

BATTLE OF TIMINGS

- Ms. Alyssa Martins

The autonomy guidelines on the website of Parvatibai Chowgule College states, "Under the Credit Based Semester System (CBSS) the requirement for awarding a degree or diploma or certificate is prescribed in terms of number of credits to be completed by students". A student has to complete minimum 130 credits which include extra-curricular credits. It turns into a student's dilemma when his class timings clash with the non-evaluative club sessions.

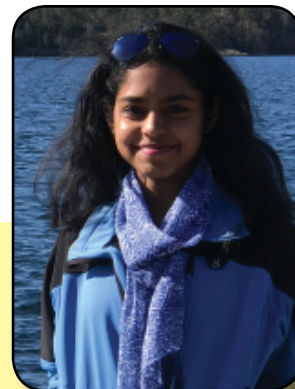
The problem is faced by mostly the Arts students as they have their lectures till 16:30 pm. A timetable with fixed timings

for extra- curricular activities should be made so that the student can complete the non evaluative hours and not miss his lectures.

Meanwhile, we asked few of our students about their comments on this.



Sasha Fernandes (SYBA): The batches for Dance sessions are 13:00-15:00pm and 15:00-17:00 pm however my lectures get over only at 16:30pm. I am unable to join the dance club due to the clash in timings.



Fauzia Sheikh (SYBsc): Club Carpe Diem has just started its sessions in the morning and I am not able to attend the sessions as I have my classes during that time.



Jeffy Rodrigues (SYBA): I have taken advanced Portuguese language classes and its batch timing is 3:30-6:00 pm. As my lectures timings clash with the class, I have taken permission from my Portuguese teacher to enter the Portuguese class at 4:30pm.



AETHER - EDITORIAL

STEREOTYPES ARE MEANT TO BE BROKEN

Among the many stereotypes followed, here's one we students are very familiar with: What the authority says, irrespective of whether it is irrational or unfitting, is considered the final word.

Martin Luther king once said "We shall have to repent in this generation , not so much for the evil deeds of the wicked people, but for the appalling silence of the good people." The authority isn't the only one to blame for passing a certain policy or changing a rule. All the people who sit in silence and watch it happen are equally responsible for the injustice. We as students need to use our voice for more than we do. We need to speak when required, and roar when we are least expected to. We must stand up, whether alone or with a crowd, to any decision made that deprives us of our right to choose. You can either whine about how someone else's decision is affecting you or you could muster a little courage and let the authority know that you won't let them win a battle without a tough fight.

Stereotypes are meant to be broken. So even if you have no one supporting you in your fight, take up the challenge. If you feel something wrong is happening, instead of accepting that as your fate, make sure you do your bit in trying to stop it.

EDITOR SONIA SABNIS

NON-EVALUATIVE CREDITS

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As per the credit system, students ought to get 120 evaluative credits, which are simpler to earn than the 10 non-evaluative ones. Out of these 10, the 4 internship credits can be managed but what about the remaining 6? These are the ones where you need to invest your time and money in. If we take a closer look, we are actually paying for every credit. Besides this, another issue that set the Aether team pondering is that when we engage ourselves in club or event activities, we are told that we will get so and so hours for doing a particular job/activity for a club and also by participating in events. But the question is, who keeps an account of the credit hours we earn? Therefore the we came to the conclusion that the responsibilities of the clubs should be assigned to teachers rather than students.

The team also opined that the college needs a central governing body which is going to manage the extra-curricular activities. Ms Jashmi Sirakaje, a student, suggested the availability of such an option or tab on the college website where we just fill in the details about an activity and submit it to the person in charge. Moreover, if we are going have a central managing power, then everybody has to be on board. Everything becomes stable under one stable committee.

by Ms. Jeffy Rodrigues

MURDER MOST FOUL

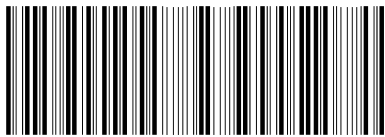
- Ms. Oaizy Gomes

Last week, Tanuja Naik, a first year student from the Sociology department was strangled to death by her husband, Aatish Naik. The murder took place in their house in Ponda. Aatish suspected that Tanuja was allegedly having an affair with someone, as she used to frequently come home late from college. He is said to have written "Rest in Peace, Love U" on her pillow with her lipstick, after killing her. Later he told his aunt that he was going out to fetch lunch and thus escaped the crime scene.

