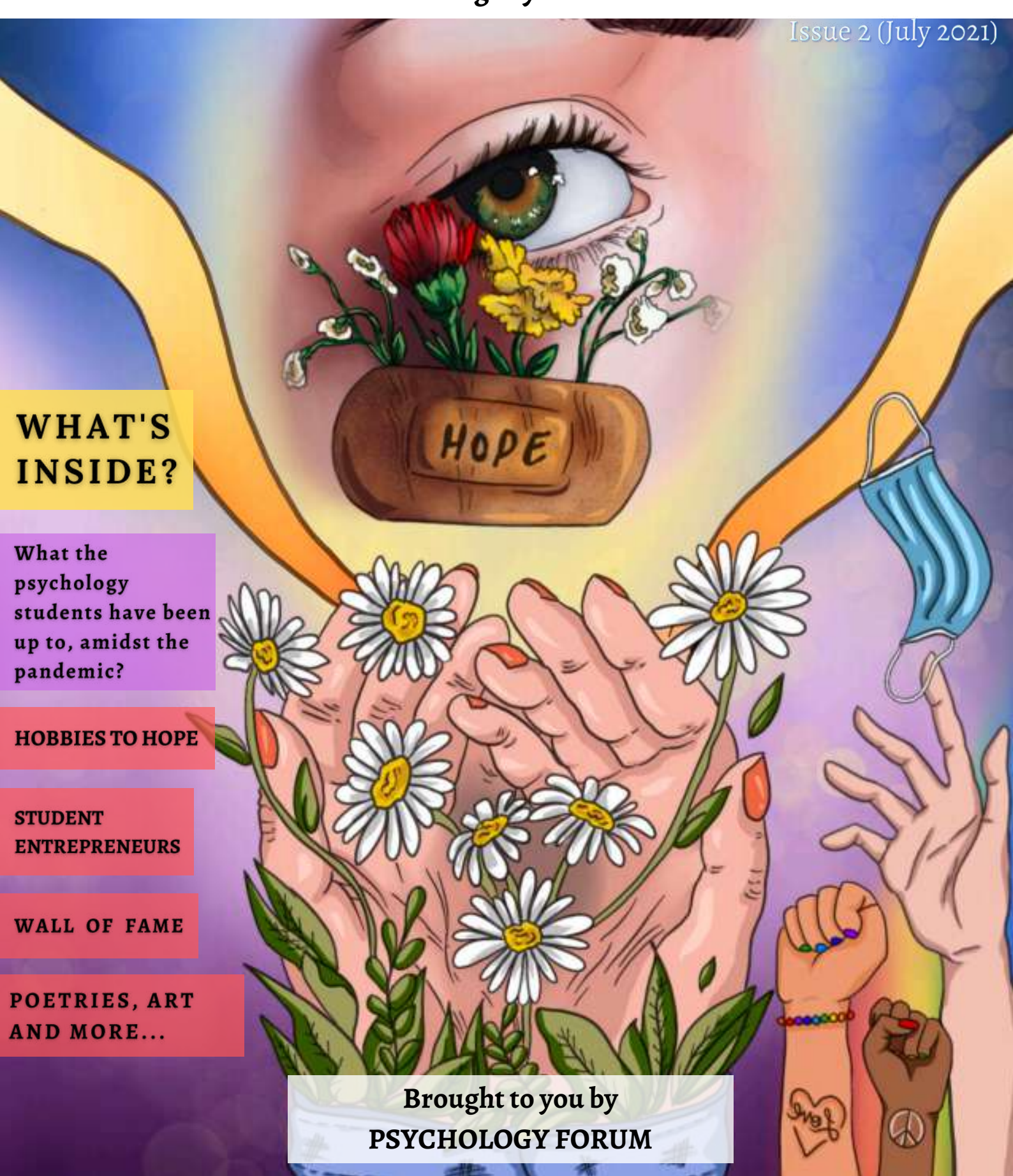


# ALOHOMORA

Unlocking your mind

Issue 2 (July 2021)



## WHAT'S INSIDE?

What the psychology students have been up to, amidst the pandemic?

HOBBIES TO HOPE

STUDENT ENTREPRENEURS

WALL OF FAME

POETRIES, ART AND MORE...

Brought to you by  
PSYCHOLOGY FORUM

“The truth is, bad things don’t affect us as profoundly as we expect them to. That’s true of good things, too. We adapt very quickly to either”.

—Daniel Gilbert

Life, as it is often observed, draws out a wonderful journey- a continuum of sorts glazed with hints of happiness, ecstasy, anxiety, and the occasional melodrama and melancholy. The pandemic is a portrayal of this ebb of life, running the gamut from sour to sweet and everything in between. While the agony of the year 2020 brought many of us to our knees, it also reminded us of the abundant blessings that we take for granted. In the wake of its destructiveness, we have developed survival skills, new perspectives, and strong family bonds to ward off despair. The lockdown gave us an opportunity to reflect on ourselves and explore the deeper elements of our consciousness.

Although the birth of 2021 hasn’t put an end to the pandemic, we have found an incredibly powerful tool at our disposal - a sense of hope! Nobody can accurately predict if the virus can be contained or what the world will look like on the other side. But together we have survived this global disruption by finding comfort in the stories of hope and solidarity. Despite the uncertainty, bitterness, and complexity of the situation, we have learned to cope, adjust and accept the new reality with the eyes of faith. The emergence of vaccines has further driven us to perceive the possibility of a light at the end of the tunnel. With the indomitable spirits of hope and resilience, we are slowly moving upwards against the tides, towards positivity.

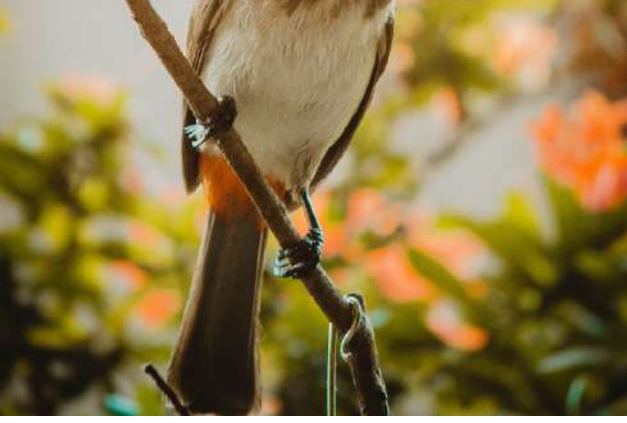
Amidst the pandemic crisis, the department of psychology published its first departmental e-magazine ‘Alohomora’ last year which gave a platform to showcase the inner creativity and unlock the talents of students. After having received a great response for this e-magazine, the department has decided to make it an annual issue, and hence, the Psychology Forum 2020-21 proudly presents the ‘Alohomora Unlock Edition 2.0’. Recognizing the yearning that every student possesses, this magazine provides a channel for students to exhibit their passionate stories and personal experiences of hope. Splashed with the creativity of various formats, this space is a kaleidoscope of talents.

As everybody’s contribution is imperative to create a winning team, being given this opportunity, we would like to thank them all. We would like to thank our Design and Editing team and fellow forum members for their keen enthusiasm that was crucial for the completion of this magazine. Finally, we extend our genuine thanks to the students of our department for contributing all their unique and interesting work.

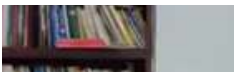


**Subhiksha Mahalakshmi N.**  
MA Part II, Psychology





# Hobbies to Hope



Hobbies are what keep us engaged in our leisurely times. They make us explore our interests, learn new things, and do something away from the mundane routine of our lives. The COVID-19 pandemic left all of us with plenty of free time, all of a sudden, and that's when our long-forgotten hobbies crept their way back into our lives. It has even been a stress-buster and source of hope for many. Here are some accounts shared by students on how their hobbies became a source of hope and happiness for them during these trying times.



The year 2020 when the whole world was locked up in homes. Indeed it was depressing for everyone staying at home. I too was feeling depressed, that was the time when cooking helped me overcoming depression, anxiety, frustration etc.

And the love for cooking grew each passing day. That was the time cooking became my partner to control all my emotions. I feel the best while cooking, it makes me happy!

## CHOCOLATE PANCAKE

### Ingredients

- \* 2 cup Maida (all purpose flour)
- \* 2 table spoon Cocoa powder
- \* 1 cup sugar
- \* Pinch of salt
- \* Dark chocolate
- \* 1 tea spoon baking powder
- \* 1 cup milk (room temperature)
- \* Butter

### Method:

#### ➡ For Pancake

\* Strain maida, cocoa powder and baking powder to a bowl.

\* Mix it well.

