality has an economic, political, environmental, and social impact on older people. Age-based discrimination against older people exacerbates these imbalances.

EFFECTS OF AGEISM AND SEXISM.

Older women face the cumulative effects of ageism and sexism in many facets of their lives. To begin with, they are more likely than men to encounter ageist ideas. They may experience double discrimination in terms of access to work and retirement, as well as crucial health and insurance goods and services. This is owing to long-term variances in salaries and working hours, as well as the fact that older women live longer lives and are more likely to be alone. Especially vulnerable to poverty and social prejudice are older migrant women and ethnic minorities. Gender violence and prejudice increase inequality, fragility, and poverty in old age.

Despite the fact that women have a longer life expectancy than men, many are unable to enjoy their older years because they struggle to satisfy their fundamental needs. A lifetime of inequities has resulted in elderly women having among the lowest literacy rates in the world. Many older women face severe health disparities, have fewer human rights, and have less financial stability, with fewer resources and assets to afford a decent quality of life in old age.

Mental illness affects nearly twice as many women as it does men. Despite the fact that gender differences in mental health are documented across a wide range of geographical locations, societies, populations, and social situations, there is a paucity of research that investigates the influence of social inequality and gender disparities on mental health. According to an increasing corpus of research, psychiatric diseases are primarily caused by a mix of stress, environmental, neurobiological, and hereditary variables.

Many characteristics, which are poorly understood, severely impede the discovery of effective therapies for these illnesses. Genetic factors cannot fully explain the primary causes of depressive illnesses. At the level of health policy, the contributions of genetic architecture are difficult to address.

GENDER STEREOTYPES

Females and males have distinct brain structures and stress responses. For example, community pressure about stereotypical social roles based on gender may have differing effects on women's and men's mental health responses. In a male-dominated culture, women and men may react differently to job competitiveness. There is genetic variety in humans, both within and between communities. Gender differences in mental health may be exacerbated by relevant hereditary traits as well as stress. Gender stereotypes and masculinity may also play a role in gender differences in mental health. Gender inequality in a broader sense encompasses, but is not limited to, domestic violence, sexual abuse, unpaid care labour, longer hours of employment, poor social standing, lack of access to reproductive rights, and so on. Public health, social work, sociology, and social psychology are also fields concerned with gender inequity.

In India, the government's medical insurance system is not widely used. Our country's health-care system, at all levels, is built for the entire population, with no specific provisions or preferences for the aged. The health of the elderly is a component of general population health care, with no specific care provided to an ever-increasingly aged population. In 2011, Davidson stated, "women's health has become a major problem that will

only grow in relevance due to their higher lifespan and morbidity, as well as their lower access to healthcare when compared to males." Women's greater lifespan has important ramifications for women who live alone for lengthy periods of time, presumably with fewer resources and assistance. The lack of gender-specific health services, poor health as a result of childbearing, poor nutrition, and their priority position as caregivers for the young and the old, along with economic deprivation throughout their lives, typically place female seniors at a higher risk of illness in later life.

ALZHEIMER'S

Alzheimer's disease is the most prevalent kind of dementia, which is an umbrella term for disorders in which the brain no longer functions correctly. Alzheimer's disease impairs memory, thinking, and behaviour. Dementia symptoms may be minor in the early stages, but as the illness produces more brain damage, symptoms intensify. Everyone's illness advances at a different rate, but on average, people with Alzheimer's survive for eight years after symptoms appear. While there are currently no therapies to halt the progression of Alzheimer's disease, there are drugs available to treat dementia symptoms. Dementia research has offered a considerably greater knowledge of how Alzheimer's affects the brain during the last three decades.

The most serious consequence of acquiring Alzheimer's disease has become aging. The majority of Alzheimer's disease patients are 65 or older. Younger-onset Alzheimer's (also known as early-onset Alzheimer's) affects people under the age of 65. It is predicted that up to 5% of Alzheimer's

patients have the illness at a younger age. Younger-onset Alzheimer's disease is frequently misdiagnosed. Scientists aren't sure what causes Alzheimer's disease to run in families, but genetics, environmental factors, and lifestyle choices might all play a role. Several gene variations that raise the risk of acquiring Alzheimer's disease have been found by researchers.

