



- BY MS. JASHMI SIRAKAJE

Indian celebrations without Noise? Unimaginable right! Don't be surprised. The loud Bollywood music played, the religious prayers sung loudly accompanied by traditional musical instruments also contribute towards noise. From wedding to every festival celebrated, music plays an important role. But somewhere this music is not to soothe or cheer up the people involved. It is to notify the public that some special occasion is going on at the venue, in disguise!

Culturally acceptable but we all know that noise beyond a certain limit can cause severe impairment. In general, sounds above 85 decibels is harmful, depending on how long and how often you are exposed to it and whether you wear hearing protection, such as earplugs or earmuffs.

Noise affects everyone. For we students it can be a cause of fatigue for the hearing or auditory sense organs. It can cause hearing problems, deafness. Noise pollution is

prone to distort the natural tempo of our speech leading to experiencing difficulty while speaking. It even causes annoyance, tiredness and exhaustion. Noise pollution may induce in human body various types of temporary physiological changes, such as hypertension, change of the rate of heart-beat, high respiratory rates, excessive perspiration, vomitory tendency, vertigo and exhaustion. It disturb sleep, too and as such, memory too runs short.

Apart from these, religious celebrations can be happiness for the people of a particular religion but at the same time, a cause of disturbance to the others. It also distracts we students from concentrating on a particular academic work.

Government has come up with rules and regulations to control noise but we as students and young citizens can also contribute to control noise.

#limit noise levels to the minimum so that it is comfortable for yours as well as

for the ears of people around.

#One simple thing to look at is, God won't hear your prayers only if you say it loudly. It is necessary that you pray from heart. This little change in the mindset can be helpful.

#Do not use microphones and loudspeakers for singing prayers during festivals or to play music loudly beyond a limit. Those interested to be a part will always be present for the prayers or at the function. This will not disturb the people who are not interested or those who are living in the neighborhood.

#Use of earplugs, thick curtains can reduce noise level from outside to certain extent. This will help to maintain the calm atmosphere in the house.

Celebrations bring people together but let us not force it on the people who are not or do not want to be a part of it. We have no right to disturb the peace around so individual effort is necessary to control the noise pollution. ***



THE NAKED EXPLOITATION OF RELIGIOUS SENTIMENTS

While Goa celebrated Ganesh Chaturthi, my family and I were off on a pilgrimage trip to the Holy land. Being a Roman catholic, our main stops were Jordan, Israel and Egypt. The various religious sites of importance that we visited made the Bible come alive. I looked in awe at as the events that had happened centuries ago started unfolding in front of my eyes.

As we travelled around, I noticed that millions of people had come to visit these places with a lot of faith, hope and trust in the Lord. But then something caught my attention. At every significant place, a market of religious artefacts was set up. Religious items like candles, rosaries, blessed oils, etc were being sold but at an exorbitant price. I realised how selling these artefacts at these places has become a very successful business. The religious sentiments of the people were being exploited in disguise. It took me back to the 14th century where penance and pardon was sold by the friars and monks. We are today in the 21st century, and has anything changed? I wondered.

Don't get me wrong, I am not accusing the sellers since selling these religious artefacts is their way of earning their bread and butter. What I am trying to say is playing with the sentiments of the faithful and overcharging them for these artefacts is wrong. I feel this is where morals and ethics play an important role.

BY MS. SASHA FERNANDES



COUNTDOWN BEGINS

Come 9th September 2017 and our college will buzz. Various schools and higher secondary schools will be participating in this battle of winning the title. Amidst this scenario colours of creativity and talents will cover every

nook and corner of our campus.

The 8th edition of The Bard by the Mandovi or the Shakespeare festival as we like to call it is scheduled on 9th September 2017. It is an annual event organized by the Department of English and has been a grand success over the years under the assistance of Asst. Professor Andrew Barreto. Although the whole English department is involved in organizing, the charge is exclusively given to First Years. This

festival is one of a kind with numerous competitions under it. From enacting a scene of Shakespearean drama to showcasing your creative side in creating a book based on any of his story, the events bring out the competitive side in you. As quoted by William Shakespeare, "The earth has music to those who listen".

Preparations for this event start two months in advance. Continuous meetings, planning and hard work go into creating this huge and mesmerising event. No offense here, but friends, we organize one of the best events in college. You don't believe me? Check it out yourself this Saturday.

BY MS. ALYSSA MARTINS





AETHER – EDITORIAL

A teacher affects
eternity; he can
never tell where
his influence
stops. –Henry
Adams

From kindergarten to college, there is one entity common throughout; Teachers. Some inspire us and teach us about life, while others choose to become our friends and teach us to have fun with learning.

Teachers play a central role in raising educational levels and no matter how sophisticated certain tools of the teaching profession may be, they cannot replace the human contact, understanding, and judgment of professionally trained teachers. With imparting knowledge, they can be the inspirational support a student needs to find the best in himself.

“Teachers can change lives with just the right mix of chalk and challenges”. This quote by Joyce Meyer is true in all possible worlds. Did you know that World Teachers’ day is celebrated on 5th October? But India celebrates Teachers’ day on 5th September to commemorate Dr. Sarvepalli Radhakrishnan’s birthday.

We, at Team Aether, wish all the Teachers a Happy Teachers’ day! Thanks to them, we are able to present another exciting issue of Aether and you are able to read what you are reading, reader. Enjoy!

EDITOR

MS. NEHA BANDEKAR

ADULTING

This week during my Contemporary Indian Literature class, my teacher asked us a very interesting question.

“When does a child become an adult?”