\* Add milk to the mixture and it smooth paste.

#### ➡ For Chocolate dripping

\* Boil water in a container and keep a bowl on it n add dark chocolate and milk, let it melt

\* Now apply butter on pan and fry pancakes one by one.

#### ➡ For presentation

\* Keep one pancake on a plate and apply melted chocolate and keep the other pancake on top, similarly make layer of 4-5 pancakes on top pour melted chocolate. Pancakes are ready 😊 enjoy it!



# GAJAR KA HALWA WITH RABDI AND SHAHI TUKDA

## Ingredients

- \* 4-5 carrots
- \* 3-4 table spoon ghee
- \* 2 cups warm milk
- \* Sugar (as per taste)
- \* Pinch of salt

### ➔ Rabdi

- \* 4-5 cups Full cream milk
- \* 3 cups sugar

### ➔ Shahi Tukda

- \* Slice bread
- \* Oil
- \* Rose water
- \* Water

## Method

### ➔ Gajar ka halwa

- \* Remove the skin and grate carrot.
- \* Heat ghee in a kadai and add grated carrot.
- \* Let the grated carrots gets soft.
- \* Now add milk and sugar and let it cook it the milk disappears.
- \* Once the milk is dried let Gajar ka halwa cool down

### ➔ Rabdi

- \* Boil full cream milk till it becomes completely thick and add sugar, mix it well.

### ➔ Shahi Tukda

- \* Cut bread into triangle and deep fry it in oil.
- \* In a separate container take some water and add 3-4 drops of rose water.
- \* Now take the fried bread and soak it in rose water solution.

### ➔ Presentation

- \* Take a transparent glass/cup, make a thick layer of Gajar ka halwa as shown in the picture,
- On top of it add Rabdi and keep shahi tukda on it.

Yummy dessert is ready!



Anika Haldankar,  
SY, BA Psychology

*A Poem on the occasion of Teacher's Day thanking all my teachers for putting in effort to make us a better person in life and for making us what we are today!!*

#### A POEM FOR OUR TEACHERS

Teacher aur student ka Rishta ek alag hi hota hai..  
 Kuch hamare bahut favourite hote hai...  
 to kuch hume bilkul bhi pasand nahi hote...!  
 Kisi ke lecture ke lie hum panch minute pehle aajate hai...  
 to kisika lecture hafta tak attend hi nahi karte...!  
 Wo Golda Ma'am ka pehla lecture! Late hojane par  
 taaliyan bajwakar swagat karwana!  
 Wo 10 minute ke baad practical class mei entry,  
 phir attendance na milne par unka maska lagana!  
 Wo Praneeta Ma'am ki extra classes,  
 Hote the bade mazedaar with movies, games and activities!  
 Wo 'sampling', 'statistical test' ne hume bahut sataya...  
 Par Tanya Ma'am ne hume ye bade pyaar se seekhaya...!  
 'E-smart' kaise hona ye Aresh Sir ne dikhaya!  
 Hare huye insaan ke andar, na tutne wali ummed jaga de...  
 aise hamari Sobita Ma'am...!  
 Maana ki kabhi-kabhi C.A/ Project karne ka hamara mann nahi karta,  
 par -2 ke chakkar mein jee- jaan lagayi humne!  
 Jaise taise karke humne nikala tha wo pehla saal...  
 bahut khush the ki yaar bache huye hai bas do saal!!  
 Inka wo 75% attendance ke lie darana, wo surprise tests lena...  
 10 minute late aane par bhi class se bahar nikalna,  
 aur test mei kum number aane par ghanto tak lecture sunana..  
 Unka wo hamari zindagi mei aana or kuch seekhana , de gaya kayi yaadein!!  
 Kabhi- Kabhi hum yaad karenge tumsab ki yaadon ko...  
 Jab dekhenge hum ghar ki kisi kone mei padi college ke kitabon ko..!  
 Maa ne to ungli thaam ke kaha tha 'Chalo',  
 par chalu main kidhar, ye Guru ne hi bataya tha!  
 Mujhe bhi aapne bahut seekhaya..  
 Bhale hi ma'am ye kabhi zaahir nahi kiya ho,  
 lekin dil se hamesha izzat ki hai,  
 ab aap aise mat sochna ki ye finals ke pehle ki makkhan malaai hai, na - na!!  
 Ye bas choti se baat hai jo mann mei thi...!!!

*'When I sat to write down  
 this poem, absolutely clueless, from  
 where to begin, because there are so  
 many things, I am grateful for and so  
 many things to be packed  
 in this two words-  
 'THANK YOU!'*

Writing poetry was always my love. During my school times, I would often be scribbling my thoughts on notebooks, but I always kept them to myself because I wasn't sure if they were good enough. Like every other person, I too suffered from self doubt. But poetry was one of the thing which helped me to open up and find my voice. Specially, during these tough times of pandemic where one experienced living without human contact, a place where it was hard to see the positives of lives. Poetry gave me a common ground for pain to be discussed and for one to heal. It always made me happy and gave hope that transported me to the moments of love, wonder and gratitude. Moreover, what attracted me to poetry and will always do is that it is something that every hurting soul tries to make sense of their worlds! Which makes one talk about it, heal from it.



Talhaa Sadekar  
 TY, BA Psychology

*This poem was written for my freshers of psychology department  
Here are some words to my juniors  
" University life will give you much more than just a degree- get ready for all the  
adventure!!"*

### A POEM FOR OUR FRESHER'S

OK, so juniors here's something for you'll..!  
Koi nayi baat tumko batane mei bilkul nahi aayi hu,  
Jo mere seniors ne mujhe bataya bas wahi samjhane aayi hun!  
Seekha bahut hai humne, aur bahut kuch hai jaana,  
Hum bhi hogaye hai seniors, aur aagaya hai thoda abhimaan  
Pyaare juniors hojao saavdhan!  
Chalo le chale hum tumhein, is zindagi k ek naye chapter mei..!  
Bada rangila hai hamara college ka canteen,  
Paav bhaji, chaay aur somosa , lagta yaha pe sab haseen..!  
Yaha ID card pehenna is compulsory,  
warna 500 ki fine padegi tumko bahut bhari..!  
'Psychology', 'human', 'food' and 'music' in sab clubs mei rakhna tum kadam,  
Kyunki yahi se milegi 'safalta', 'credits' and 'hours' hardum..!  
Make-up, kapdo par hi zyada dena na tum dhyaan,  
kyunki abse well-in-hand subjects dundne ka rahega tumhara kaam..!  
Just procrastination se rehna dur,  
Warna -2 ke chakkar mei raat- jaagne par hojaoge majboor..!  
Teachers ka samman na karne se unka kuch nahi jayega,  
Unka anaadar karne se tumhara kaunsa maan badhjayega...!!  
Naya sem hai aur mushkil nhi nayi hogi  
Mehnat karta rahega na, to utni mushkil nahi hogi..!  
Pehle din se jut jaa aur badalne ka prayaas kar,  
Tu phod dega ye sem, is baat ka vishwaas kar..!!  
Padh tu padhne ke lie, Marks ke lie mat padh,  
Ek-do number upar neech huye to khud se mat jagad..!  
Kuch activities mei part le , kuch interesting kar..  
Tu nayi chiz karne mei kabhi aalas mat kar...!!  
End mei pura sem bas padhte mat reh jaana..  
Bahar masti kar, doston ke saath ghoom le..!  
Padhai vadhai to hamesha chalti rahegi..  
Kabhi-kabhi bunk karke masti mei bhi jhoom le...!!  
Ye sem aate jate rahenge,  
Tu apna passion dhoodth  
Psychology ke is safar mei, tu kaun hai ye pehchaan le...!!!



Talhaa Sadekar  
TY, BA Psychology

**क्योंकि वह किव्योंग है, कविलयोंग नहीं!!**

वह सुन नहीं सकता बाहर का शोर,  
लेककन रूह का सींग त खींचता उसे अपन ओर ।  
वह बोल नहीं सकता अपने मन क बात,  
लेककन मन क भावनाओं से करता वह अपनी से बात ।  
वह शर र से लाचार सह ,  
लेककन काँटोंको फूल समझकर चलता है सबके साथ।  
वह रींग - कबरींग दुकनया से वाककफ नहीं,  
लेककन उसक भ ख्वाइशेंहै कई  
क्योंकक वह कदवींग है, कवकलींग नहीं!!

