

# HINDUSTANI AND PROUD!

With Independence just around the corner I got thinking, “What does being Indian mean to me?” Is it just taking pride in being the longest standing Democracy? Or being China’s top competitors at producing people? There’s got to be more!” And there was... Being Indian, you’re born trilingual! We don’t realise it but if you ever strike up a conversation with someone from say, America, their jaws would drop because they find English hard enough- three languages seems like a miracle

Nobody’s ever left behind. Indians are also very practical people. Space management is always a matter of great concern. The best example for this is the trains in mumbai- you’ve got people in the train, on it, perched in front of it and even dangling off of it. Time waits for no man. Nor does an Indian behind a wheel. Here, traffic rules are learnt

even realise that we “did something with it” like use it to push the food into our mouths because eating with your hands is something you’re just *supposed to know*, right? Here at Chowgule’s itself you can tell what part of india someone comes from by the slang they use! Right from its people to food and dressing and music and language, everyone has different roots, but it’s all on the same soil. India is where all 8 major religions and yoga began,



to them! Besides that, only Indians can make sense of nods “because it’s like that only” . Indians use “only” so often for no reason only! Being Indian also means making sense of thing like “Keeping it on the back side” or “passing out of school” or “opening the dickie” If you’re indian you’re a very accommodating person and “Adjusting” is your second nature. Only in india does a 30 seater bus carry 80 people.

only to break them. And of course we’re such homely people that everyone we know- from our next door neighbour to the fruit vendor, is either our brother, sister , aunty or uncle. Another skill we acquire by default is being able to eat with our hands. I’ve had a lot of non indians ask me “But what do you do with your thumb?” And until that point I didn’t

among other “fun” things. India is what gave the world 0- if not for us Bill Gates would only be earning \$9- max. India was home to Freddie Mercury, Engelbert Humperdinck, Rudyard Kipling, Vivien Leigh, Julie Christie and even Colin Cowdrey! India isn’t its government or its economy. It’s us, the people. WE are who give our soil identity- Whether it’s teaching the world how to count or just our funny accent, own it. Be Hindustani and proud. \*\*\*

BY CHARMINE PEREIRA



# GENERAL WELLNESS STRATEGIES FOR CHOWGULE COLLEGE STUDENTS

BY MS. BRULYNN CASTELLO

College life is not just about having fun. College students go through a lot of mental stress. In almost every case, managing a mental health issue ultimately comes down to developing coping skills and lifestyle routines which tackle with the symptoms as well as the root causes of the problem, particularly when it comes to anxiety and depression. Sleep, diet, and physical activity are the three most underutilized antidepressants. At some level, mental health is similar to physical health. So treating your mind and body well is essential and very important. To have a better mental health, here are a few strategies you need to know:

## #Focus on the controllable

Frustration often takes over if you think constantly about matters that are entirely out of your direct control, like “I must get an A grade in this exam” or “I must win this competition anyhow”. Instead, understand your strengths and weaknesses and accordingly set a target. This will maximize the likelihood that you will achieve your desired goal.

## #Get Up and Move

Exercise is a must for the overall wellbeing of oneself. It helps in relieving stress which can further cause anxiety and boosts one’s mood to combat depression. It also enhances self-confidence and stimulates cognitive functioning. Studies show that regular exercise improves creativity and sharpens memory. If not the heavy, physical exercises, yoga and a few breath-

ing exercises every morning will help you to start your day with a calm mind and concentrate better.

