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A STUDENT TABLOID VENTURE **VOLUME V - ISSUE II- 20 JULY MMXIX**

Aether

...is quintessence, is the material that fills the region of the universe above the terrestrial sphere ...the pure essence that the gods breathed, filling the space where they lived, analogous to the air breathed by mortals ...also personified as a deity, Aether, the son of Erebus and Nyx ...is related to αἵθω "to incinerate" ... intransitive "to burn, to shine"

This is what we believe in - in order to be the best in what we to, we need to unlearn, to relearn and thus develop skills that will allow us to shine.

Aether contains the work output of the students of the Writing for the Media course. Started three years ago, this is its fourth year and has a long way to go.





















Beware! Be Aware!

Today it is imperative for us to be aware about what is happening around us (More so if you are a student). Be it the politics in our backyard, our neighbouring state or the centre; or the things that are happening in the world - the US, UK, Hong Kong; or in the fields of your liking or not.. sports, fashion, environment... Take in, consume and be aware! Why? because more and more, our worlds (an intentional plural there!) are becoming smaller, while wide dividing lines are being drawn without us being aware that we are being led to borrow hate, prejudices, and ideas that aren't ethical or value based. It is us or them, mine v/s yours, not with me then you are against me! These lines are being drawn by influencers and those in positions of power... and also through innocuous messages that we forward through whatsapp, facebook or whichever social media platform you maybe using right now.

Am i being paranoid? Am i craaaazy? Sigh.. i wish i were... but do me a favour, fact check the next few forwards you get that push a particular agenda; fact check what your favourite influencer says or posts about and you will see how we are being fed a lot of, out and out, lies in the name of truth and facts.

And then we get to the first thing i said - how important it is for us to be aware. I am currently discussing a play written in 1882 by Henrik Ibsen, where a community is manipulated to censure and excommunicate a Doctor, who was only telling the harsh truth that affected the community. Title of the play - 'An Enemy of the People'. Sounds familiar? A certain blond dimwitted president, as well as our Prime minister, and many of his ministers, use this phrase to condemn those that point out a truth. It is for us to be cautious and wise, and look for THE truth ourselves.

Beware! Be Aware! Lest we are laid bare...

Asst. Prof. Andrew Barreto

LETTER TO THE EDITOR

Rukma Kanolkar AU180076 SYBA

Subject: College Washroom maintenance and Hygiene.

Dear sir,

Parvatibai Chowgule college of Arts and Science is listed among the top colleges in Goa. As an Autonomous college it has kept its rank high among the other colleges in Goa. Chowgule college is well known for its state of the art infrastructure and up to date technological facilities. The college is well equipped with all the facilities ranging from free Wi-Fi, multi media studio, fitness centre and Gym. But it's shocking to know that basic necessity like that of the washrooms is not taken care of. The girls washroom especially lacks hygiene and proper maintenance. There is no regular water supply in the washrooms. Many a times since there is no water available in the washrooms the students don't use it. Also the sanitary waste generated is not disposed off in a proper manner. Due to this the washrooms remains in a very poor condition and stinks. Looking at the current unhygienic condition of the college washrooms, there are high chances of students suffering from health problems such as urinary tract infection, kidney stone, skin infections and allergies.

As a student, I request the college authority to take the necessary steps to solve this problem before it aggravates. According to me a simple solution to this problem is regularising the water supply. This will solve the underlying problems of hygiene and maintenance of washrooms. In order to promote hygiene; hand wash and wipes can be included within the college washrooms. Regarding the management of sanitary waste, proper instructions should be given to the cleaners with respect to its disposal.

Yours sincerely,



RUKMA KANOLKAR



The Department of History, Parvatibai Chowgule College of Arts and Science, Autonomous, Margao recently organised its Fresher's party for the First-Year Undergraduate students on the 12th of July 2019. The event took place in the Upper Auditorium and was organised by the Second-Year and Third-Year Students along the department faculty. This year's theme was Indo-Portuguese Culture. There were costumes galore at the event with Mast. Calburn Fernandes and Miss Sana Shaikh receiving the prize for Best Male and Female costume respectively.