समझता जो कोई भोज तुम्हें, ना हो तुम भोज ककस पर,  
तू समाज का ना सोच बस अपन समझ से ककया कर ।  
माना शर र से वह कवकलींग है, लेककन हो कवकलींग तो तुम भ अकल से,  
भेदभाव यह कसफफ कजस्म का नहीं अंतर है तो लोगों क सोच में।  
कभ अगर मजाक तुमने उनके उडाए होंगे,  
र ना कदमाग में कक तुम भ कभ लड डाए तो होंगे।  
बद दुआ नहीं है कवकलींग होना,  
क्योंकक कवकलींग होना भ तो हैउसु दा क दुआ ।  
पकवत्र है चररत्र जब तक, तो दशा क्यों है यह तेर ?  
हक नहींइन पाकपयों का कक ले पर क्षा तेर ।  
लोगों क नजरीं में वे वथफ सह , लेककन मान उनींने भ कभ हार नहीं  
क्योंकक वह कदवींग है, कवकलींग नह !!

कमसाल बनेंगे औरों के कलए, तो सब करेगे सलाम कमलके ।  
सलमान, शाहरु तो होंगे ह रो आपके,  
लेककन मुन बा और हॉककीं ग तो बन गए ह रो सबके!  
कौन कहता है कवकलींग आगे बढ़ते नहीं,  
दुकनया को बढ़ाया है इनींने।  
सपने बांधेअपन मुट्ट में, जेबों में आशाएँ भरे,  
कदलों में अरमान लेकर, अपन ख्वाकहशे सवारे।  
ना करोडीं क आजमाइश है, थोडा प्यार कमले यह ख्वाकहश है।  
कतफव् तुम कवकलींगों के प्रकत कनभाओ,  
दो पल हींस के तुम उनके सींग कबताओ।  
यह प्रयास ईंसान क सोच बदलने का है।  
कद लाना है दुकनया को, कदलाना है कवश्वास  
जो कर सकते हैं मैं और आप...  
तो वह क्यों नहीं??  
क्योंकक वह कदवींग है, कवकलींग नहीं!!

**!! धन्यवधि !!**

Talhaa Sadekar  
TY, BA Psychology





The year 2020 started and I completed my 12th std boards and was very excited to start college. But... the pandemic hit and everything went haywire. Initially it was good because everyone was enjoying the long vacation, but just when everyone thought it was over, the second wave hit and we were all locked in again. But through all this mess, music kept me sane. Whether it was me listening to music or picking up my guitar to play a tune I liked, music benefited me a great deal.

It's true when people say music works wonders. Music has been my companion since the day I was born. It's not only listening to my favourite artists that helps, it's also me picking up my guitar and singing a song that I like or posting a cover on Instagram. Everyone has a different hobby that they enjoy and that helps them de-stress. For me, it's music, and it'll always be music. In the end I hope this pandemic clears and in the words of John Paul Richter, "Music is the moonlight in the gloomy night of life."

Go check out my cover!

Instagram link ✕

[https://www.instagram.com/tv/CQOZaOYjuNc/?utm\\_medium=copy\\_link](https://www.instagram.com/tv/CQOZaOYjuNc/?utm_medium=copy_link)

Song covered - Cover me in sunshine

Artist- P!nk



Sheeren Miranda,  
FY, BA Psychology



## The tale of an Artist in Isolation

“Art is the highest form of hope” - Gerhard Richter

Art has always been a prominent part of my life. Art in the form of painting was just another hobby that I would list down on every possible form I filled. It was something that I did whenever I was inspired to do something, or whenever I was free.

During this ongoing pandemic, I didn't want to stay idle, instead, I wanted to do something productive with the free time I was getting. This is when something that was just a hobby, turned into something more meaningful to me. It turned out to be a creative outlet, a source of validation and a place where I can express my imagination.

Every time I sat down to paint, I sat there with heaps and bounds of hope, hoping that every time the paintbrush, touches the paper, something beautiful would be created. It's just me who knows what I want that white sheet of paper to look like. In my head, it's like a carousel of colour, with each colour waiting to be picked and blended with another colour, and the colours on the sheet wondering what is going to come next. And in the end, when every colour and every brushstroke has combined, I would get to see my thoughts displayed before me in a vibrant manner. And that's what brought me happiness, that's what brought a smile to my face. The added joy would come from the people who saw it and appreciated it and would encourage me to paint more.

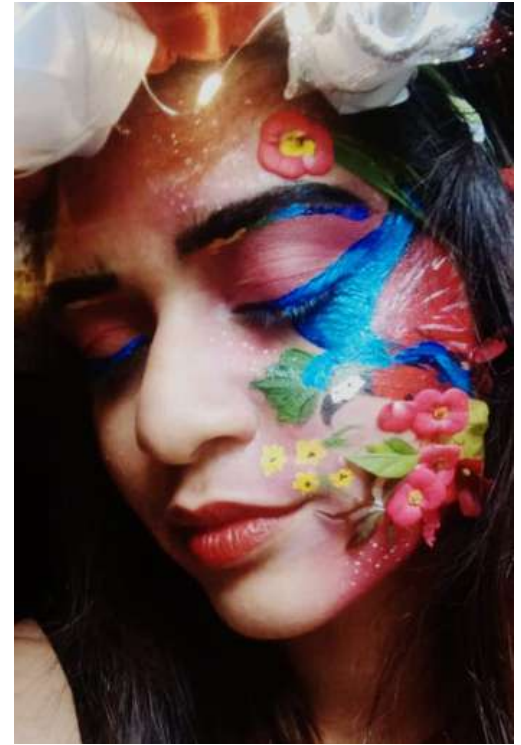
Art has helped me a lot during this pandemic, not only did its therapeutic effect helped me be calm, but it also taught me to be patient, to be consistent and to be hopeful. To hope for something and to patiently wait for it, because in the end you'll see your vision right before your eyes, and you'll smile in awe of it.



Genevieve Rodrigues  
TY, BA Psychology

Creativity is what I believe describes who I am. I always loved playing with pastels, sketch pens, acrylics, paper, and fabric. My love for art has grown since I was a child. Growing up trying to do my best in the art field has made me see the best, to give my full potential, to remind me how great I am. It reminds me how far I have reached and how uniquely gifted I am. For me art has taught me one lesson, 'not everyone is going to love what you do and you don't have to do things to please someone, instead, do everything that will make your heart happy. Till today I'm still learning art, the different techniques used, the different ways to do shading. I think that is the beauty of life, learning because there is so much we don't know about and so much we have to offer to the world.

In this pandemic, engaging myself in doing something creative has helped me ease stress and majorly process the heaviness that I was dealing with. Art is therapeutic.



Michelle Crasto  
TY, BA Psychology

Lockdowns due to pandemics might be confining, but not all our movements are restricted. While the entire world halted as this pandemic rolled out, I found my rhythm through dance. Dancing has always been my passion. It serves as an escape for me from the harsh realities of life. I have gained confidence and self-belief through dance. It just feels magical as I navigate through the sound and has helped me discover the inner voice that is truly me. Whether I am dancing in a group or by myself, there's a sense of exuberance and self-celebration at that moment. Dancing as a hobby keeps my mind occupied. And being a trained dancer, that process becomes more meticulous and detailed which, in turn, stimulates my mind further.

Being a dancer and performing online has gotten me some recognition which has been boosted by social presence. Constructive feedback from people online helped me continue to learn and improve my skills. Being stuck at home, I was still able to cross boundaries, cultures, and genres, through dance. Being exposed to different cultural dance forms like kpop, has given me the opportunity to learn a different style. It's easy to lose oneself in today's never-ending news cycles. During such times, dancing helped me find a footing. The concept of routine life has been lost in this span of the pandemic. So dance helped me to practice discipline while also finding my way to freedom.

Michael Jackson once said, "When I'm dancing, I felt my spirit soar and become one with everything that exists". I relate to this statement today, more than ever before.



~Manjha | Dance cover ~

We'll pacify the angry dreams,  
we'll hold on the crashing kites,  
Yes, we have the passion..  
Yes, we have the desire..  
We'll sort out /untangle the knots of our  
relationships..

Choreography: @one.stop.dance

Dancers: Rucha Kare and Neha Pai Dukle ♥

Song: Manjha

Movie: Kai Po Che

Singers: Amit Trivedi and Mohan Kanan

Composer: Amit Trivedi

Lyrics: Swanand Kirkire

Music Label: UTV

[https://www.instagram.com/tv/CMXTnm3j\\_TD\\_EHK\\_n-zEY03af3h\\_BQ08KZ\\_iIRMo/?utm\\_medium=copy\\_lin](https://www.instagram.com/tv/CMXTnm3j_TD_EHK_n-zEY03af3h_BQ08KZ_iIRMo/?utm_medium=copy_lin)



~Dear Future Husband | Dance Cover ~

A new freestyle with dazzling combo of jazz and whacking. An attempt to showcase a fusion dance cover inspired by a zumba choreography by Cha Aquino and Mark Balatucan.