Deterministic genes, as opposed to risk genes, ensure that a person will get a disease. The sole known cause of Alzheimer's is the inheritance of a deterministic gene. Alzheimer's induced by a deterministic gene is uncommon,



occurring in fewer than 1% of Alzheimer's cases. When a deterministic gene causes Alzheimer's, the condition is referred to as "autosomal dominant Alzheimer's disease." Changes in thinking capacity are among the symptoms of mild cognitive impairment, although they do not interfere with daily living and are not as severe as those produced by Alzheimer's or other progressing dementias. MCI, in particular MCI with memory impairments, raises the chance of acquiring Alzheimer's and other dementias. MCI, on the other hand, does not always advance. It can revert or remain steady in certain circumstances.

CONCLUSION

The review, while not thorough, aimed to highlight several challenges such as socioeconomic, religious, psychological, health care, and supportive services experienced by older women in India. As a result, it is important to begin policies, programmes, and legislative acts for the elderly in general and for older women in particular, with a focus on promoting physical and financial stability, health, and an independent and constructive life. Strategies should be developed concurrently in order to increase use and raise awareness among the elderly about the ongoing initiatives implemented by the government and non-governmental organisations. An essential strategy is to stimulate older

women's community engagement in order to prevent social exclusion and promote inclusion in socio - economic activities, resulting in an increase in their standard of living by increasing their dignity and autonomy in life. Policymakers must develop long-term social security mechanisms such as earning-related social insurance schemes, efficient social assistance programmes, and health services. More funds should be committed to research programmes that aim to analyse and record the existing formal and informal care systems in India, allowing context-specific models based on observable data to be tested and duplicated.

An article by Pearl Dsouza, TYBA B.

Checking your phone late at night?

After a long, tiresome mundane day, Amy chose to unwind by spending about 15 minutes on the phone. While scrolling through the gram, she came across a meme that said “do cows sleep standing?” Soon she was googling a couple of questionable things that challenged her sanity. On realizing how trivial things got her to overthink, she soon started overthinking about how she was overthinking. Before she knew it, one thing led to another, and it had been an hour of her spending time on her device, at a ridiculous hour. “I still couldn’t get myself to stop knowing I have an extremely long day tomorrow and how mentally and physically put off I am today.”

We often find ourselves doing questionable things, late into the night at the cost of our sleep. For most, it’s wasting time scrolling through social media or doing anything on that gadget. This tendency or phenomenon to postpone that “15 minutes” of screentime into 30, 45, and then eventually an hour, is termed as Revenge Bedtime Procrastination. Very Well Mind defines it as “a phenomenon in which people put off going to bed to engage in activities that they don’t have time for during the day. It is a way of finding time for leisure and entertainment—at the expense of sleep.” Dr. Sieka, manager of behavioral health services at Northwestern Medicine Central DuPage Hospital in Winfield, puts



it beautifully. “It’s sort of a quest to regain some of their freedom that they lost.”

Well now, a lot of us youngsters happen to be night owls. And wakefulness towards the end of the day may not necessarily translate to being a bedtime procrastinator. The problem differs from situation to situation. Probably you’re a college student trying to juggle all curricula while claiming some “me time.” at the cost of your sleep. And the night most probably seems like the most favourable time to do so. Maybe you’re a night owl trying to adapt to the early hours your job/institute demands. Maybe you’re even a procrastinator by nature and delay doing essential stuff. But here are a few clear cut indicators to know when it’s affecting you:

No extrinsic factors should be involved. No change in one’s environmental or health conditions could be a cause for one’s disruption in sleep.

In all likelihood, one knows this will negatively impact their overall health and still choose to indulge in this behavior.

This procrastination intervenes with your overall sleep schedule per night, thereby negatively impacting it.

While the reason for procrastinating at night may vary from person to person, the activity that keeps them up is usually something that requires minimal effort; physically and mentally. Some examples include browsing through social media, shopping online, Netflix, games, etc.

How likely are you to get affected by it?

An interesting study showed how women and children are most susceptible to bedtime procrastination. However, high-stress level jobs, students with packed schedules, mothers who devote most of their time looking after their family, etc, are people who are generally affected by this procrastination. While bedtime procrastination is a common tendency, affecting a broad spectrum of the population- adolescents, college students, and adults are most vulnerable to it.