The event started with the fresher's assembling in a classroom. Third-Year student Lindsy Antao and her team organised a Treasure Hunt for the student's which kickstarted the day's proceedings. The students were divided into four groups with each group containing six students. Mast Aditya Godbole's team won the Treasure Hunt. The First-Year students were then ushered into the auditorium. The event commenced

with the inauguration of the History Forum. The Forum members were inducted into the Forum by the honourable Head of the Department Associate Prof. Sarita Naik Tari. The next item on the agenda was the introductions. Students from the department were asked to introduce themselves in a bid to break the ice between the seniors and juniors. After the ice broke, it was time for the fun and games to begin. But before the games could begin, it was time to indulge in some nostalgia by listening to a soulful Mando and a beautiful dance presented by the seniors. The games were organised by the Third-Year students. The First-Year students had a blast indulging in the various games that were hosted by the Third-Year students. After the games were complete, a small token of love was presented to all the teachers. After this, the Vote of Thanks was presented by Mast. Suvidhya Dhar-



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POLITICS AND THE COLLEGE

The students of the Writing for Media course got involved in a discussion regarding the recent political developments in Goa. It was decided that this should be featured in the upcoming issue,



Principal Dr. Sawant speaks to us

Principal's Say

We got in touch with the principal of Parvatibai Chowgule College of Arts and Science, Dr. Nandakumar Sawant. The Principal called the situation a "big threat to democracy" and stressed upon the fact that people have forgotten their core values and sense of integrity. If politicians were to keep shifting parties, the people would slowly begin to lose faith in the system itself. When asked for his advice to young aspirants who wished to join politics, he said that one should reflect upon what one really wants to do. "Educated youth should understand grass root level issues that exist."

Close attention must be paid to the philosophy of the party one wished to join. He is a strong believer that politics should be kept away from the college campus. This was his response when asked the choice of alienating the college from political activities. Involvement in politics would create a divide amongst the students and teachers because of their respective affiliations. Events like the Youth Parliament help students to understand the functioning of a parliamentary session. He thinks implementing discussion forums and imparting social values would help young voters chose a candidate wisely.

Although the college is famous for Arts, it does not offer Political Science as a course. This is because there aren't many students who opt for the subject. He thinks that international politics is gaining importance and might think of starting a course in Liberal Arts that entails studies in politics, ethics, and philosophy.

and we set to task asking students on campus about it. It was noted that most of them were unaware of the present crisis. The teachers, though, seemed to be aware of the issue, but, each had their own opinion about it.

Professors' Opinions

Asst. Prof. Delilah Pacheco states that although something like this is predictable, she was hoping that it wouldn't happen. When asked whether she would vote in the future in spite of this disheartening situation she replied in the positive saying that the public seems to be more active

now and that "hopefully they will vote for the right people". Dr. Anagha Bicholkar states that she

has lost her faith in the government. She also believes that we deserve the people we vote for.

She believes that we should take a strong stand and not sell our votes in the future. She feels that we should encourage genuine, educated, young blooded people who stand a chance at initiating change.

Asst. Prof. (Dr.) Sachin Moraes of the Department of Sociology feels such a phenomenon is bound to happen as "they say power corrupts absolutely". According to him, this isn't a new phenomenon as it has been happening since 1989. He says that the lesson we should learn from this whole situation is to elect clean candidates. He feels that we are to be blamed for what has happened and that crying now is pointless. Asst. Prof. Noel Goes from the Department of History feels that people are overreacting to the horse-trading. People continue to vote for the

Asst. Prof. Delilah Pacheco



RACHEL DIAS

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THE PRINCIPAL, PROFESSORS AND STUDENTS SPEAK!

same candidates as they solely think of their personal benefits. He believes that popularity is what matters as opposed to qualities when it comes to being elected. This can be seen in colleges too as even in the Councils of colleges, the members elected are generally from the same friends-circle who tend to be popular amongst others. He feels that people don't want to vote fornew faces as they are scared of change.

asst. Prof. Noel Joes





'Quad' pro quo?

However, this is not the opinion of all of them. Some seem to have grasped the situation well in terms of the whys and hows but they feel that this action is absolutely unethical and unfortunately, that this event has led to them losing faith in the institution of democracy and the system of voting. Nonetheless, they feel at times like these, awareness is pivotal and programmes to educate the people about the right and wrong of things should be done. They believe that the young voters must especially be more careful while placing their votes.