## #Get Some Sleep

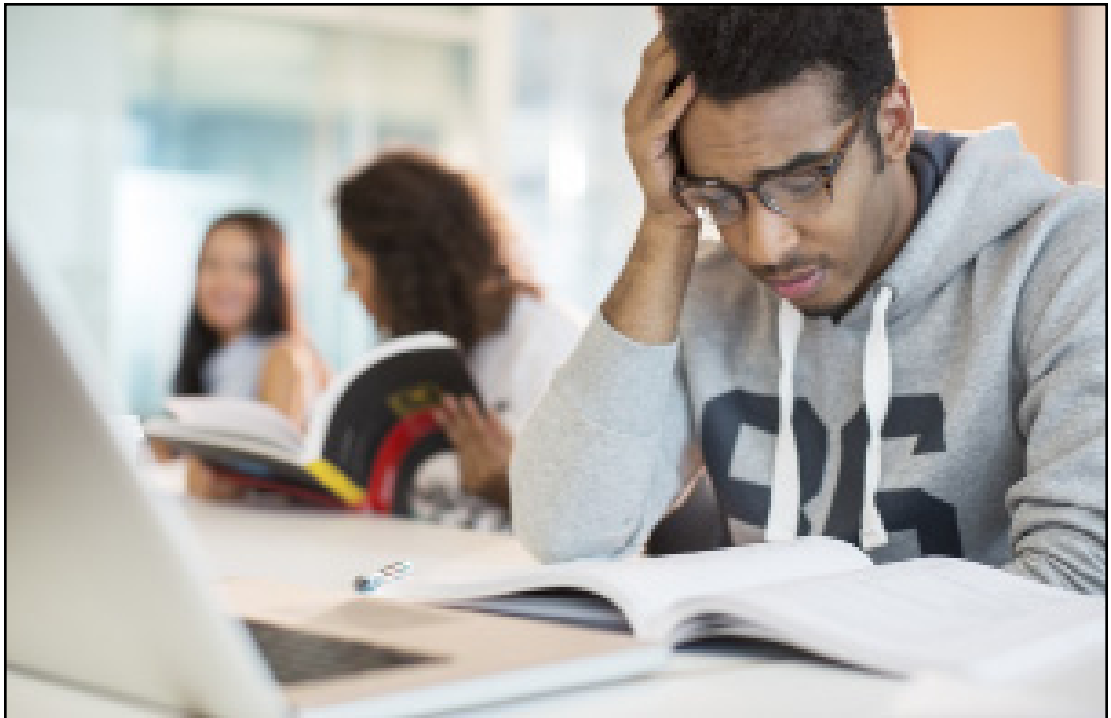
Less sleep is one of the factors which can disrupt academic performance. Chronic sleep problems affect the students suffering from anxiety and depression. Thus getting more sleep is often a good idea. A good sleep can help a person to have a great day with more

meals.

## #Get Connected

Most mental health professionals use the word “connectedness” to describe a healthy feeling of belonging to empathetic community of supportive people and social connectedness and community engagement as a key to mental and emotional wellbeing. Unfortunately, now a days college students are spending less time actively making

connections with real people. Students should try to cultivate this kind of relationship, not just with the peers, but also with professors. Find people



concentration power.

## #Eat More Thoughtfully and Consistently

A healthy and regular diet is important.

The Mental Health America recommends avoiding sugary drinks and excessive amounts of caffeine, and replacing them with water. They also recommend a balanced diet which includes fruits, vegetable, nuts, whole grains, fish, and unsaturated fats. A study conducted shows that people who eat less meat and dairy may suffer less from depression. Another good idea in terms of maintaining good mental health is to have regular

who will not just be your friends, but also be your mentors.

## #Disconnect

Students should know how to limit themselves from the digital media. May it be cell phones, laptops or even the television. Getting away from you screen will have real mental health benefits. If nothing else, a little less screen time means more time for the kind of socializing and connectivity with real people.

Well, these are just a few general wellness strategies you could apply. It is never too late to start. Take the proper measures and it can change a lot of things for you and help you live a better life.



**“INDIA  
IS MY COUNTRY  
ALL INDIANS  
ARE MY  
BROTHERS  
AND SISTERS.”**

The Indian pledge begins with, “India is my country and all Indians are my brothers and sisters.” It is a promise to our country, our people and ourselves that may what come, we shall rise and help each other out. A promise to be there for each other in times of need.

Before independence, these lines held real value for the Indians. But we never understand the worth of something unless we work for it or pay for it, right? Somewhere the freedom we have is taken for granted. Independence Day is not just another day to gain NSS hours, Rakshabandhan is not just to be celebrated by sisters to get free gifts from their brothers. These occasions are meant to refresh our promises. It is a reminder of our duty to help and protect the ones in genuine need. To stand as one among the others and remember that we are together

This year let’s unite together and understand our duties towards our country, our people and ourselves. Let us help each other to be better and serve the purpose of humanity. Instead of expecting things to change, be the change yourself, the essential change. And when asked what is the secret behind your success let’s repeat the words said by Sam Walton- We are working together, that’s the secret.

**EDITOR MS. JASHMI SIRAKAJE**

## ‘EMBRACE WHO YOU ARE’

We have fallen into the habit of categorising everything and everyone. And the one place where this happens the most is a college campus. The college cafeteria is divided into various groups. We divide each other on the basis of what we wear, how we look and the way we talk. And whether we do it intentionally or not, this classification is hurtful to others.

