

CANTEEN: THE NEW GOSSIP GROUND?

-Ms. Priyanka Afonso

Margao, June 27: After two years of studying at Chowgule College, one thing I learnt is that if you want to be up to date with the most recent happenings in and around college, you'll find your piece of news in the college canteen. The college canteen is mostly diversified in two groups - the SYs and TYs together, and the FYs trying to figure their way out while grumbling about how messed up their time tables are; while the seniors divulge in conversations deciding what kind of a crowd the present FY batch is. The canteen gossips keeps varying from how hot the FYs find SahilPrabhudessai - our former G.S. - to how some of his known mates call him 'Garibachovirat', to the rumors that Sahil might stand as a candidate for the post of G.S., to how Nithin has raised the prices of the food, to how the boys dubbed as the

'one direction boys' lack personality besides their fancy hair and clothing style, to how Sir Andrew can charm his way with the first years, and it goes on and on. The canteen is the best place to sit and notice all kinds of people from different streams socializing and getting their scoop of news from others. The canteen whispers are never left unheard - there will always be someone who overhears your conversations, and they no longer remain secret. Well, I can say that gossip in the canteen travels faster than Whatsapp texts, and soon you may become the next big headline. Gossip in the canteen in a way has its advantages when it comes to socializing and sharing information; on the other hand, the rumors one listens to can turn dangerous for those involved.

PRIORITIES: THE BATTLE UNFOLDS

Margao, June 28th: After a constant clash of a variety of pressures comes the much awaited era of college life. The fragrance of fresh experiences encircles around you bringing along a larger suitcase of responsibilities. This time span in our minds is meant to recuperate from the demons that lingered around us; namely academics. What we tend to forget in the quest for fun and adventure is that the phase of college is the stepping stone to a career, a foundation on which our entire life will be dependent on. This does not necessarily mean that fun be flung out of the window into a never ending exile. Confused, aren't we? It may sound difficult to strike a perfect balance between academics and fun. But what is life without hurdles and obstructions. At the end of the day your perfect imperfections will help you conquer the world.

Once times goes by it ceases to return; these days are pivotal to our growth as individuals. Don't let the sudden freedom blur your vision of what awaits you in the future. In this journey let work and fun be fellow passengers which will defi-

nately your destination-success. There are opportunities galore out there, don't let them fly away by distorting the balance between them both. Have your daily dose of fun work and sprinkle fun all over it to create a path more of roses than of thorns. The sky is said to be the limit. Reaching there might be a Herculean Task but not an impossible one.

by Ms. Annalise Benjamin

DID YOU KNOW!!

There are more than 80 variations recorded for the spelling of Shakespeares name. For instance:-

'Will Shaksp'; 'Wm Shakspe'

There are no records of ever having it spelt it as as we spell it now.

- Shakespeare penned a curse for his grave daring anyone to move

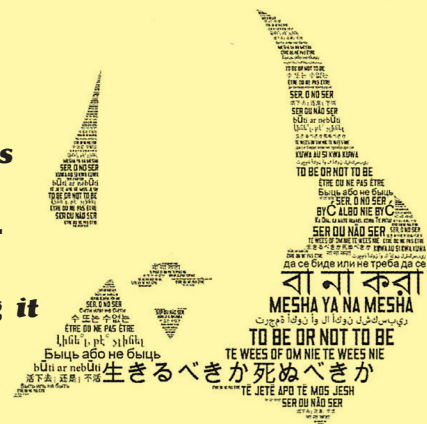
his body from the final resting place

References:- Nosweatshakespaere.com (7th edition)

Compiled by

Sonia Sabnis, Yash Naik, Morishca, Juana Fernandes

Product of FYBA Understanding Poetry and Drama course



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A CHOICE-BASED CREDIT SYSTEM WITHOUT A CHOICE?

Margao, Goa June 27 2016, As promised during the admissions and as specified in the handbook, all four electives should be floated according to the students of ParvatibaiChowgule College.