The Students Speak

10 members from the Congress party leaving and joining the BJP has received various responses from the citizens of the state. What do the students of Chowgule college feel about this?

Well, after speaking with the students, we realized that most of them had gone out to vote this year. However, it does seem quite ironic that most of them, even after casting their vote, are not aware of the current changes in the politics of the state. Some found out about it through the most obvious sources such as the print and television media, some heard of it while walking on the streets or when their parents conversed about it. A few of them found out through memes! Although they seem to know the crux of the matter, they don't seem to understand the entirety of the situation and many don't realize the implications of this sort of politics.



No Chai pe Carcha Over these shenanigans



K. RUCHIRA

SRUSHTI PRABHUDESAI





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COMPULSORY ATTENDANCE FOR BACK PAPERS

Our college has started a new rule this year onwards; it is now compulsory for all students to attend the classes in which they have a back. With this being a new rule, I asked some of the teachers and students what their opinion on the rule was.

I first approached a few teachers. Associate Professor, Anand Masur is the H.O.D of the Mathematics department. He believes that compulsory attendance is a good thing and that students need to attend classes so that they can understand what they didn't understand the last time they attended the class.

"Maybe not for some subjects but for many subjects it is always a linear progression. For example, if you understand one core paper, only then you understand some of my electives or other core papers"

Associate Professor, Sobita Kirtani is the H.O.D of the psychology department. She strongly believes that students should attend classes. As a teacher, she explains the concepts in such a way that the students can relate it to the environment around them. She believes that a student should be able to relate the theory in their subjects to the real world. "We have always been complaining about this system because it is faulty. Nobody really checks whether you have understood your concept or no, unless we put in an effort to formulate a question paper in such a way that a student's method of application, analysis is, - and only that is tested."

Associate Professor Rajashree Desai of the English Department has a different view from the other Professors. She believes that the compulsory attendance is a punishment and that remedial classes are more important and are what will benefit the students. "These students don't require regular classes, these students will

have specific needs and specific problems so I think they will be saving time and energy, and also they will remain away from boredom if they attend remedial classes which are tailored for them."

After speaking to the teachers, I asked a few of the students what their opinions were.

Josette Nazareé, a Single Major FY student of the Psychology Department believes that attendance is very important and that the rule is a good thing. "Of course, everyone is not going to be happy about the rule but it is a good thing, people need to start taking things more seriouslv."

Shraddhesh Kenkre, a Single Major SY student of Economics believes the rule has a good and bad side to it.

"It is important for them to study because they won't remember anything that they have done, but on the bad side of things, they didn't attend lectures last year so there's no guarantee that they will attend lectures this year because they have to attend their lectures for this year as well."

Atharva Thorat, a Single Major SY student of Biotech believes that if a student has failed because he could not answer the paper due to health reasons, then attendance should not be compulsory. However, if this is not the case, he believes that the students need to attend classes because in the end, students need to understand their concept and rightfully earn their degree. "At least, in subjects like science, in terms of physics or geo or chem or biotech or biochem, if someone doesn't know their stuff and has passed only on 2 days of hard "ratta" and hasn't "learnt" anything then people's lives could be at stake. Someone could miscalculate a rocket launch, spill cancer on the kitchen counter or cook up cyanide in their camper van instead of meth."

Most people seem to believe that the compulsory attendance rule is a good thing and will benefit others. Let's hope now that the students attend their classes, understand their concepts well, and rightfully earn their degrees.



RUCHA PRABHUDESAI



A large majority of the popular slang words used today are cuss words in disguise. Cuss words have been a part of our language for a long time, but do they carry the same meaning and shock value as they did before?

Cuss words are used everywhere: among school kids, students at the college level, professors, parents, practically everyone's language is painted with these 'colourful' words. However, foul language is not only used to ex-

press anger, it is, in more recent times, used to express humour as well.

Slang is changing all the time, so many slang words are floating around these days, that you

don't even realise you're using them. Although, there are

to a stupid question or statement, that is, it can be a substitute of "seriously?". Secondly, it can be used to greet a person, sometimes simply just saying

the word 'bruh' is equivalent to a 'hi' or a 'hello'. The third slang word swirling around, and most likely the most widely used slang word right now is 'lit': a word used to describe something exciting and awesome. A fun fact about the word 'lit' is that it meant 'intoxicating' for over a century. In recent years however, it has acquired the meaning of "exciting".