The murder of the 21 year old, left the entire College shocked. On questioning the teachers and students of the Sociology department about the tragic incident, a number of students confessed that they were unaware of this situation and some believed it to be a rumour. Ms. Melanka Rebello, a second year student, who lives in the same neighbourhood alleged that Tanuja did have an extra marital relationship. She continued saying that Tanuja often left her house and stayed at her boyfriend's place. But this couldn't be corroborated by anyone else.

Miss Myriel Martins, another student from the Sociology department

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FAKE NEWS BUSTED!

by Ms. Charmaine Pereira

A few rumours were floating around regarding the Japanese student exchange programme: that the programme, originally designed as a two week cultural exchange, had been reduced to a week but for the same amount of money i.e 1.45 lakhs. On questioning the faculty in charge of the student exchange programmes Ma'am Sharnila Menezes and Ma'am Chimona Dias the rumour was proved undoubtedly false! The two week Japanese student exchange programme is still running as it did for the previous year, with no change in either duration or costing. They were more than willing to provide us with the right information.

Chowgule College offers its students a number of cultural exchange programmes, two of which are Japanese exchange programmes- owing to the college's tie-ups with Waseda University, Tokyo and Kansai University, Osaka. Students can opt for



Pic: Kansai University (Source: Google images)

either i) a two week exchange programme or ii) a one year exchange programme. The two week plan mainly focuses on the cultural exchange between students of both countries. Each student of one country is paired with one of the other to facilitate a first hand interaction. The main objective is to introduce the students and familiarise them with the culture, society and academic attitudes of both, India and Japan. The Indian students attend sessions and lectures about Japanese lifestyle, food and traditions- where they try things out like learning a few lines in Japanese or even eating with chopsticks. When the Japanese students visit India they too are told about India and it's ways of life and living in detail. The Japanese students spend a week with the families of their allotted Indian partner. By this they are given a peek into the food, traditions and family life of India. However the one year exchange programme mainly focuses on the academic exchange between India and Japan. A student that opts for this programme can attend either one or two semesters in either Waseda University

CANTEEN BITES

by Ms. Neha Bandekar

Our college canteen, also known as 'Tigers' Centre' is the hub of all food and activity in our campus. The Tigers' Centre offers its customers not only canteen regulars like Tea, Coffee, Samosas, Batatawadas etc., but also prepares some

juices, the canteen makes *Nimbu* soda, Coffee and *Lassi* available to its customers. The Canteen menu also includes a lesser known food item known as 'Gadbad'. If you are thinking of Gadbad, the ice-cream sundae served in a glass, then you



unique dishes to please our taste buds.

The canteen menu consists of a wide array of mouth-watering delicacies, ranging from Indian food like Biryani and Parathas to fast food items such as Pizzas and Noodles. The canteen regularly updates its weekday specials and rates for each item are also very reasonable. Owing to the popularity and demand of certain dishes, the canteen has added Pizzas, Hot Dogs and Indian Street Foods like *Shev Puri*, *Pani Puri* and *Dahi Vada* to their weekday specials, says Mr. Nitin Shanbhag, the Canteen Manager. In addition to a fridge stocked with canned soft drinks and

are mistaken. 'Gadbad' is a savoury dish in which a samosa is immersed in a bhaji of one's choice. Although it's not sought after like Pizzas and Burgers, it still attracts a decent number of hungry tummies.

Every student, whether hungry or not, finds their way to the canteen to hang out with friends, chill between classes and munch on some delicious food. ***

BUSINESS ENGLISH CERTIFICATE COURSE

The Student Support Services (SSS) offers students various specialized facilities like the Personal Grooming and Personality Enhancement course, Statistical Analysis Support Service, Students and Teachers Exchange Programme and much more.

The Business English Certificate is an examination conducted by the Writing Centre under the SSS ambit. It is held in collaboration with the British Council, Mumbai which conducts this examination on behalf of the Cambridge University's 'English for Speaker of Other Languages' (ESOL). The examination tests speaking, reading, writing and listening skills. It is taken at three different levels- preliminary, vantage and higher. The Writing Centre conducts coaching classes in order to train students for the exam. These classes are held two or three days before the exam. The fee for the exam and training is Rs.3050 and Rs.1000 respectively.