Due to reasons like unavailability of classes and teachers, the promised electives cannot be floated in the academic year 2016-2017 explains Mr. Anand Masur, HOD of the mathematics

department. According to him, this was an unseen fact by the college authorities, which has come to their sight as the first autonomous batch makes their choice of electives for the first time. As Mr. Masur speaks to us, he assures us that these problems will be solved in the coming academic year due to the graduation of the last batch of Goa University students and the availability.

A reliable source disclosed that the

unavailability of the funds is one of the major reasons which has compounded the problem. As of now no viable reasons are provided and students continue to have high hopes of all the electives being offered. As one of the students among the hundreds, I raise my voice against one of the unjust college policies only in the hope to be heard.

-Ms. Archa Sinai Sencou



YOGA FOR LIFE

with
Ms. Gayatri
Honawarkar

NOW YOU SEE ME 2

with
Ms. Sasha Gomes

ASSISTED LIVING

with
Ms. Aarati
Joshi

On one of our very first study visits during our sojourn in Stockholm, we were welcomed into a well maintained house with immaculate decor in a suburb of the Botkyrka commune. This was one of the many units set up for "Assisted Living" for Persons with Disabilities, as the revolutionary new system adapted by Sweden is named. Starting with a pilot project in '87, this grew to be an incredibly well managed system to normalise, to whatever extent possible, the lives of the differently abled. With an extensive mention in the Social Services act and the LSS (Act for persons with Certain Functional Impairments), there seems to be a great amount of research and expertise that has gone into the formulation of this policy. The guiding idea behind assisted living was that it should promote equality in living conditions and full participation in community life for those (with significant and permanent impairments). The objective is to make it possible for the individual in question to live as others do. This is based on respect for an individual's right to self-determination and privacy.

The residence we visited housed six persons, with three assistants, not all of whom worked every day. They spoke to us about how they go about assisting the residents, and the things they do to help them be as independent as they can. Sweden, unlike our own country, has a highly individualistic society - with great importance being placed on independence and self-sufficiency. Children move out by 18-23 years of age, but for persons with disability, this would not be practically possible before. And consequently, most would have no choice but to be institutionalised, or if the family continued to house them, they'd invariably feel like an immense burden. They did not, then, feel respected by the community, leaving them continuously conscious of contempt from the apparently more capable counterparts. This was a vicious cycle which researchers and policy makers seemed to have realised, and very effectively overturned. We

also got to know that just like everyone else, the persons with disabilities go to work daily. There are 'daily activity centres' set up for this, where the persons with relatively severe disabilities receive therapy and sensory-motor training, and the ones who can, work on making a variety of items and so on. The 'work' is thus what they can do to the best of their ability, and self-improvement is considered work too. Thoughtful, is it not?

ASSISTED LIVING in Sweden [from an exchange of ideas]



by Ms. Aarati Joshi

However, as intelligent as it is, it seems as though the emergence of a similar setup is not even close in the line of vision for our own country, for more reasons than one. Firstly, it is a huge cost on the economy. In Sweden, it is estimated to come upto 5 billion USD per annum, and together with the benefits and social services for these individuals, it takes up about 1% of the GNP and 2% of public expenditure. Definitely not feasible for a country in an awkward, off-balance middle-stage of developing that ours is. It also requires quite a lot of technological support, and well-trained staff. In Sweden, currently, about 20,000 people receive personal assistance, and this is 0.2% of their fairly low population. In India, if the criteria to provide it were maintained, the number of beneficiaries would shoot up exponentially, further extending the financial requirements. But one thing to remember is that the concept grew out of their societal and

cultural norms, to allow persons with disabilities to live the same way as other adults. Indian society is nowhere near as individualistic. For most part, anyway. Notwithstanding the new age metropolitan lifestyle among younger urban circles, much of the Indian population lives with very collective, community-based values. Moving out at twenty is not a norm here as it is in Sweden - where, failing to do so would definitely cause someone to be extremely conscious of their incapacity to construct and sustain their own separate life, making them feel like a burden on their parents.