Choreography: Rucha Kare

Song: Dear Future Husband

Singer: Meghan Trainor

Inspired by: Cha Aquino and Mark Balatucan

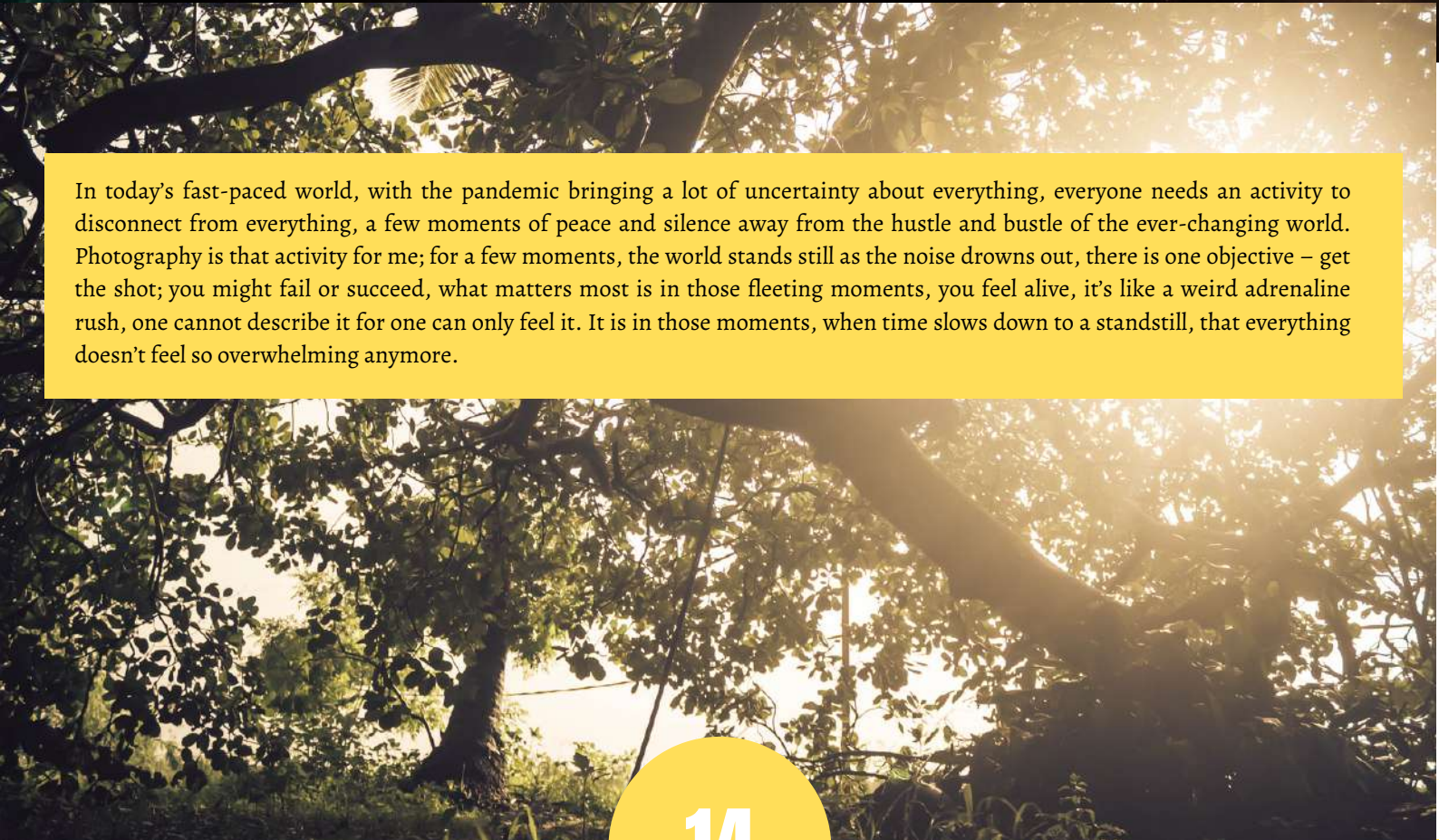
[https://www.instagram.com/tv/CPyPCyVjTzZjHU4NtNtPyDuohILsECrNWfv6SQo/?utm\\_medium=copy\\_link](https://www.instagram.com/tv/CPyPCyVjTzZjHU4NtNtPyDuohILsECrNWfv6SQo/?utm_medium=copy_link)

Sit back and enjoy your stay at home~

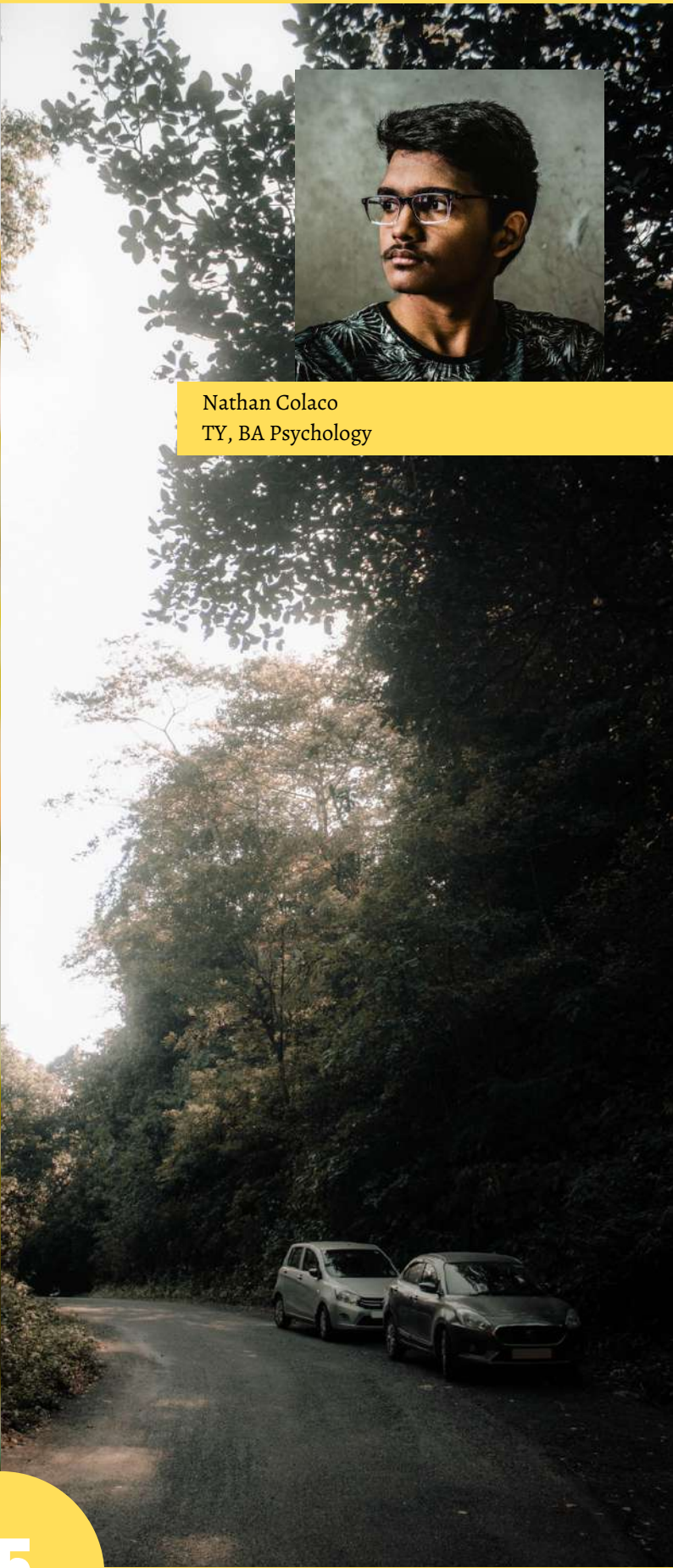
♥like ~ share ~ subscribe♥



Rucha Kare  
TY, BA Psychology



In today's fast-paced world, with the pandemic bringing a lot of uncertainty about everything, everyone needs an activity to disconnect from everything, a few moments of peace and silence away from the hustle and bustle of the ever-changing world. Photography is that activity for me; for a few moments, the world stands still as the noise drowns out, there is one objective – get the shot; you might fail or succeed, what matters most is in those fleeting moments, you feel alive, it's like a weird adrenaline rush, one cannot describe it for one can only feel it. It is in those moments, when time slows down to a standstill, that everything doesn't feel so overwhelming anymore.