Why should this bother you?

Besides pre-existing mental health conditions worsening, revenge bedtime procrastination can cause Anxiety, Depression, A Decrease in attention span, Slower thinking, Increased stress, and irritability, High blood pressure, Increased risk of cardiac problems, Weakened immunity, Weight gain, Worse memory, and faulty decision making. A blog called Solving procrastination explains how this whole bedtime procrastination puts you into a

self-perpetuating vicious cycle, where bedtime procrastination leads to lack of sleep, which in turn leads to more bedtime procrastination, and so on it goes.

It indeed is ironic how in a digital era where we can connect with people so easily, we seem to have lesser time for ourselves. So the next time you use your phone before bed, be mindful of the shortcomings of postponing that “just 10 minutes.” Learn how to modulate screen time and make sure it’s contributing to a happy and healthy lifestyle.

-Alicia Dias

Valentine's Themed Chocolate Chip Pancakes

Ingredients:

4 Tablespoons Room Temperature

Melted Unsalted Butter

1 Cup Milk

1 Tablespoon Sugar

1¼ cups flour

4 Teaspoons Baking Powder

¾ Teaspoon Salt

2 Eggs

1 Cup Chocolate Chips (or as many as
you'd like, there will never be enough!)

Pink / Red Food Colouring

*You will also need a heart-shaped
cookie cutter.

Method:

In a bowl, combine the flour, baking
powder, sugar and salt. Mix till all the dry
ingredients are well combined.

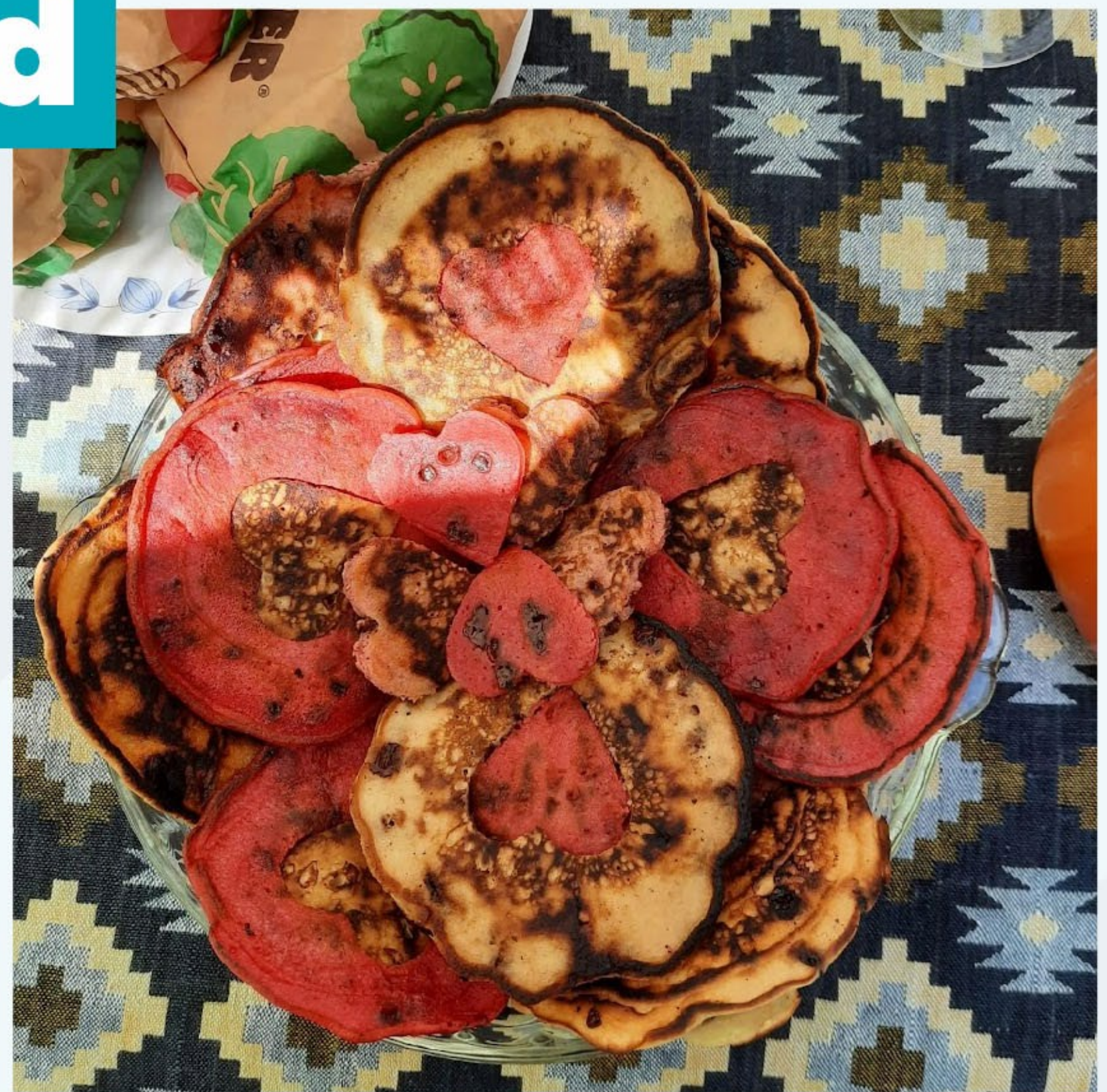
In another bowl, add the milk, the room
temperature melted butter and mix the
two. Once mixed, whisk the two eggs and
add them to the butter and milk. Mix all
the 3 until it is well combined.

