

**The New Academic Year :
Challenges And Adventures** pg. 3

**Never Have I Ever :
Series Review** pg. 8

The New Academic Year

Challenges And Adventures

Students all across the world get ready to start a new academic year full of excitement, progress, and opportunity as the summer days shorten and fall draws near. The beginning of a brand-new academic cycle ushers in a plethora of experiences—both positive and negative—that mold students' educational paths. The following article will discuss the delightful adventures and inevitable hurdles that await students in the upcoming school year.

1. Getting in touch with old friends and making new connections

Reuniting with old friends after a lengthy vacation is one of the most exciting aspects of a new academic year. The excitement of exchanging stories, catching up on summer escapades, and rekindling close relationships gives the start of the academic year a cozy and comfortable feeling. In addition, the start of the new academic year is an opportunity to make new acquaintances and widen social networks. The overall experience is improved by this friendship, which makes the trip through the academic year even more delightful.

2. New Subject Exploration and Academic Challenges

Each new academic year brings the thrill of venturing into uncharted waters. Students have the chance to learn about new topics, participate in thought-provoking debates, and increase their knowledge. It can be exciting and difficult to consider learning about new subjects. Accepting these academic challenges offers doors to personal growth and new interests, even though it can call for more effort and tenacity.

3. Extracurricular pursuits and artistic endeavors

The new academic year provides a wide range of extracurricular activities and artistic endeavors outside the walls of the classroom. Students can explore their passions and create well-rounded personalities through participating in extracurricular activities including joining sports teams, performing in plays, or performing community service. Students that participate in extracurricular activities enhance their academic experience with a sense of pleasure and enthusiasm while

also developing their leadership, time management, and teamwork skills.

4. Managing Work load and Time Management

As the semester goes on, students frequently run into the difficulty of successfully managing their time while juggling a heavy workload. It might be difficult to balance schoolwork, assignments, extracurricular activities, and personal obligations. However, students can get over these obstacles and keep a healthy work-life balance by honing strong organizational skills, defining priorities, and asking for help when necessary. In addition to improving academic performance, this method also cultivates important life skills that go far beyond the classroom.

5. Combating Academic Stress and Pressure

The academic year offers a lot of chances for progress, but it also has its share of strain and stress. Expectations placed on students and the pursuit of greatness can occasionally become too much. To get help from peers, instructors, and family members, students must be able to identify the symptoms of stress. Students can effectively manage stress and preserve their general well-being by cultivating a supportive atmosphere and putting self-care techniques like exercise, mindfulness, and adequate rest into practice.

The beginning of a new academic year is an exciting time that is full of limitless opportunities, treasured memories, and worthwhile challenges.

This journey also includes reestablishing friendships, learning about new subjects, participating in extracurricular activities, developing time management skills, and resisting academic pressure. Students gain resilience, promote personal development, and nurture a lifelong love of learning through these experiences. May the students who set out on this trip accept the excitement and difficulties that come with it, understanding that each step they take puts them one step closer to their goals and aspirations.

- Niyushaa Petigara
TYBA

Never Have I Ever

Series Review



The popular Netflix teen comedy series "Never Have I Ever" is summarised here. Devi, the main character of the series, who is portrayed by Maitreyi Ramakrishnan, starts her junior year of high school and enters a new phase of puberty, rebellion, and impulsivity. She anticipates a wild trip during her senior year. With the quintessential high school jock with loads of good looks, Paxton, as her ultimate endeavour.

Season 3 of the show ends on a cliffhanger with Devi and her long-standing academic rival turned lover turned friend, Ben, Ben, going through yet another change in the realm of platonic. Ben, being a white cocky nerd as shown at the start of the show, turned into a softie and lover boy as he fell for Devi. Season 4 continues with the same awkward reaction from both parties after their night together. Devi has a lot going on in her final year of high school: heartbreaks, new prospects, friendships at stake, the return of old love, and the worst of them all, university applications! A new love interest is introduced in Devi's life who gives her thrills and excitement, but All is fun until things turn a bit shady and Devi makes the decision to call it off.

On the other hand, we have hot tea brewing from Devi's mom and grandmother as they both find love and happiness.



All the actors have excelled at playing their roles and brought every ounce of emotion and reality to their characters.

For instance, the show delivered some of the most tear-jerking moments. From dialogue to script writing, creators and producers have created an exceptional show and portrayed characters of South Asian descent with appropriate writing and style. For a long time, Hollywood showbiz lacked the fair representation of a South Asian community, but Mindy Kaling made it possible.

There is a lot going on in the final season of the show, with a few twists and turns, friendship, harmony, humour, love, and the perfect farewell to this beloved show.

- Jovita Francis
TYBA

FEATURED PHOTOGRAPH



- Pushpa Jaiswar
TYBAMMC

Men's Mental Health Month

One of the most significant events the month of June has to offer is undoubtedly the ode to the LGBTQ community, in the form of 'Pride Month'. While many of us are undoubtedly aware of that, only a handful of us are aware of more events and celebrations this month has to offer.

Today I'll be informing you about one such event this month acknowledges- Men's Mental Health. Not many people are aware that the month of June is the flag bearer of awareness for not one but two causes. June is officially known as Men's Mental Health Month, ever since 1994, when the then-president of the United States, Clinton declared it so. The holiday, previously known as National mental health week, has gained more awareness and support since then which only continues to grow.