As it turns out, this attempted comparison is all but straightforward. The Swedish version of Assisted Living is quite marvellous as far as ideas are concerned - adopting it, however, appears to be inconceivable at this juncture. Here in India, the balance between the extent of need and the potential to meet the same is skewed out of proportion; and cultural differences would mean that implementation and structural details would have to be a little different here. It would need to be tweaked in places, modified to suit the Indian style of living and the group-based culture typical of the eastern countries. Can our country, then, get inspired - and innovate? ***

NOW YOU SEE ME 2

A movie based on magic and mystery, Now You See Me 2 posed a very lengthy first half, letting the viewer indulge in some history of the movie involving Lionel Shrike, and a short back story. The movie provided a lot of twists and turns, with the help of new actors that filled the screen with new and more catchy dialogues. (spoilers ahead) The horsemen are lost and have to face old enemies who then turn out to be friend and foe. The movie has grossed a whopping \$161,134,248 worldwide, being in the bracket of both comedy and mystery. On the whole, the plot of the movie seems to impress at first and then start to get intriguing, with (spoilers) the showing of the eye, a run around case of magic, hand movements and science. The result is a breath taking adventure for the horse men, a lot of reveals throughout the movie, and a few un-noticeable mistakes that you'll see only if you watch it twice. And you will want to watch it more than twice - the movie is very intriguing, and is a good sequel to the first movie.

Ms. Sasha Gomes



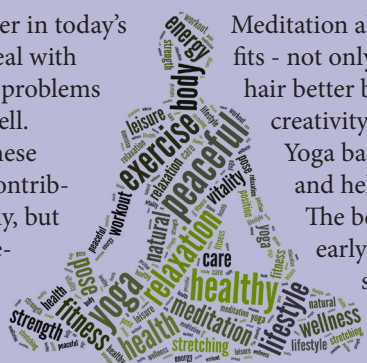
Do you wish to score good grades for your semesters? Want to boost your self-esteem? Or have glowing skin and healthy hair?

Yoga has it all, trust me. Yogais the best medicine to cure diseases - both mental

and physical. Being a youngster in today's world is not easy, having to deal with work load stress, relationship problems and maintaining yourself as well. Yoga has a solution to all of these problems. You only need to contribute at least 15-30 minutes daily, but you won't be able to see immediate results as it is a gradual process and needs some time to work on your body and mind.

Basically yoga works mainly on the

YOGA FOR LIFE



body, mind, and emotions. It balances your hormones and creates a healthy lifestyle.

Practicing yoga continuously enables one to withdraw one's mind from objects subjects-thoughts attention on the real self.

Meditation alone has numerous benefits - not only it can make your skin and hair better but it also helps to improve creativity, memory and performance.

Yoga basically stimulates hormones and helps you to get glowing skin.

The best time to practice yoga is early in the morning on an empty stomach. It should be done in open air, seated on the floor with a yoga mat.

BY MS. GAYATRI HONAWARKAR



AETHER - EDITORIAL

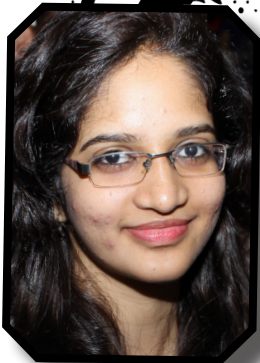
I am pleased to introduce, the first issue of Aether for the 2016-17. We the students of 'Writing for the Media' will be handling Aether this year. This issue will focus on topics like aspects of college life, including clubs and academics, as well as movie reviews and several other interesting topics. I hope you enjoy reading this as well as all the issues coming up. At the same time we look forward to your contributions and feedbacks to help us improve further.

Ms. Archa Sencou
Editor



I'm Loretta Rodrigues. I love art and can spend endless hours getting creative. Learning different techniques in art & sketching (especially during boring lectures) is what I do best. As crazy as I am about art, I love literature too. I'm a huge fan of Nicholas Sparks, but I love any book filled with humour and romance. I do enjoy cooking too (not that I'm a great cook). Although people think I'm an introvert, the truth is I love gelling with different people and having fun.