Nathan Colaco  
TY, BA Psychology





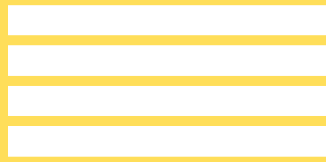
# Student Entrepreneurs



"It's not about ideas. It's about making ideas happen."  
- Scott Belsky

We are proud of all our students who have taken their ideas and talents and used it to build and run their own small businesses. Here's a sneak peek into our student entrepreneurs, and what their venture is all about.





## NUBIRA D'SA

I'm Nubira D'Sa, from TYBA Psychology and English. I own a small business named 'Lush art' where I create art and craft as gift pieces and home decor pieces. These include canvas paintings, cards, DIY bottles, decor items, and many more things.

A couple of years back, I started making art pieces for one of my very good friends and my former teacher who always appreciated my work and encouraged me to start something of my own. That's how I started making Christmas gifts and thought of opening my own business in the December of 2020. I got a great response from my close ones and social media and it's getting better and better with passing time.

With online classes and more time at home, the pandemic has given me an opportunity to create the best I can which has helped me improve my creative skills and reach out to more and more people and explore this field.

Currently, I'm open to trying everything related to art and craft to the best of my customers' needs. I also take decor orders for small events like birthdays, anniversaries, etc.

My business Instagram handle is @\_lush\_art\_





# GABRIELLA NAOMI DE SOUZA



Lifes too short to say no to cake! It all started seven years ago when I was asked to participate in a cake decorating competition in school. While I had tried baking a few cakes, I had never decorated one before. A home science teacher from my school introduced me to a few piping techniques. I practiced for it and to my great joy, won second place. This motivated me to learn more about cake decorating and baking. I started baking for family occasions and eventually started accepting orders. Now I take orders for custom cakes, brownies, cupcakes, and rum balls and have a page @ella\_exquisite18 on Instagram. It is not easy having a small baking business as you directly compete with huge bakeries and stores. From what I have learned over the years, having a business gives me a sense of independence while teaching me patience is key, Perseverance is important, and taking constructive criticism is best. No doubt business has been slow in these trying times but what keeps me going is that I can create something from scratch with love to make someone's day more beautiful.

# MICHELLE CRASTO



## Splendid insights

A celebration of any kind brings joy to the people. From popping the champagne to cutting the cake, there are smiles on everyone's faces. Birthdays are a special time of the year. They remind us that we're growing older, but they also symbolize how far we've come. They're a cause for celebration and a great excuse to show someone how much you appreciate them. A romantic dinner between two people could be something so intimate and makes one feel so special. Weddings are another occasion that brings happiness not only to two people but two families. To make these occasions worthwhile, every aspect is important. The best cakes are set on the center table that's well decorated; the best lighting is put up for amazing pictures, candles and flowers are put up on the table to set the mood and make the lunch or dinner as romantic as ever. So many ideas come to mind and every minute detail is taken into consideration to make the day special. To make these memories unforgettable and cherish throughout one's life, Splendid Insights makes it possible.

Our company was started by four people Michelle, Anjali, Ivanna, and Keagan, four friends who are now running this business. The idea to start this came up in college as we sat together in the woods, drinking slushies and having cup noodles. At first, it was just an idea, and this slowly turned into reality once we started our Instagram page (id: @\_splendid\_insights\_). Our friends played a very important role by showering their support to us. Being in event management isn't an easy task. From staying back late to spending the entire day out in the heat to set up could be very tedious and nothing is more important than a supportive family that has your back. Our parents also have been very understanding and helped us make our dreams come true.

Our motto is, turning imagination into reality. We not only decorate for birthdays but also set up romantic lunch or dinner tables. Customers have a lot of ideas in mind, like the theme for the party and what cake they would like to have and these ideas are brought to life by us. We also make customized gift hampers and photo frames. Goan weddings include "Rose" and we also decorate for these. There are different combo deals also that we offer. We have done three different events until now and looking forward to doing many more. We enjoy what we do and we love to see how happy people get when they see the end result.





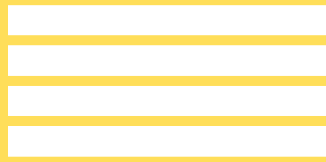
# STUDENT ENTREPRENEURS



# BLITHE PEREIRA

I started ARTISAU last year during the first lockdown. I found myself feeling very low and with loads of leftover wire and craft supplies. Who knew I'd turn some waste into such beautiful jewelry. Starting up my business and growing it has been a task but at the same time, it is very therapeutic. Assembling and working with all my raw materials helps me focus. I absolutely love working on new orders and making new jewelry out of scratch. With all our online classes and assignments, I find it difficult to find time for myself to relax and de-stress, working on my orders while watching Netflix is my me-time and helps me get through most days.





# SABRIN SHAIKH

I started practicing henna due to multiple reasons. Firstly, my mother is a professionally trained henna artist, so watching her passionately do henna on other people provoked the inquisition in me to model her. Secondly, there were many instances where I observed people often complaining about unpromising packages or the quality of work. And that further encouraged me, rather still encourages me to practice henna more often and improve my skills, so that I can be an artist, whose art speaks louder than her packages/prices/criticisms. This eventually led to the launch of "Henna Tales by Sabrin". Handling something on your own, no matter how big or small it is, is not always a bed of roses, it comes with its own set of challenges. I do find it exhausting. Especially during bridal orders, I am almost in inappropriate or uncomfortable positions covering every inch of the bride's hand/feet for 10-12 hours. So it is very tiring, but it's not something frustrating. It takes a lot of effort but it makes me happy to put in all that effort because, in the end, the result is worth it. In addition to this, my client is my priority, so I make sure to ensure that they are in a more comfortable position than I am, because after the order I have an option to catch some Zs for the rest of the week, but the client who is mostly the center of attraction has to be present with a smile glued to their face 24x7. (Yes, 10-12 hours. I am a little slow because for me Neatness of the design > Speed). Additionally, to avoid my orders from clashing with college work or events, as soon as I take an order I mark it on my personal planner, and try to balance it out with my college schedule. Sometimes, it's not possible to balance both so with a heavy heart I have to let go of something. There have also been times I have attended a class or meeting in the middle of an order, ever since we've shifted to online learning. Nonetheless, I genuinely hope to return to offline learning soon, so for then I plan to find a more efficient way to balance work and studies.

Insta id: henna.tales\_bysabrin



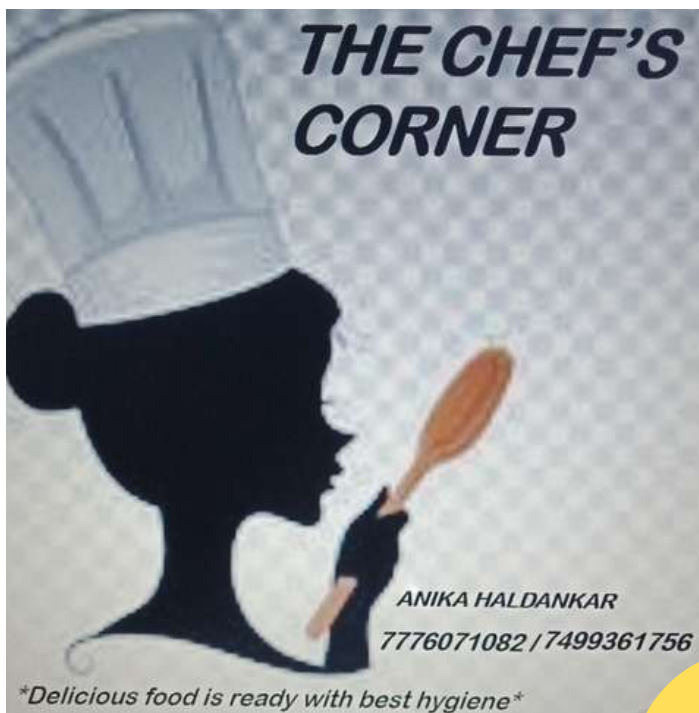


# ANIKA HALDANKAR

Eating is a necessity but cooking is an art.

Cooking is something I loved from my childhood, looking at my mom cooking a variety of food, I too started cooking at the age of 9yrs. Initially, I started cooking easy recipes which did not need many ingredients like an omelet, Maggie, Shira, etc. As my love for cooking grew over the years, I started discovering new recipes and experimenting with ingredients that my family started liking. Along with that I also started learning different dishes from my neighbors and friends.