Pour the wet ingredients into the bowl
with dry ingredients and mix both till you
get a good batter consistency. Add your
chocolate chips.

Divide the batter equally into two bowls.

Add the food colouring into one bowl.
Add drops of the colouring as per the
shade of pink or red you want.

Make sure the flame of your stove is
between a small and a medium-sized
flame.



In a small pan, add some butter and oil
and coat the pan.

Add a big spoon of your pancake batter
and let it spread into a circle, you can tap
it with the spoon to help with the
spreading.

Let it cook on one side. Once you see air
holes on the side facing you, flip the
pancake on the other side and let it cook
for a few minutes.

Repeat this until your batter for both pink
and the uncoloured pancakes is over. You
can also store your batter in an airtight
container or ziplock bag, refrigerate it
and use it later.

Once the pancakes have cooled, place
your cookie cutter in the middle of the
pink pancakes and remove the heart, do
the same for the uncoloured pancakes.
Once removed, place the pink heart in
the uncoloured pancake and the
uncoloured heart into the pink pancake.
Stack the pancakes any way you like.
You can drizzle the pancakes with honey,
or add some whipped cream or cut-up
fruits of your choice.

Lastly, Instagram it. Devour it, Forget
about the carbs, you deserve it.

Written by
Jessica D'mello
TYBAMMC

Movie Review:

The Help

"Eat My Shit"

Set in 1960s Jackson Mississippi, *The Help* focuses on three women: Aibileen (Viola Davis) - who works as a nanny and housekeeper for a white family, Minny (Octavia Spencer) - an outspoken maid and Skeeter (Emma Stone) - a recent college grad and an aspiring author. The movie lays emphasis on Skeeter writing a book during the civil rights movement detailing the lives of African-American maids and the hardships they faced.

The movie sheds light on how fake the White American society was back then. White Americans always had an act on, they were never truly themselves. All their interactions with their so-called "friends" were fake. On the other hand, there was a far greater solidarity amongst the African-American community.

White Americans, without any research or data, fabricated facts to continue the cycle of racism and slavery. The white men who were in power never questioned the facts, but went along with them. A significant example the movie depicts is that the African-American maids weren't allowed to use the toilets in the house, but the one that was built outside was especially for them. The reason behind this was to "protect" the Whites from the Blacks from unknown diseases.

Skeeter was a deviant in society. She wasn't affected by peoples' opinions about her. In a time and place where writing about African-American freedom



was considered illegal, she ventured on an extremely dangerous project. She started interviewing the neighbourhood maids to ask them about their experiences working for White people. Skeeter felt it was necessary to get African-American maids' perspectives out in the United States of America. She initially approached Aibileen to be interviewed, although fear got the better of her and for good reason.