Is it without a doubt that we can say that the sharp

several bizarre Dictionary entries such as "hangry" and "bougie", etymologists have had a tough time keeping up with the "lingo" these days. Fair warning: prepare for major eyerolls and face palms before using any of these terms around your kids if you're a parent, but at least you'll get the memes and abbreviated phrases being thrown around the family group.

The first latest slang word paving its way into the dictionary is 'hangry'. It is a word used to describe anger or irritability when you're hungry. The second word, which has not yet made it into the dictionary, but is a huge hit among the kids is the word 'bruh'. This word can take on multiple meanings: firstly, it is a word you say in a reply

edges of bad language have gone blunt over the years. Bad words were made out to be such a big deal back in the good old days but somehow, along the way, these words have slowly made it into our lives. Slang language is spreading like an epidemic,

to everyone, not just the kids. But do we have to worry about it changing our language development? Not if we can demonstrate complete language skills in the areas we need to, like in formal situations or in an essay.







Why work so hard if you aren't recognized for it? Why are you putting so much effort into all these activities and in the end receiving nothing for it? Where are those "Non-Evaluative Credits Hours" that I worked so hard for? Where have they gone missing? Has Gotham City's Joker stolen those hours? Or has The Time Keeper lost count of those Non-Evaluative Credit Hours?

Non-Evaluative Credit hours commonly known as NEC's are an integral part of every course offered by Parvatibai Chowgule College of Arts and Science. It is compulsory for every student to complete 6 credits through various activities. Each credit is made up of 30 contact hours which can be availed through college club activities or throughout house activities like courses in various organizations and clubs that are recognized by the College. NEC's help students to peruse their passions and hobbies while getting recognised for it. With a total of 180 credit hours, the student completes 60% of the special credits quota and the remaining 4 special credits are allotted for internships. This is a great initiative taken by the college for students to understand what they are good at and also develop some skills.

But here is the problem. Are you sure that you will be awarded those credits? Who keeps the charge of updating all these credits? Are your credits updated in time?

Chowgule College academic policy states that every student has to compulsorily complete those 6 credits, failing to do so the student shall not be allowed to graduate from college.

Would you be ready to fly blind and hope you make it through, without colliding with a mountain? This is what some graduates had to say. "We worked so hard, but we haven't received those hours". "I wasn't allowed to check the number of NEC's I had collected until the final moment, Alas I could do nothing because they did not update my NEC hours accurately and on time". "The club president is not bothered about us and is not providing us with hours". "We are helpless!!!"

Asst Prof. Andrew Barreto once said "Never work for only 6 credits work for 10 or even 12, sometimes the person's responsible for updating the hours mess up and you don't want to be like your super seniors who have completed all the academic credits and are just coming to college to complete their NEC's. So, it is best to always have some credits as a backup."

My suggestion to everyone is doesn't take NEC's for granted. Always be after your club presidents to update those hours on time. Speak to the Student-Faculty in charge Mr. Bagchi in case you have any problems with NEC hours and also with updating of those hours. But if you do find my hours please contact me asap.



RAY GOMES



E ME GAM



Study watching online videos

Well if you haven't literally been living under a rock or knitting a sweater since the last apocalypse the world witnessed, you probably know about the JCB pictures floating around with witty captions or 'Kermit the frog' giving life advice. If you also know about the Area 51 speculations, or the GoT plot twists being twisted in the funniest angle possible, well then you are 'cultured' by universal Gen Z social media standards. Yes, the mighty, lifesaving, 'memes'! This fast spreading 'meme culture' has become the word in voque, the common platform of union through humour, and the ultimate stress reliever. The meme culture and the different online trends and challenges are products of social media that everyone in college too finds themselves engrossed in.