During the time of Covid-19 when we all were locked up in our houses, after thinking for around 3 months how to pass this tough time I finally decided to start my own YouTube channel on 30 May 2020 named CHEFS CORNER where I started putting different recipes. Along with that I also started my Instagram page: @chefscorner10 where I upload pictures of my recipes along with videos on it. On 25 May 2021, I decided to start to take small orders and cook as a home chef. I have completed around 8 orders to date, and I am glad that my clients are loving my recipes.





# A Deep Soliloquy

There, she stood in the corner of the stage drowning into her ocean of thoughts. She forgot her role to play and stood clueless. Darkness wrapping upon her slowly, the curtains coming down, the lights diminishing into darkness and the whole crowd went wild. Nope, she ain't a puppet to play the role of others. The curtain goes up, the entire theater brightens and all the lights focus on her.

Now, she begins her deep soliloquy.

"Ah, how does it feel when pain gets into your nerves?"

Now, my heart is thumping hard, with the uncertainty of breathing.

The melancholies that fill my ears, is not that pleasurable anymore.

And then, I understood as Buddha said "It is during our darkest moments we must focus to see the light."

"Now, from this moment things are to be changed for good. No more drama, no more regrets, I am completely myself. This is me."

Throwing away the darkness, and adding some fight to the dark shades. Bringing in new colors, experiencing the happiness these shades give. Slowly moving upwards against the tides, to the positivity I've longed for.

Finally, I've reached the ultimate shore of happiness. I've survived. Gasping for my breath, tears of rage rolling down and the happiness of surviving the pain I've undergone.

I open up my hands and make them move along the direction of the strong winds realizing that I have to find happiness within me and nowhere else. I'm in charge of how I feel, and every day I will love myself.



Subhiksha Mahalakshmi. N  
MA Part II, Psychology

# If anything at all, be kind!!

It's definitely not an easy task to hold on to your original self especially when the world constantly tries to make you something else. Amidst all the mishaps, hassles, and challenges we often find ourselves lost, and then finally put ourselves together deciding to be someone who we aren't, just so that we can meet the expectations of the demanding world. But do you know what beauty lies in? Let me just tell you this. The true beauty lies in being yourself, above everything else. Being real. Being true to yourself. Being kind. Kindness is rare and exquisite and if you are blessed with it preserve it. Don't let this cruel world trample upon that beautiful possession of yours. Let kindness be seen and felt. Be kind to yourself, to your loved ones, and moreover to all those who add meaning to your life. If you feel you don't have it within you, then simply learn to value it. Admire the people who have been kind to you and appreciate the ones who have given you a reason to believe in this precious trait. Remember, no matter what you go through, never give any mortal thing the power to seize the goodness within you. Quite factually, we are in a fast-paced world, but have you wondered what will really heal our hearts? Materials won't, but it's kindness that will!



Prachi Priolker  
FY, BA Psychology

## POETRY



*She was in shadows,  
But her world was incandescent.  
For the darkness didn't prevent her,  
From spreading light.*

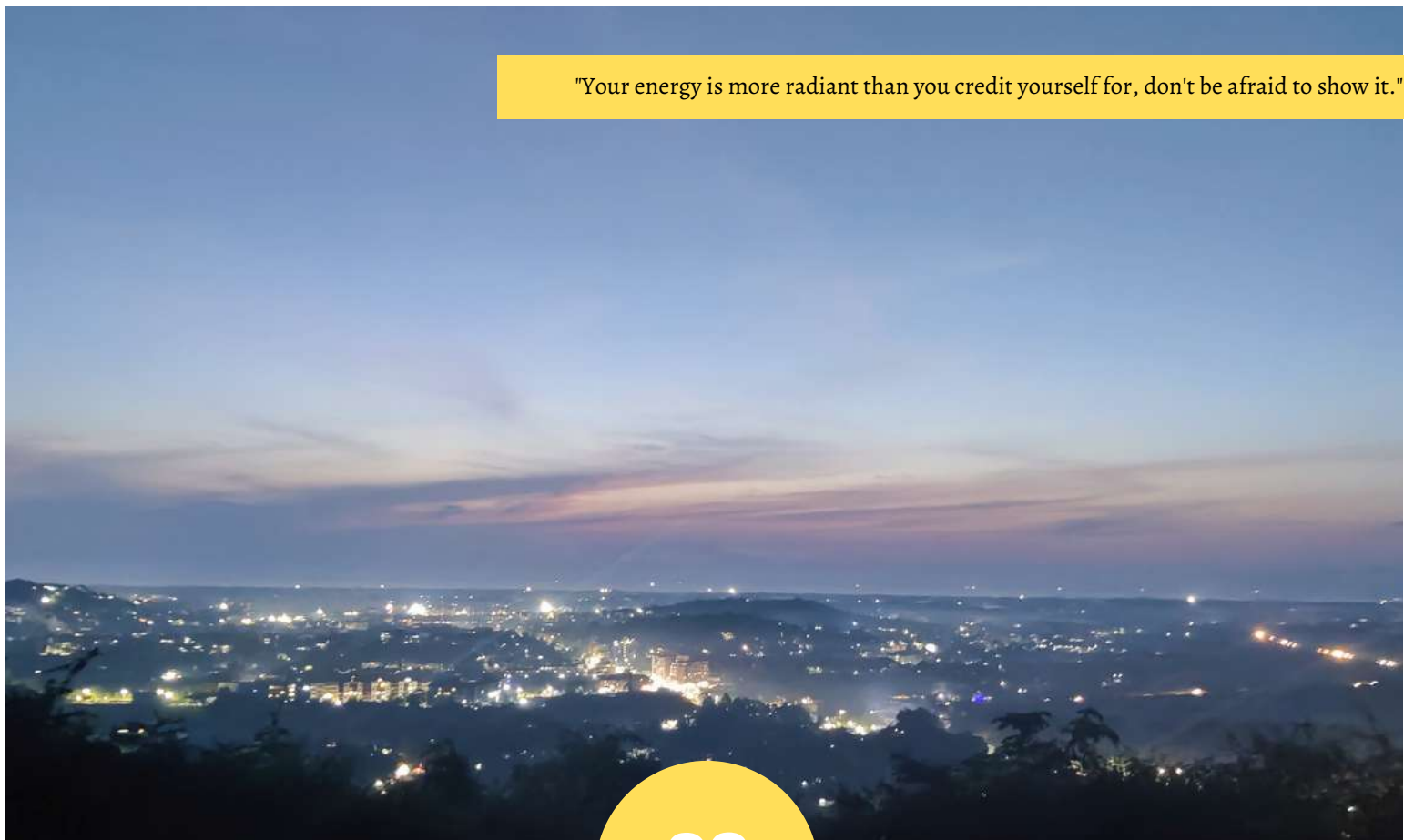


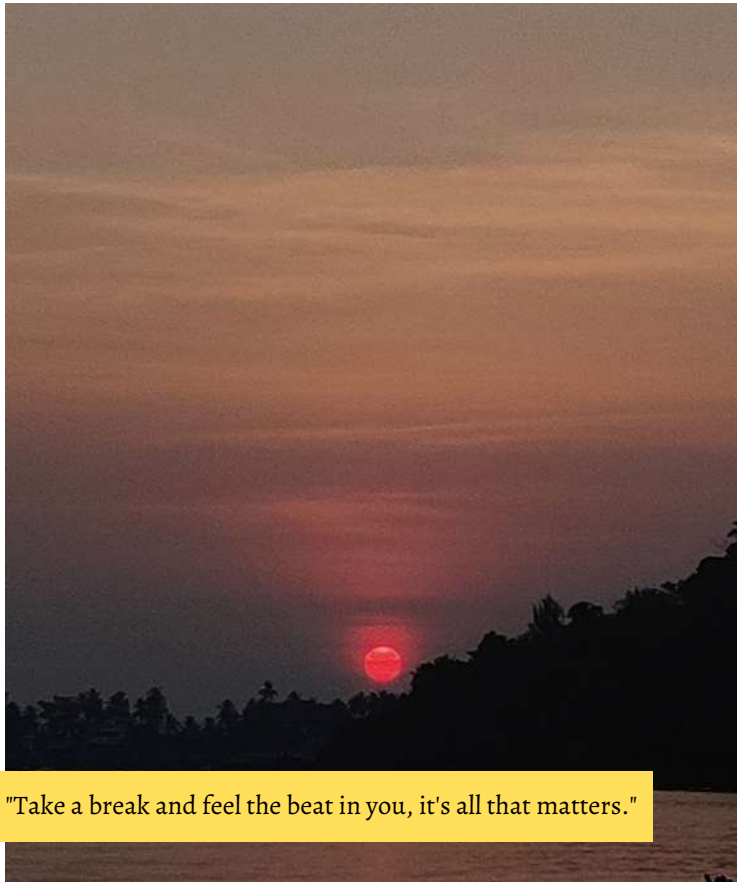
Shania Angel Patel  
FY, BA Psychology



"Your yearnings are in the simple joys you feel and are waiting to be tapped into for you to ignite."