In a spiritual awakening, Aibileen realised that it was necessary to have her voice heard, albeit anonymous. She realised that change is necessary and that it begins with courage. Eventually, Minny also joins Aibileen and Skeeter on this project and she doesn't hold back!

Due to the racist initiatives by a white woman named Hilly, numerous maids of Jackson Mississippi share their experiences with Skeeter. Afraid that the people will recognize them in the book, Minny adds a dark and hilarious secret in the book that would ensure the safety of all the maids. The book, once published, didn't take long to go viral. The book was

a massive hit and generated a long-needed discussion between black and white women.

After the success of the novel, Skeeter moved to New York to work in publishing.

Aibileen is fired from her job and embarks on a writing career of her own, while Minny leaves her abusive husband.

The movie definitely runs a little longer than what an individual would prefer, but nevertheless, the director, - Tate Taylor, condensed the right elements into it from the novel written by Kathryn Stockett.

Many argue that the civil rights movement was led by African-American folk while White Americans contributed a minor percentage to that movement.

Their argument is that this movie becomes one of those cliché movies that cry for freedom and tell the story of the oppressed minority through the

convenient non-minority saviour so that the white audience can relate to it.

Others argue that this is a movie. It gives a perspective. It gives Skeeter's perspective and how she contributed to eradicating racism in Jackson

Mississippi. It's definitely melodramatic, but let's be honest, which movie isn't?

In my opinion, this is a great movie. It depicts the struggles faced by the African-American maids in the 1960s. If you feel that this movie isn't good, tell that to the Oscar that Octavia Spencer won for her role as Minny. Overall, I'd rate this movie a 7.2 out of 10.

-Written By: Cliff Coutinho, FYBA.

Cutting Chai:

A Stunning Experience

CHAI BOLO CHAI, CUTTING CHAI!!

Due to the ongoing pandemic, we all have forgotten the fun, enthusiasm, and excitement to be in college. The feeling of being in class, meeting friends in the canteen, playing at the basketball court and a lot more. There is one thing college life isn't complete without, and that is Fests! During two years of online classes, this is something we've missed. The thrill of participating, the determination to win and the anticipation to meet new people are something that each student craves. One of the most celebrated and prominent college festivals is Cutting Chai. Cutting Chai is a fest hosted by RD National College, Bandra for the students of Bachelor's in Mass Media in various colleges around Mumbai.

It has been 15 years since its inception and Cutting Chai makes sure to never disappoint. From 2007 to 2022, each year the bar has been set higher. Students from the BMM department of National College put in a lot of hard work and months of preparation to make these 3 days a success. Dividing students into various departments like Admin, PR, Technical, Security, Hospitality, and many more. Each of them put their Blood, Sweat, and Tears into it. An invitation is sent to various colleges two months prior to the fest. Colleges have to participate in PR activities and choose a theme for their contingent.



St. Andrew's College has always looked forward to Cutting Chai with great enthusiasm and a winning spirit. Winning a number of trophies in the previous years, preparations for the fest go on in full swing since the beginning of January.

This year, our Contingent's theme was Black Panther. With other colleges selecting themes like Jack Sparrow, The Terminators, Daredevils, and so on. Before the start of the fest, there are a number of PR activities that earn us PR points and keep our competitive spirits high. On the days of the fest, there are several events like Main Film, Dance, Drama, Fashion Show, and Band, along with small events like Silent TVC, Storytelling, Dubbing, Screenplay, Solo Mic, and so on.

Students have to follow certain clauses set by the authorities, which makes the whole ordeal more interesting. A fun activity that the contingents undertake is Cross PR, where a contingent makes chants and cheers for the other contingents to support and raise each



other's spirits.

The organizing committee of Cutting Chai invites multiple renowned and inspirational personalities from the entertainment industry to judge the events and give us important lessons for life.

Our College won a number of events and secured the Best PR Trophy this year. With the guidance from the Third Years, the dedication of the Second and First Years, we have achieved success this year.

Participating in a fest gives us a tons of memories, uncountable stories, and the motivation to do better with each passing day. It teaches us the importance of understanding, communication, and hard work to achieve our goals.

Cutting Chai has always been something we look forward to and wait eagerly for. We look ahead to achieving bigger goals next year and to a wonderful experience.

-Glynis Fernandes. SYBAMMC A

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