This examination helps students to develop and improve their reading, writing, speaking and listening skills in English. It also builds their confidence to use such skills in their work environment. The training is helpful for the students as it teaches them how to deal with the exam. The Writing Centre also provides DVDs and previous year's papers for practice and better preparation.

by Ms. Sejal Desai



Pic: Waseda University (Source: Google images)

or Kansai University, depending upon the course preference of the student. What's wonderful about this plan is that the education and tuition fees of this exchange programme are waved off! And it doesn't stop there. The student is also certified for the course they complete in either Japan or India. Along with the weightage you gain for your resume the experience you would have gathered of a whole new country and it's ways of doing this is unparalleled.

Ms. Aarati Joshi, is currently completing two semesters at Waseda University. Next year it could be you!***

HOW TO DEAL WITH THE CA STRESS

Continuous Assessments are one of the two modes of evaluation for your academic performance as you already know. But these little things which carry 40% of your total marks can turn into a cause for stress. How, you may ask? Well, given that every paper shall be conducting 3 CAs, you're going to have $5 \times 3 = 15$ CAs per semester on average. Now sometimes a CA especially by some teachers is a lot of work and 15 times that work is overly-stressing. Trust me, we've gone through that hell and I dealt with it by using a technique called *Mindfulness*, which I would like to share.. Now the question arises what is mindfulness?

Have you ever been in bed trying to sleep and repeated in your mind what happened today or yesterday, or what is going to happen tomorrow? [V5] What would it be like to simply notice your thoughts and your feelings, both physical and emotional as they are right now?

That is the essence of mindfulness, a practice that can help you reduce your stress. Answer the following question to get through the mindfulness.

What are you thinking right now?

What are your feelings right now?

When you go about your day without noticing how you are doing or what is going on with you, you are missing out on living

each moment of your life. Being aware of your body, emotions, and thoughts right now allows you to live in the present moment. The essence of mindfulness is to bring awareness to everything you



do in life. It is about bringing yourself into the present moment. By using your five senses—sight, sound, taste, touch, and smell—to notice your body and surroundings, you can bring yourself into the now. I highly recommend everyone to try the exercise mentioned below:-

- Ø Get into a comfortable sitting position.
- Ø Place your hands in your lap or on your desk.
- Ø Open your ears to the sounds you notice and allow yourself to be in the room right here, right now.
- Ø Place one or both of your hands on your stomach. Without changing your

breath, notice how your stomach gently rises on the in-breath and falls on the out-breath.

Ø Take five breaths, just as they already are, not trying to change your breaths.

Ø If you feel anxious (or have any other feelings that aren't helpful), take a deep breath. As you release your breath, imagine that you are gently breathing out these feelings.

Ø Breathe again, and picture ease and peace coming in.

Ø See yourself taking your entire test or doing all of your homework assignment with ease.

Ø Imagine yourself gently putting down your pen or pencil when you are done, congratulate yourself on putting forth the effort, doing your best and that you are intelligent.

After finishing this exercise, you are now ready to begin your test or homework assignment. If you get stuck, remember that you can take another breath at any time or even repeat the whole process.

Doing this exercise daily is definitely going to get you through most of CA stress, and one more thing to remember – DON'T EVER PROCRASTINATE. It's going to help you on many levels and how exactly? We'll discuss that maybe in another article.

By Shubham Verlekar

A GIFT OF GODDESS LAKSHMI: A CANDID BIOGRAPHY OF INDIA'S FIRST TRANSGENDER PRINCIPAL

In the biography, *A Gift of Goddess Lakshmi*, Ms. Manobi Bandyopadhyay writes about her uneasy life by recalling the difficulties she faced as a transgender. From being judged by her family for her sexuality and being raped by her cousin to the treatment she received as a lecturer of Bengali Literature at Vivekananda Satavarshiki Mahavidyalaya in Jhargram, West Bengal, her life has been a struggle.

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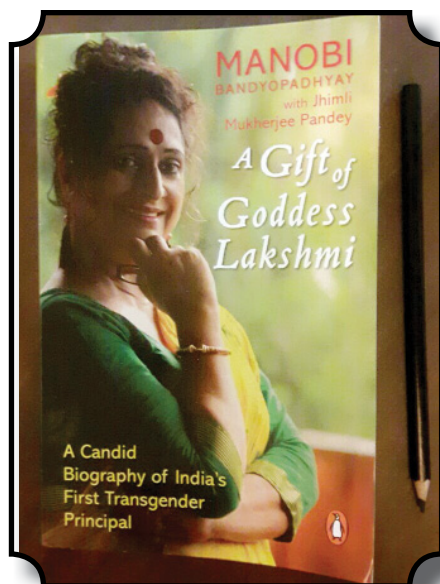
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Ms Manobi states that as a student, she mingled with open-minded people and felt a sense of freedom but all that changed when she began teaching professionally. "They would lurk in every nook and corner and pull my hair and clothes. They pressed my nipples so hard that I screamed out loud.", she wrote whilst recalling her initial years as a teacher.