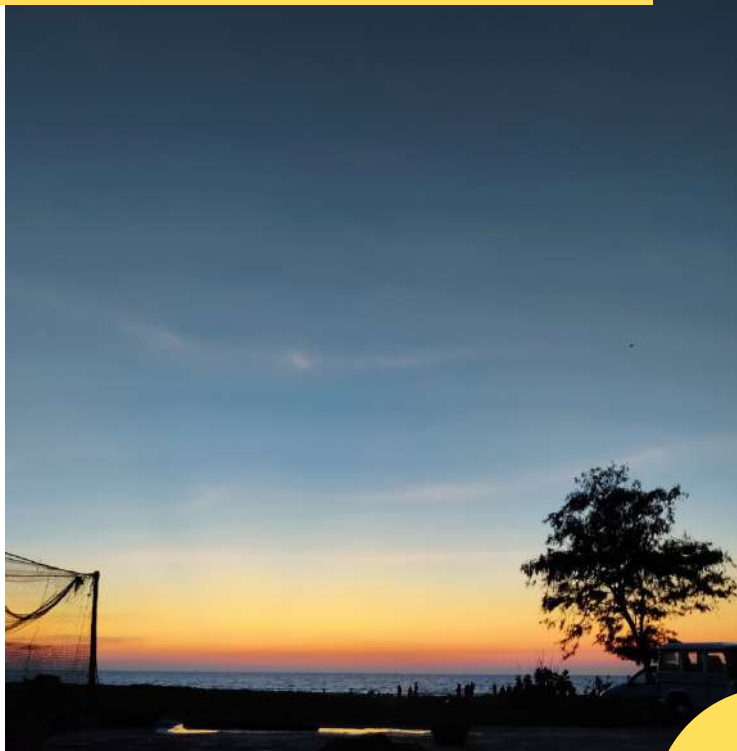
"Your energy is more radiant than you credit yourself for, don't be afraid to show it."





"Take a break and feel the beat in you, it's all that matters."

Don't forget how far you've come, the little wins are what take you to your milestone.

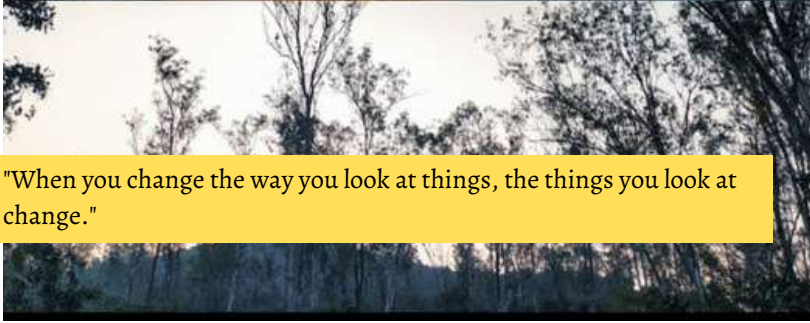


Shift your perspective and you'll see that even grey skies have silver linings.



Krystal Fernandes  
TY, BA Psychology

# PHOTOGRAPHY



"When you change the way you look at things, the things you look at change."



"Sometimes the most scenic roads in life are the detours you didn't mean to take"

"Life is a beach, find your ✕"



Yamini Patil  
TY, BA Psychology

All the memories of days  
They're just fading away  
Am I the only one pleading  
Life to stay?  
Right here, a stand still  
Painting my heart rays.  
Wishing them all a happy  
life ahead.

When life turned to a standstill and  
despair reigned, death came by with  
every passing wind.

While the foolish ventured free and  
naive, the fighters fought till their last,  
giving their very own to the world  
A Selfless sacrifice

Hunger striked, deaths trolled, mental  
heath declined, finance cried and the  
economy broke. The globe trembled and  
hoped for a future with a better home.



Leanne Rebelo  
TY, BA Psychology

It's difficult and weary  
No hope, no stability  
Days and months stream away  
Like non of it was ment to stay  
  
Dreaming of a land far far away  
No voices of the night and no cries of  
the faint  
No race against time  
In a land far away

Where must we go?  
To a place unknown  
Far beyond these paved roads

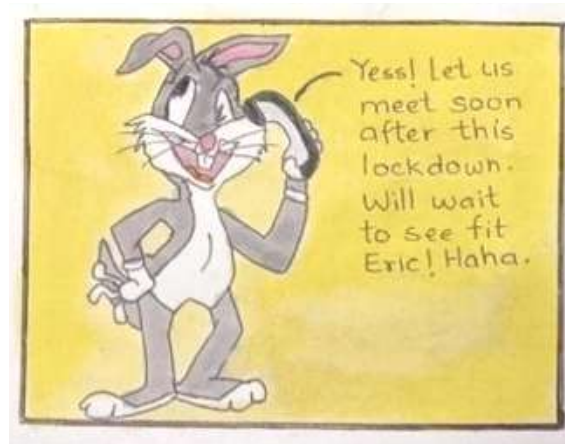
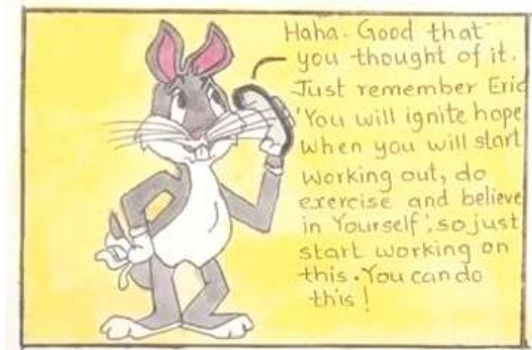
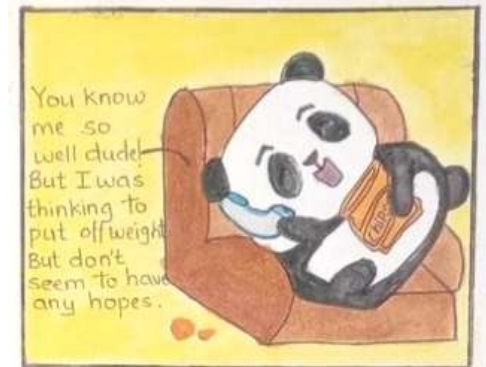
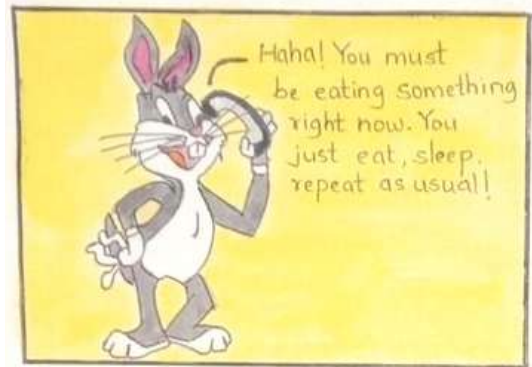
Through this wilderness  
An unknown destination  
In search of our better selves



Rayzel Fernandes  
SY, BA Psychology



Neha Pareek  
SY, BA Psychology



Vishwanee Padiyar  
SY, BA Psychology





Sonam Govind Pai Panandiker  
FY, BA Psychology

# Wall of Fame

BA Psychology batch 2018-2021



**Rucha Kare**

"Live life the way I dance,  
not the way I sing"



**Jannine Quadros**

"Life is like Photography, you  
need negatives to develop."



**Anya May Fernandes**

"No I'm not born in May"



**Krystal Fernandes**

"All things work together  
for good."



**Rossanne Ditosa  
Fernandes**

"Cherish your present moments may it be big  
or small, cause you definitely ain't gonna get  
them back again no matter what you do"



**Nikita Narvekar**

"I don't even have a  
'pla'." - Phoebe Buffay



**Oshmee Rebello**

"These mountains that you're  
carrying, you were only supposed  
to climb." - Najwa Zebian



**Anu Pujari**

"Never be late to  
class!!"



**Leanne Rebello**

"Just keep swimming"  
- Dory

# Wall of Fame

BA Psychology batch 2018-2021



**Joyce Suzi De Jesus  
Colaco**



**Adarsh Ajai**  
"Dope"



**Nubira D'Sa**  
"Explore, Live & Grow"



**Xena Andrea Monteiro**

"I don't do Netflix anymore, I binge watch recorded videos of online classes as if they were series."



**Michelle Crasto**

"Give yourself space and stillness, you'll be able to clear the dust and see yourself within yourself."