Since it's the teenagers and young adults who're the pioneers of this whole concept of 'memes', they've become a small form of communication amongst the college kids. The meme culture prevalent in our college, is pretty rich and widespread. Some students in college are even running meme pages of their own, to talk about issues in college and other current affairs. The only problem arises when certain people don't 'get' these memes and even get pulled over for creating apparently 'improper' content. (This recently happened in college, but the people involved do not wish their identity to be revealed.) Sharing memes has become one of the best ways to break the ice between people, make new friends, and also pass time in college between lectures. Along with these, have come in the numerous online trends and challenges that students direly follow and popularize. It is normal to see students in the canteen huddled over tables doing the bottle cap challenge, or randomly striking a 'dab' in the corridors. The countless hashtags, and challenges have taken over the social lives of students. While these are ways of a fun pass time, they are powerful tools that can be used to bring things to light and promote healthy trends. It has also become a way of speaking out against issues with a humorous twist, which actually helps to draw people's attention to things faster.



Students busy browsing social media







Yay or Nay? Spiderman: Far from Home

Is it a good movie? Maybe... depends on your expectations. Spider-Man: Far From Home, is the movie following the events in Avengers: Endgame. It's directed by Jon Watts and the writers are Chris McKenna and the great Stan Lee. It stars, Tom Holland, Zendaya, Jake Gyllenhaal, Jacob Batalon, Marisa Tomei, Cobie Smulders, Jon Favreu and of course, Samuel L. Jackson.

In a nutshell, the movie shows, Peter Parker, going on a school trip with his classmates, he has a new found crush on MJ and wants to woo her, while also maintaining his secret identity as Spiderman. Along comes Happy, Nick Fury, the creatures called the Elementals and Mysterio, who want him to be the responsible Avenger and help save the world. Spoilers ahead, proceed with caution.

Far From Home, is the last movie in Phase 3 of the Marvel Universe. So let's begin, with the positives, great visuals and graphics, great acting, the protagonist is as relatable as possible, showing emotional conflict and character development. The real stars of the movie though, were the post credit scenes.

The negatives, firstly was it just me, or

was it really obvious that Mysterio was
the bad guy from the very beginning?
Compared to Spiderman: Homecoming
where Peter so desperately wants to prove
himself, here, he'd rather just be the "friendly
neighbourhood Spiderman".

All in all, it was a great way to end such an amazing series. It was sort of a let-down after all the Endgame hype, but it set the pace for Phase 4.





JESSELYN FERNANDES

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When your mind is boggled by a question of which you desperately need an answer, naturally, you tend to seek answers from all possible sources. Well, who likely would the source be? Now this question has a lots of answers such as one's parents, teachers, elders, friends or even a complete stranger. However, as a teenager and a student, by observation and experience I would say that the 'go to person' of almost all students searching for answers is none other than Google.

Agree it's not a 'person' but hey....if you think about it, why not? We don't even have to type our questions anymore, just verbally ask Google and it answers back. It's just like talking to someone who talks back isn't it? It makes life so much easier. Or does it?

The moment we have a question we go on to ask it to Google. We don't even think of thinking a little about the question, or the thought that maybe we already have the answers in an organ called the brain, of which we don't seem to make good use anymore. Do you reckon there might be some cobwebs there by now? We are students. We are the future. We are supposed to think, bring out answers and generate new ideas. We can't always depend on someone to spoon feed us, and most definitely not on Google. However much as it seem so, Google is not a person. It's a robot. Robots are made by us humans. If everyone depends on Google for answers, who's going to feed Google the answers? Think about it and try to make Lord Google have a little less control over your life.

NOT MUCH OF A BUTTERFLY GARDEN... YET.

Let's be honest, the current "butterfly garden" in our college is void of butterflies, and barely passes of as a garden. It lacks many things that generally gardens should have eg. flowers and grass. What we currently have as our butterfly garden is a small plot of land with uneven patches of grass and potted plants that are only just holding on to life. But fear not for I will tell you how to turn this unruly cluster of mud and pots into a sanctuary for butterflies.

The good news is that the spot chosen is perfect for a butterfly garden, it's got sufficient sunlight, quite a few trees overhead to provide corners of shade and we often see someone watering the plants. However there are no plants or flowers that appeal to butterflies. If we actually want butterflies to be attracted to our little garden then we need to entice them with their favorite flowers. butterflies feed off of nectar so plants rich in nectar such as Sunflowers, Marigolds and Hibiscus are ideal for a butterfly garden. Now that the butterflies are here there needs to be a place for them to breed, plants lie Parsley, Orchid grass and Sunflowers are the perfect host plants for little caterpillars to munch and grow on. A very important reminder to all: do not remove or kill caterpillars if you see them eating away at a plant, that's how they turn into butterflies. It is not ok to kill a caterpillar just because you want aesthetically pleasing plants.