The idea behind this was that men, as a gender were societally expected to be stoic, stronger, providers of the family and overall hardly expected to show their emotions or their softer side. This would look odd to us now in the present, but it is important to remember that the 90s had a very much prevalent and more rigid society regarding their beliefs. We are talking about a time when men were not only the major breadwinners of their households but also had to uphold a tougher demeanor.

Therefore, with the introduction of this campaign, slowly but surely there was and continues to be spreading awareness about the mental health of men.

While it is difficult to understand the psyche of everyone through one instance, according to the data collected, the most prevalent mental health problems in men are-

1. Depression- Depression is one of the leading mental health issues in society, according to the data, over 6 million men are suffering from it. It is also very often that this goes undiagnosed
2. Anxiety- Another raging problem, there are high numbers of people who have an anxiety disorder, usually the ages of which range from 18-55.
3. Bipolar Disorder- While both men and women are equally susceptible to being diagnosed with bipolar disorder, as mentioned earlier it is many times that the cases of men go undiagnosed. This coming to realize is a huge issue in itself as disorders like these need to be treated compulsorily.
4. Psychosis and Schizophrenia- It is important to realize that disorders like schizophrenia are extremely harmful to one's mental health and no doubt need to be treated.

According to data, more than 30% of the people diagnosed with schizophrenia are men therefore a thorough awareness of the disorder should be propagated to them.

5. Eating Disorders- While eating disorders are more prevalent in females there are many cases wherein men experience this too. In fact, according to a recent study, the percentage of men being diagnosed with eating disorders has significantly risen. Therefore it is really important for awareness as well as proper guidance to be given to them.

The concept of this campaign is to garner more awareness and essentially fight the stigma that many people in our society still have towards mental health or men's mental health in particular. I believe that for this campaign to work and gather more support, will only come once the stigma that is attached to this concept is fought against.

While concluding this article I would also like to bring your attention to the fact that this campaign was introduced at a time when the concept of mental health was still a stigma in the society let alone men's mental health in particular. So today as we live in the year 2023, almost 3 decades later since this campaign was introduced there is still not enough awareness and support towards this wonderful movement which is why I implore you all readers to not only go on and read about this subject but also to continue the chain and make more people aware about this.

- Shruti Nangia
TYBA

Red, White and Royal Blue

By Casey McQuiston

Have you ever wondered about the result of when royalty and politics are brought together to avoid a massive catastrophe between two nations? Here is something interesting that you can read for this month. Red, White & Royal Blue is a romance novel by Casey McQuiston. This novel brings you the story of two guys- Alex Claremont-Diaz, the First Son of the United States, and Prince Henry, the Prince of England.



Casey McQuiston is an American queer author of romance novels in the New Adult fiction genre. They made their debut in 2019 with Red, White & Royal Blue. They have also written books like One Last Stop, I Kissed Shara Wheeler, and a short story titled Bloody, Lovely. They made their debut in young adult fiction with the novel titled- I Kissed Shara Wheeler.

McQuiston writes queer novels because they hope that queer romance is pushed into the spotlight.

Red, White & Royal Blue follows the story of the rivalry between two young men who are important people in their respective countries, Alex Claremont-Diaz, the First Son of the US, and Prince Henry, the British Prince. Due to a major fiasco between the two that made the headlines, a PR tactic was planned to portray the two of them as best friends to avoid disrupting the relations between the two nations.



This book was released on 14th May 2019. It was included in the New York Times Bestseller list in June 2019. The novel acquired positive reviews for its proper representation of a relationship between two men. Red, White & Royal Blue won the 2020 Alex Award and 2019 Goodreads Choice Awards for Best Romance and Best Debut. A possible sequel of this book is being discussed by the author because of the positive outcome of this book.

And from then on what started as a fake friendship gradually turned deeper and real which then evolved into something dangerous and unavoidable. Alex soon found himself in a secret relationship with the prince that could cause chaos for the Re-election campaign of his mother and that could alter the relationship between the two countries.



The reason this book is so well-loved and has a positive review is because of its frank representation—a biracial first family, an openly trans-Secret Service agent—and mix of romantic charm and political optimism. The way the author entangles politics, royalty, and romance into one book is also the reason that attracts readers. If you ever want to explore a relationship between people of the same gender this book can be the start of your journey.

Another reason to read Red, White & Royal Blue is the journey of the relationship between Alex and Henry develops. From being rivals from when they crashed into each other (literally) to them falling in love with each other is a read worth more than Gold. Alex's support for Henry, when the latter picks up the courage to come out to his family, is also one of the reasons their relationship is considered to have one feel butterflies.

Henry's character is also written beautifully and relatable to all those who feel a burden to come out to the family. This book also proves that love is not always logical or diplomatic, it is just what it is.... LOVE.

A film adaptation of this book is set to be released on 11th August 2023 on Amazon Prime Video with Nicholas Galitzine and Taylor Zakhar Perez as Prince Henry and Alex Claremont-Diaz respectively.

– Russell Azavedo
TYBAMMC

Editor In Chief

Joshua Ohol

Assistant Editor

Aishwarya Bhatara

Team Of Editors

Russell Azavedo

Jovita Chettiar

Shruti Nangia

Niyusha Petigara

Chief Designer

Yash Parashar

Follow Us:



@standrewscollegemumbai



www.standrewscollege.ac.in