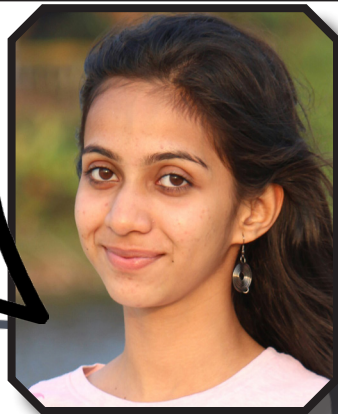
Hi, I'm Shruti! I'm a bibliophile and a chatterbox. The three things I can't live without are books, music, and coffee.



Hey, I am Gayatri Honawarkar, basically a socially awkward 19 year old. Full time dreamer and a part time writer. Can be an amazing nerd at the last minute, blend with craziness and a dash of sweetness. I'm waiting for my Hogwarts letter and a plan to win hunger games with a mug of coffee.



My name is Vruksha Karmali. I am majoring in Marathi and English and currently studying in the second year. I like to write and read, and I am also very fond of theatre arts. I believe in working hard to attain success... I aspire to be a professor and continue my passion in dance.



Hi I'm Priyanka Afonso currently completing my SYBA in English and Psychology. I love reading books and writing poems and love the thrill of an adventure or travel. As a child I saw a lot of movies and that created the love for drama and story for me.

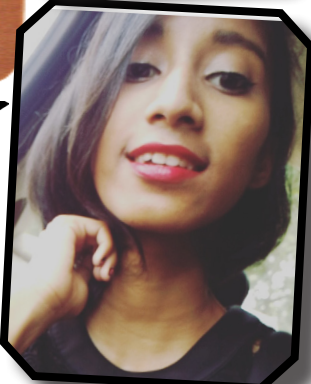
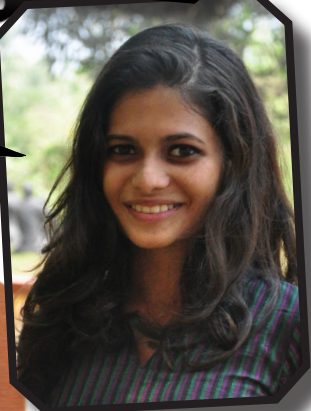
Truth be told, I was never one with a funny bone. That's it, no big deal. I'm Annalise Benjamin. A lover of creativity and literature. Transfixed by anything other than reality. Eagerly waiting for an entire second adolescent lifetime to be added to my lifespan to recreate new memories and live through the old ones yet again.



Hi, I'm Archa, a lovable insane girl you can never be bored with; who also loves to travel and eat.

I'm Aarati! I'm just another brick in the wall.

TEAM AETHER



Hi, my name is Sasha and I'm a Sagittarius - it's self explanatory. I love reading thriller and ghost novels.

Hello, I am Simran Malkarnerkar, an S.Y.B.A tygress, open to all opinions around. If you have any problem, please do come and talk. I am always there. Together let's make this college a more happening place, and roar proudly.





IT'S OVER

by
**Ms. Simran
Malkarenkar**

FOOD MYTHS

by
**Ms. Loretta
Rodrigues**

FAILURES ARE PILLARS OF SUCCESS

by
Ms. Vruksha Karmali

MARGAO 28 JUNE:

Many hearts broke after Lionel Messi's (29) dire decision of retiring from international football, the reason being having missed a penalty on which Argentina's victory at the Copa America football championship depended. "You have to fight to reach your dream. You have to sacrifice and work hard for it. This was quoted by Lionel Messi himself, who could not bear to believe team Argentina's decision of not playing for the national team by announcing his retirement. It is hard for

IT'S OVER.



many football lovers to process this. Anish Prabhudessai, student of S.Y.B.A, Parvatibai Chowgule College, who is a diehard fan of the football genius, says that though it was a shocking decision, it may be a correct decision according to the legend because we may never know how it feels after losing three times in a row and that he hopes Messi reconsiders his decision and makes a comeback. And yes, as a football fan, I too believe it was just the pain that made the decision. Messi will surely come back.