**Genevieve Rodrigues**

"CEO of sarcasm"



**Anushri Bhende**

"I think we deserve a soft epilogue, my love"



**Saloni Prabhugaonkar**

"May your trials end in full blooming."



**Nathan Colaco**

"Life had other plans."

# Wall of Fame

BA Psychology batch 2018-2021



**Daniella D'Souza**

"Just breathe"



**Kenisha Fernandes**

"Drink some water...but on a serious note. YOU ARE ENOUGH"



**Delicia Dias**

"Nothing is ever a waste of your time, if it didn't bring you what you want, it taught you what you do want."



**Urvi Ulhas Umarye**

"Music, food and laughter on loop  
In love with words, paws and people"



**Ramya Warriier**

"One day, it'll all make sense."



**Fraizy Mascarenhas**

"Strive for progress, not perfection"



**Annora Dias**

"Don't stop thinking about tomorrow. It'll soon be here."



**Melanka Vaz**

"Chances do not come along everyday. They're yours to create."



**Shania Roseanne Crasto**

"I am so clever that sometimes I don't understand a single word of what I am saying." -Oscar Wilde

# Wall of Fame

BA Psychology batch 2018-2021



**Talha Sadekar**

"Keep your head up.  
Keep your head strong."



**Kashish Agarwal**

"Everyday negative, pressure,  
challenges-is all an  
opportunity for one to rise"



**Neha Pai Dukle**

"Left college wishing for just  
one more offline day with you  
guys in college...Preferably  
without masks."



**Purva Prabhudessai**

"Trust the process"



**Ravi Almeida**

"Feeling good's good  
enough."



**Yamini Patil**

"Make your heart the most  
beautiful thing about you ☆☆☆"



**Anjali John**

"Work hard, chill  
harder."

# Wall of Fame

M.A. Child Psychology and Child Development Batch 2019-21



**Chrysanne Dias**

"With the help of God Almighty all things were possible for me and shall be for you too."



**Rosebel Fernandes**

"I am not telling you it's going to be easy- I am telling you it's going to be worth it." -Art Williams



**Andrade Bethilda Lisa Bernard**

"I may seem to be an open book, but I am a mystery."



**Shubhiksha Mahalaskmi N.**

"When I accepted myself, the mirror of hard distorting glass broke into pieces!"

# Wall of Fame

M.A. Child Psychology and Child Development Batch 2019-21



**Clizma Aniuska D'Costa**

"Knowing is when the knowledge starts to disappear."



**Ferrel Allency D'Silva**

"Of course, I work hard-not to show someone but to be someone."



**Manasi Avadut Shirodkar**

"I love what I do, so just going confidently in the direction of my dreams."



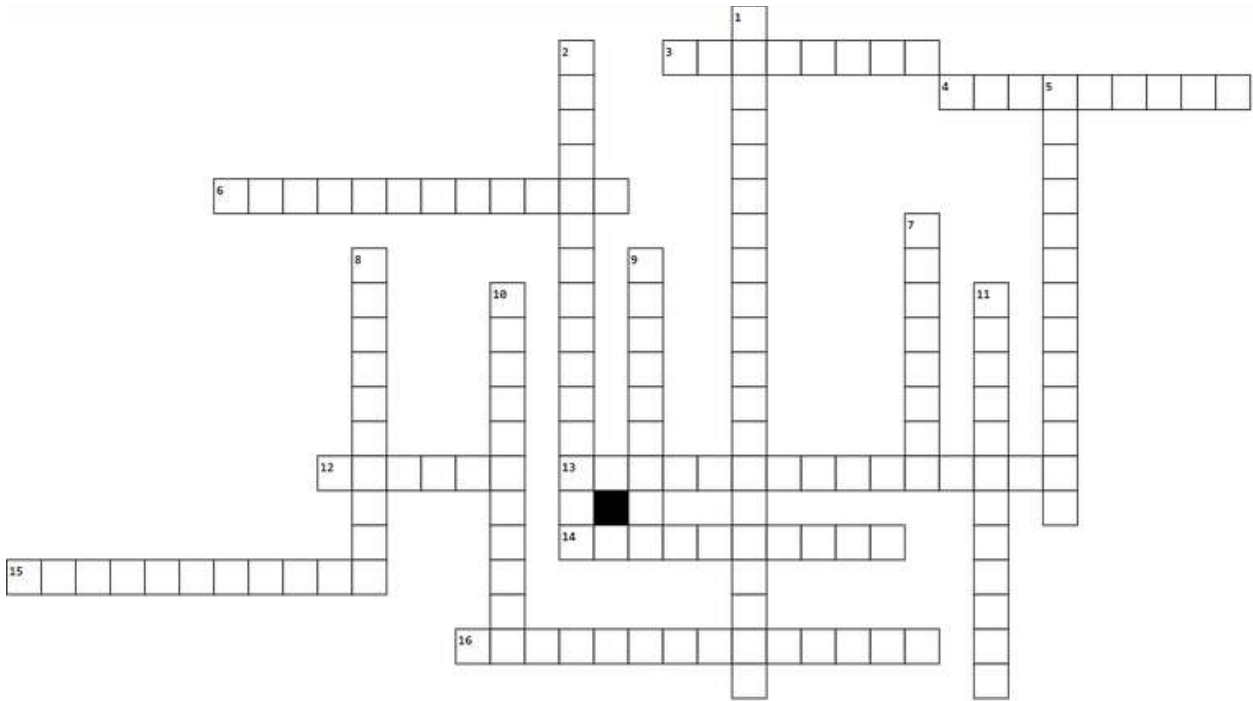
**Janhavi Vinayak Pendse**

My life motto is "Do my best, so that I can't blame myself for anything."



**Anjali Shashi Sharma**

"Can rise up of anything, grateful for everything."



## Across

3. False belief that distorts reality.
4. Process of releasing instinctual energy.
6. The phenomenon in which the patient develops feelings towards the therapist.
12. The energy of the life instincts of sex, hunger, and thirst.
13. Administrating a test in the same way to all individuals.
14. An accurate generalization on which prejudice is based.
15. Having both typically female and male psychological characteristics.
16. Technique of helping persons with emotional problems based on Freud's theories.

## Down

1. Records the electric activity of the brain through electrodes.
2. A disorder characterized by excessive concern about one's health.
5. Drugs that alter perceptual experiences.
7. A part of the limbic system that plays a role in emotions.
8. External cues that activate motives.
9. The most widespread excitatory neurotransmitter.
10. Strands of DNA.
11. Tendency for group discussion to make beliefs and attitudes more extreme.

## Answers

1. Electroencephalogram 2. Hypochondriasis 3. Delusion 4. Catharsis 5. Hallucinogens 6. Transference 7. Amygdala 8. Incentives 9. Glutamate 10. Chromosomes 11. Polarization 12. Libido 13. Standardization 14. Stereotype 15. Androgynous 16. Psychoanalysis



Azelia Fernandes  
SY, BA Psychology





## Riddle Questions

1. You live in a one-story house made entirely of redwood. What color would the stairs be?
2. Which mission determines the life of a student, so important it makes them anxious like Cinderella.
3. How can you take 2 from 5 and leave 4?
4. You need me, but you can't reveal me. You use me all the time, but if you don't it'll be a crime
5. Which is the only place where teachers will deliberately volunteer to meet and record themselves.
6. What would you collectively call too many fruits that are stuffed in a basket?
7. Ryan brought home an iPhone for his little sister. Upon hearing this his parents kicked him out of the house. Why?
8. Which are the letter that gives you hope?



Sabrin Shaikh  
SY, BA Psychology

### Answers

1. What stairs? You live in a one-story house. 2. subMISSION, (anxiety similar to cinderella is that they have to turn it in before 11:59 p.m. 3. F I V E (Remove the 2 letters F and E from five and you have IV) 4. Consent Form 5. GOOGLE MEET 6. Mixed Fruit Jam. 7. Because he bought an iPhone FOR his little sister. (In exchange) 8. H O P E

# CREDITS

**Cover Design: Sonam Panandiker**

**Magazine Overall Design and Editing: Ryle Souto & Sabrin Shaikh**

**Content Editing: Ramya Warriar**

**Content Management: Rucha Kare, Ramya Warriar, Neha Pareek, Anika Haldankar, and Subhiksha Mahalakshmi**

**Editorial Message: Subhiksha Mahalakshmi**

**Magazine Theme: Sabrin Shaikh**

**Cover Edits: Ryle Souto and Sabrin Shaikh**

**Magazine Conceptualization and Delivery: Psychology Forum**





**PSYCHOLOGY FORUM**

Reflect, Redefine, Reconstruct