The most stereotypical rumour that has taken control over our minds, is that if we do not fit the criteria of being a cool kid, we become the underdogs. But what we are forgetting, is that the way we dress, the jokes we tell, the music we listen to and the place we come from is all a part of our being. Each one of us is different. Each one of us has a unique story. And we need to learn to embrace it. Sitting alone in the canteen doesn’t make you a “loner”, it makes you someone who is confident and comfortable enough in their own skin, to not care what others think. Listening to classical music, in this era of Justin Bieber, doesn’t make you a “lame” person, it makes you someone who has an ear for tradition and art.

So don’t ever let anyone place you in a particular category and tell you that that’s where you belong. Be yourself. Embrace who you are. And let the others feel bad for not having the courage you possess, to own their self.

**BY MS. SONIA SABNIS**



**THE  
BARD  
BY THE  
MANDOVI**  
*The Shakespeare Festival* **GOA**



Chowgule College  
AUTONOMOUS



DEPARTMENT OF ENGLISH  
CHOWGULE COLLEGE



**THE  
8<sup>TH</sup>  
EDITION**

**SATURDAY, 09 SEPTEMBER 2017**  
**CHOWGULE COLLEGE, AUDITORIUM**

*A.P.C.C. English Department Creative Production*  
Register your participation at: <https://sites.google.com/site/thebardbythemandovi>  
Click on the Registration tab. Use #bardbythemandovi to tweet!

**AN INTER-SCHOOL & HIGHER SECONDARY SCHOOL COMPETITION**



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# LIFE HACKS FOR CHOWGULE TIGERS

Being a 'Chowgule Tiger' is pretty challenging, take a look at these life hacks and I guarantee you it will make your life as a 'Tiger' a little easier.

## 1. Always remember your schedule.

Set the home screen on your phone as a picture of your schedule. Now no one will know you're THAT lost student, you're simply checking your phone.

## 2. Make friends with your classmates

If you have a friend for every class it will be easier to get notes from them if you are unable to attend a class or two.

## 3. Post-it notes

Use Post-It notes to make weekly to-do lists — you'll always be able



BY MS. OAIZY GOMES

to change them out as you get things done!

## 4. Helmet hassle solved!

Worried about misplacing your helmet in the campus? No worries! The fences at the college entrance can be used as a helmet rack. Also the watchman's presence makes it a secure place to keep your helmet.

5. Charge your phone faster. If you need to charge your phone quickly, change your settings to Airplane Mode and your cell will charge much faster! Also, you will not be distracted during lectures. \*\*\*

# ELECTIONS: WHERE ARE YOU?

It's already August. All the students have settled themselves with the regular college routine and schedule, the continuous assessments have started and the pressure of completing the CAs on time is faced by all of us. Amidst all the chaos and busy schedule we realise that we have other problems too but no one to talk to. Usually, by this month the campaigning for student elections should begin then what happened this time?

When inquired Mr Hanumant Chopdekar, convenor of the election committee of our college said that the University student council election dates are not

yet out and because of this, the elections in our college are delayed. The college cannot have two elections separately, i.e., the



college student council election and the university election. Both the elections have to be conducted together.

Let us hope that the university decides its dates fast so that we

BY MS. ALYSSA MARTINS

can have our elections. All the candidates buckle your boots up! You need to be smart and campaign. The students have various demands to be fulfilled like students coming from Ponda want a direct bus from Ponda to college, and they will look up to you. Various events will be coming up where we will need your support. Gary Johnson quotes, "Regardless of who wins, an election should be a time for optimism and fresh approaches". The elected council, at the end of the day remember y'all are Tigers! \*\*\*

BRACE YOURSELVES

STUDENT ELECTIONS  
ARE COMING

## TEAM AETHER

### Editor

Ms. Jashmi Sirakaje

### Sub-Editor

Ms. Sonia Sabnis

Ms. Charmaine Pereira

### Reporters

Ms. Brulynn Castello

Ms. Oaizy Gomes

Ms. Jeffy Rodrigues

Ms. Sasha Fernandes

Ms. Alyssa Martins

Ms. Shaheen Parveen

LayOut/Design/ Faculty-in-charge

Asst. Prof. Andrew Barreto

email us

asb002@chowgules.ac.in