And the more I thought about it, the more I was certain that age, height and our physical and biological construct have nothing to do with growing up. I believe that as we grow up, there will be instances in our life that will constantly shape our perception of the world. And the greater the experiences we have, the more clearly we will understand reality.

For a 6 year old boy, who comes from a poor family and knows how much his parents struggle to earn money, growing up becomes an involuntary action. In that moment, when he decides that he too wants to contribute in some way by bringing food to the table, that is when he becomes an adult; that is when his environment requires him to grow up, and so he does.

For a child who has been pampered his entire life in a way that keeps him away from the world and it’s ways, both good and bad, will end up taking a lot of time to understand what being an adult means. An adult isn’t someone who has a stable job, is responsible and diligent in his duties. An adult is someone who knows when to step back and look at the bigger picture, rather than narrowing his perception to only the smaller picture before him.

The bridge to adulthood is laid with experiences. What we choose to see, what we choose to ignore, and what we make of it: it all adds to our personality and our way of living. Ultimately, time will place you in a situation, where you will have to take a call on how you want to act. And whatever you choose, will decide whether you have crossed over to the adult life or not.

BY MS. SONIA SABNIS

RUNNING OUT OF TIME... MAYBE??

With the time table already out, we know we roughly have about 6 weeks to prepare for the Semester End Exams and I bet nobody has started studying yet. It’s about time you game up! Getting into the right habits can make all the difference between studying seen as a dreadful chore and an enjoyable, helpful tool for success. Start by preparing a rough schedule, keeping in mind the upcoming events, especially for the Geography and English students who might get caught up in the event work. Also, by studying on the way to the college or back home, one can kill two birds with one stone. It all depends on how dedicated you are really! Listed below are a few study tips:

1. Plan your time

Plan out a schedule today itself. Give equal time to all the subjects, maybe a little more to the difficult ones.

2. Stay motivated

Always start with a small prayer, do away with all the disturbing thoughts and think positively.

3. Pick a place and time

Choose a place where you are comfortable, preferably a silent place. Everyone has their own idea about the best place and time to study. Some manage by group studying while others prefer studying alone.

4. Take small breaks

Don’t sit for hours in the same place. It is advisable to drink water while studying so that you stay hydrated and alert.

5. Make it a point to study every day.

This way you are not only revising but also reviewing your matter in your mind. Use visual cues for easy memorisation.

6. Rest and eat well

Get plenty of rest and eat healthy meals the days before your exam.

MS. JEFFY RODRIGUES

WHAT'S TRENDING? SARAHAH!

From those telling their crushes how much they love them to those cyber bullying with offensive messages, Sarahah app has sent everyone into confession mode.

Sarahah is an anonymous messaging service. Once a user registers, they can send to their friends or post it publicly online. Anyone with that link can send the account holder anonymous messages. The recipient has no way of knowing who posted the message or to respond to it.

Every time you log in on



Instagram, you will probably see a lot of Sarahah related stories streaming down your news feed. No surprises there, the app Sarahah has completely taken over the social media.

While some *instagrammers* express their love to their crushes, others are busy posting unnecessary hate comments. However, those who are too advanced to be impressed by such technology, crack jokes on the Internet at the app's expense.

BY MS. OAIZY GOMES

SO WHAT IF IT'S POURING?!

Yeah, I'm talking about the monsoon season. I know it's a little late for this but, the rains are not over yet. Monsoon is here and it's a little difficult to decide our outfit when it's pouring and really muddy outside. But what so ever, we can't just let the monsoon rains dampen our style. Here are the 6 style tips that can help you look fashionable and feel comfortable this monsoon.

1. Bye bye whites.

White is a big NO this season. Avoid wearing whites and shades of whites as they tend to get dirty easily and get transparent when wet. Pick bright colours instead.

2. "Denims, see you when the sun shows up bro."

Most of us are fond of denims. But it's better to do away with them during monsoon as it takes more time to dry than other fabrics. It is better to opt

for cotton ones which not just dry easily when wet but also are way too comfortable.

3. Go short.

Heavy fabrics and long hemlines are hard to maintain. Avoid getting dressed in trousers, jeans, long skirts or Patiala. These will get muddy more easily during rainy season. Instead, opt for outfits like short or knee length skirts, shorts and dresses. For boys, ankle length trousers and jeans would do along with shorts as well.

4. Say no to fitted clothes.

Tight fitting clothes stick to our body when it's humid. So opt for loose clothing like loose tops and umbrella dresses which shall not make you feel uncomfortable.

5. Happy feet for happy monsoon.

Make your feet feel comfortable during Monsoon. Our feet suffer the most

during this season. Avoid wearing leather footwear and closed shoes as they would soak the rain water which will keep your feet wet all day long. Better to go for floaters, simple flip flops and colourful ballerinas. Also, rubber flats are cheap and washable.

6. The lesser, the better.

It's better to substitute heavy makeup with the light one. Keep it less. Opt for water resistant or water proof beauty products. And at times if not necessary, it is better to avoid using foundation and mascara during the rains.

So these are a few tips that can help you guys look fashionable and comfortable for the remaining days of the monsoon and also to carry with you for the future rains.

MS. BRULYNN CASTELLO



TEAM AETHER

Editor

Ms. Neha Bandekar

Sub-Editor

Ms. Jashmi S. C

Reporters

Ms. Brulynn Castello

Ms. Sasha Fernandes

Ms. Oaizy Gomes

Ms. Alyssa Martins

Ms. Sonia Sabnis

Ms. Jeffy Rodrigues

LayOut/Design/ Faculty-in-charge

Asst. Prof. Andrew Barreto

email us

asb002@chowgules.ac.in