The aforementioned plants are also bright and colorful and will encourage the butterflies to stay longer and they are also plants that survive well in Indian climates. If the college is interested in having and maintaining a butterfly garden then they should put in the effort, or else just don't call it a butterfly garden at all.



STACY DIAS

Vanna da Costa





Its been months since season eight left us traumatized, in denial and simply 'shook'. MONTHS. Are we still talking about it? Is it still relevant? Do we still buy the merchandise? Do we still check out the guy with the 'winter is coming' tee-shirt? Hells Yeah, We DO! Without question, season eight was dark and full of terr-ible writing; fans are disappointed, but haven't stopped being fans. We still love how Khaleesi broke the chains got three dragons, friend zoned Jorah, got the Dothraki on her side and spoke of true justice.

The PTSD Game of Thrones has left in its wake, not for Tyrion, after Jamie rang the bells, or the people of kings landing, or Drogon, but all their loyal speculators, who religiously told every one to shut up, switched off their phones, and sat in a 16 degree air conditioned room too!

Let's be honest... we all sat there in the hopes of getting our minds blown, in the hopes of getting chills and goose-bumps, but, Spoiler alert! all we ended up with were a bunch of D&D memes and a disappointing finale. I don't need to tell you that Game of thrones used to be that series that had everyone on their toes. If you didn't watch it, you were probably that guy/girl who sat amongst your friends and zoned out as they all spoke of how epic Khaleesi and Arya were, and what a shit Joeffery was and that they're glad he died;

If you haven't heard of this or don't have friends rambling theories, get new friends.

I'm going to be honest and tell you we all had really high expectations... of course we did! We waited more than five hundred days to find out what happened after Viserion destroyed the wall. We went through watching Melisandre having a shadow baby with Stannis and Arya changing faces and white walkers with lame symbols all which we took really seriously. We went from coming up with a million ways for Cerci to die, and shipping Brianne and Tormund and all of Jon snow's back story, FOR NOTHING! Daenerys went cuckoo, Jon's legacy was about as useful in the story as an appendix and Tyrion changed faces better than Arya.

Well, with all the remake petitions out, I believe it is safe to say that majority of the show's fans hated the end result. Season eight was pretty disappointing, made the viewers sad, frustrated and simply annoyed. During our 500+ day wait, tons of fans came with alternate theories, many of which were voted better than the original. I mean, we didn't wait this long to watch a bunch of bricks kill Cerci.

Whilst digging up on the topic, it was found that, Nymeria and the Dire wolves of the north were supposed to fight the zombie dragon together. *chills* along side the starks... but I suppose Jon Snow yelling at it was more useful so there we are!



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I actually liked the end. It seemed like all the characters got what they wanted, except Danny, who I hated in the first place, so yay!.. Jon wanted to be in the real north, Sansa wanted to be queen, Arya travelled etc. but I do feel the execution wasn't the best thing, it was a little too fast paced, but yeah *shrugs* I liked it. - Rucha SYBA

"best part about season 8? Jenny of Oldstones." - Atharva SYBSC

"it ended weirdly; stuff was vague... didn't feel like GOT to be honest." -Nathan SYBA

"hated it." -Ray SYBA

"I Hated season eight, but my love for the other seasons is way more than my hate for the season. I still can't believe it sucked so much... didn't expect it to end this way... and by this way I mean, be so disappointing"

-Ramya SYBA

"it was just disappointing,
I felt like hardly any of the
characters were true to
themselves, I had no idea what
they were doing half the time, it
was really bizarre. The only thing I truly liked
was Drogon buring down the throne and Sam
and Gilly living happily ever after but apart
from that... such high expectations and hopes,
counting down the days,
all for nothing."

-Anushri SYBA

us trying to console each other after season 8

Here's a few popular opinions voiced by some of the GOT fan Family in College!