During her teaching years, she started 'Abomanob' (meaning

subhuman) – India's first transgender magazine which created a space for transgender people in the public sphere. "Till then, hijras belonged to a community that clapped and begged at traffic signals



or extorted money when new-borns were brought from the hospital. The fact that there could be a whole magazine dedicated to their cause so they could fight for their

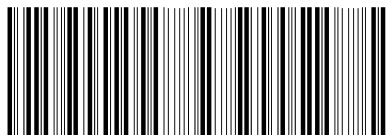
rights was unthinkable," she wrote.

She received national recognition in 2015, when she became the first transgender principal of a college in India. Even so she was not given the respect a principal should receive. "People might say they are ready to accept us in the mainstream. But deep down, they are just not ready to do so. They'd more comfortable seeing me with a begging bowl at traffic signals and not as a principal."

She is recognised as a bold hero in the transgender community and her story has inspired many a transgender to gain education. Through her biography she strives to break down prejudice and achieve social equality and respect for all transgenders.

A Gift of Goddess Lakshmi: A Candid Biography of India's First Transgender Principal; Manobi Bandyopadhyay with Jhimli Mukherjee Pandey, Penguin Random House India, Rs399/-.

By Sasha Queenie Fernandes



INDOOR COURT? NAAH! A FOOTPATH IN DISGUISE..

With talented students being enrolled in our college, the medal and trophy count is increasing day by day. The Quadrangle is always bustling with students playing badminton and table tennis. Some among them even represent our college at various sports events.

However, while the students are putting in all their efforts to excel, the college authorities seem to be lacking in terms of support. With the club systems under Autonomy, the equipment is taken care of. But the college infrastructure has failed to maintain an ideal sports surface. The floor in the Quadrangle is made up of pavers. Pavers are cement blocks used to make footpaths. While the students are



- By Ms. Jashmi Sirakaje

glad to have a space to play badminton, they do not consider it an ideal sports surface.

The sports surface is the most important gear for any player. An ideal badminton court badminton is either made of a wooden surface or a synthetic surface. Playing on a hard surface can lead to serious knee injuries, such as Patellar tendinitis. Since there is no cushion at all, it is difficult to get a good grip and thus players may slip and get hurt severely.

Apart from that, there appear to be gaps between some pavers. This could be very dangerous to the players who play barefoot. Recently the gaps were filled with POP, as a temporary solution, but even so I would like to suggest to all members of the badminton club to wear shoes while playing in the Quadrangle. Preferably ones that are light and have a good grip.***

A TREK: A DAY WELL SPENT

The Department of Sociology organised a trek to the Netravali waterfall on Sunday, 09 July 2017. Students gathered outside the college and departed at 9:20am. They reached the Netravali village at 10:55 am and advanced towards the waterfall, which was a one hour walk from the village.

The Head of the Sociology Department, Sir Sachin Moraes, said that he feels a special connection with adventure and possesses a strong love for nature. He personally encourages students to experience such treks so that they too develop a liking for adventure and nature. He has been organising treks to the Netravali waterfall for the past seven years. The area is safe for people of all age groups and over the years, and he has gotten well acquainted

with it. He stated that he did not organise any activities for the students because he believed the trek was a self-discovering journey for each student as they walked through the jungle and crossed streams to get to the waterfall. Due to the unavailability of network, one could only hear nature speak: the sound of various animals and insects, the gushing of the water and the light melody of the wind. Once they reached the waterfall, everyone ended the journey by taking a dip in the cool water.

By 3:45pm the students were back in the bus and ready to return home with plenty of beautiful memories. All in all, it was a day well spent with nature.***

- by Ms. Brulynn Castello



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says, "I couldn't wrap my head around the fact that something like this could happen. The incident was horrifying. If someone feels that their partner is cheating on them it is better to get separated instead of putting up with it. Killing someone is not justifiable in any case."

If you're unhappy in a relationship, then you need to communicate that to your partner. You need to say what you feel out loud instead of letting the anger build in. If not, it will only trigger you to do something drastic and irreversible.***

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