- SIMRAN PRABHU MALKARNEKAR

At the outset, the problem in defining the word 'myth' is that different people use the word in many different ways. In everyday speech, however, a 'myth' is something that is imaginary and untrue. Myths have pervaded every aspect of human living and nature as well - there are myths about men, myths about women, myths about jobs, myths about snakes, myths about almost everything! Just so, there is no shortage of food myths floating around. Every day we hear some advice or myths related to food and health. But the fact remains that we just do not have to believe all these myths and old wives stories we hear, because they will remain MYTHS - and have been proved wrong. Living in a world where almost everybody is health conscious, there also exist thousands and thousands of food myths. Many of these myths have been busted by science. Here are some of these.

- "Drinking lots of water will speed up your weight loss." This myth is completely false. Staying hydrated helps to keep your body in shape but it does not keep weight at bay because though you will feel full for a little while, your body will eventually crave food.

- "Papaya should be avoided during pregnancies" is yet another common myth in India. While raw papaya or even a semi-ripe one has been known to trigger uterine contractions, a completely ripe papaya is rich in vitamin A and minerals. They are good for pregnant mothers*.

- "The skin of an apple contains no nutrients." This by far has to be the most ludicrous myth. In fact, the peel of the apple is known to have a higher concentration of antioxidants than the flesh.

- The "eating after 1 pm will make you fat" myth has a legion of dedicated followers. Experts say that what matters is not when you eat, but what you eat and the amount of calories you consume.

- "Fat-free food is calorie-free" is such a common myth that food manufacturers mar-

ket to it. Hence, so many products are labelled as "fat-free", "low fat", etc. So many people who want to lose weight chow down on these products, and what's worse, they tend to eat more of these products than they would have if they were full fat. What really matters when trying to reduce weight is the calorie count.

- "Chocolate causes acne!" Again, a myth which is so common that most teenagers, their parents, and almost everybody falls prey to it!

There has been no conclusive scientific evidence to prove this claim. Experts maintain that different foods may cause your skin to breakout into pimples, and for some people that food just may be chocolate.

These are not the only myths which have been busted. There are many others, like:

- Fresh fruit is better than dried fruit,
- It is better to eat six small meals during the day than three large ones,

- Excess salt increases your blood pressure,
- Fast food is bad for you,
- Skipping meals will help you lose weight faster,

- You should not swim or shower immediately after a meal

The list is never going to end. It just goes on and on.

Not only do these myths spread false information among people but they also have a negative impact on their health. People tend to believe them, hence avoiding important parts of their diet. This could lead to many sicknesses and diseases, while manufacturers would be laughing all the way to the bank.

To sum up, there will never be an end to the myths about food popping up now and then. Though many of these beliefs have some credibility, sometimes they cause misconceptions. Modern theories and aggressive marketing strategies of certain food manufacturers, combined with age-old beliefs confuse the consumers. The solution to this problem is to understand what is good and bad about these food products and their relevance to our modern lifestyles.

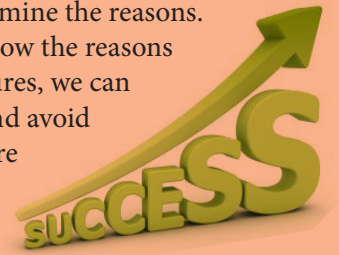
"FAILURES ARE PILLARS OF SUCCESS"

In this world, there is competition in every field. Each man has a mind of his own and therefore every man thinks differently from others. If a man wishes to succeed, he should know the strengths and plans of the other competitors. Sometimes we succeed and sometimes we fail. We fail in our attempts to do something. This is the time where we should not feel disheartened. It is said that failures are mirrors of our life, who show us our real faces. Every successful man fails at some point of time. Failure tells you about your weaknesses, lack of preparation, lack of efforts. It not only tells us that we couldn't prepare ourselves up to the level of success but also gives us encouragement to try again with more preparation, and with more hardwork.

We must learn from our failures. We should examine the reasons. Once we know the reasons for our failures, we can be careful and avoid such failure in future. Thus, it helps us to succeed.

Failures are therefore the pillars of success. It is knowledge and experience gained from failures that help us to succeed in future attempts. Our greatest glory is not in 'never falling', but in rising every time we fall. Thus failures are the pillars of success, stepping stones to success.

- by Ms. Vruksha Karmali



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