AMANDA D'COSTA





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DRESSING UP FOR SUCCESS

Your grade point average (GPA) in college has a major impact on your future. The higher the GPA is, the better off you will be. When applying for a job, the employer will look at the GPA to determine how qualified you are for the position you choose. Students underestimate the effort it would take to get A's. With friends ready to throw a party and on the other hand, getting ready with the assignments and CA's, maintaining good grades can be difficult.

Here are some ways to improve grades while still having time for fun activities-

- 1) Attend every lecture- When classes are missed, one misses the explanations and notes. One cannot cover up by taking notes from friends. Many professors have class attending policies which can have direct impact on the grades.
- 2) Be organised- Utilise the time between lectures in studying, revising and completing assignments. You may be overwhelmed by due dates and other demands on time. So, have a planner where the dates of submissions can be recorded. Answer all the CA's. Assignments must be submitted before the due date. Late submissions costs you marks. Grades can be improved if students commit working with others in an organised way.
- 3) Be an active listener- Just being physically present in class is not enough. They should be mental presence- ask questions, answer to questions and participate in discussions.
- 4) Take effective notes- There is no point in taking enormous amounts of notes. Take effective notes. Do not take down everything but only the essential details. Make clear and easy notes. 5) Meet professors- If you have any difficulties, go to your professors when they are free and ask for help.
- 6) Learn for fun- Do not learn for the sake of learning. Learn so that you can enjoy the course. Read more about the topic taught in class to improve your knowledge.
- 7) Believe in yourself- Great heights can be achieved if one believes in oneself.

Improving grades in college is not that difficult if you act now! Don't wait till the end of the semester in order to start working on your papers. Follow the steps and dress up your way to success.



ASHWINI SEQUEIRA

Eating Habits in College. Canteen or Home Cooked Food?

Food is a major component of life and survival. The world full of chemicals has brought a huge change in the lives of each one us. If we need to bring a change, we must take care of the upbringing of each and every thing we include in our life. Many people have different preferences of different food, it could be fast food, canteen food or home food.

Many student love having canteen food well some don't. Some love the taste while some don't. some do prefer the food from the canteen since live far. The most preferred food from the menu is Chana masala with bread or may be ross omelette with bread. Some students do prefer having food from the CCD. Some people don't like to eat this food because it is quite oily and tasteless.

According to some students they feel the home food is quite hygienic, healthy and tasty. They feel the food prepared by their mother is with love and care. Some feel it is cheap and can eat more.

I would like to conclude saying that food is a very essential for the living. If can't get food from home, then food from outside may help us at least keep us on without being hungry. Getting food from home is safe but if there is a need the canteen food is also good.

MARIA ADALIN COLACO



UNI TOURNEY PREPS

The university tournaments are right around the corner which the college players will be gearing up for. To know about their preparations for the upcoming tournaments interviews were conducted of Mr. Dion Rodrigues the coach of the Basketball Club and Dr. Devashish Bagchi H.O.D of the Department of Physical Education.

According to Dr. Bagchi the club system provides a two-day a week programme where one trains with the senior players of the club. Fifteen days prior to a tournament, selections are held wherein the club members play against each other for a spot on the team. Using the money received from the club members one can hire a coach from the Sports Authority of Goa (SAG) to train the college team. Another way one can prepare for university tournaments is by playing friendly matches with other colleges or even a triangular league.

There are three ways one can prepare for university tournaments:

- Through the club system in the campus.
- Students undergoing training at Sports Authority of Goa Centres.
- Self-training by hiring personal coaches.

Mr. Dion Rodrigues is the coach for the Basketball club. He trains the students following a simple plan and procedure so that many may benefit. The basketball team practices twice a week, while the other days are for individual skill enhancement. The coach assigns certain roles that the players have to execute during the



game. There are simulations of certain situations which players face during these games. This helps in finding weaknesses which can be corrected. Prior to the tournament the team works on building their endurance and stamina levels. After practices stretching exercises are performed which reduce injuries.

In a nutshell, it can be said that the players must train regularly and consistently to better their skills and performance levels. This would further their self-confidence, boost their energy levels and morale to participate and win at tournaments held.

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published at Dept. of English Parvatibai Chowqule College of Arts and Science **Autonomous**

estb. 2015

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