

meraki



music

art

love

Meraki - to leave a piece of yourself -your soul, creativity, or love- in whatever you do.



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meraki

editorial

Keeping in touch with all the ruckus going on in the world, we bring to you our second edition of Meraki. But over here, we're a bit organized, or so we would like you to think. We on planet Earth are so caught up in our lives, and the year so far has been one that of a roller-coaster. To summarize 2020 so far, the year started with a World War III threat, followed by a volcanic eruption in the Philippines, multiple plane crashes (RIP Kobe Bryant), earthquakes in Indonesia, and a massive bushfire in Australia. Oh! Wait, am I forgetting something? Uhm... Got it! The outbreak of the pandemic throughout the world. No offence China (Or Italy). And also, whoever started that game of Jumanji at the start of the year, now would be a really good time to end it.

So, we thought 2020 would be our year (Spoiler Alert- it isn't). There is so much more that we don't even know about, due to low media coverage. It is very easy to be overwhelmed in times like these, where everything seems like it is going wrong, and be wondering if I actually need my degree if the world is going to end (?). But in a time where everything is at our fingertips, all the information all over the world, let's not forget to be kind to one another, we all have this one short life to live, let's use the technology and means that we

have to spread a positive message. And just like everyone sang in the first High School Musical and I implore you to say it with us, "We're all in this together." (What team!?)

That is why in this issue is close to our hearts, we bring to you, the good things in life, Music Art and Love. And as Robin Williams once said and I quote, "Medicine, law, business, engineering, these are noble pursuits, and necessary to sustain life. But poetry, beauty, romance, love, these are the things we stay alive for."

Floating through the air,
Past trees of pine,
It captures your spirit,
That music divine.
It holds your soul with wonder,
Painting pictures of meadows galore.
It fills your heart with all things bright.
Art, Music and Love together make life,
It's our only hope, in times of strife.



Jesselyn
Fernandes



Nathan
Colaco



Liza Vaz

photo stories
nathan colaco

The story of this picture is a pretty wholesome one. I was attending a photo walk organised by Goan Shutterbugs and on the trail, we came across a small abandoned house. There was a litter of puppies along with their mother. The mother seemed a bit tired so the puppy stepped up as a couple people went a little closer. He barked with all his might until the people maintained a safe distance.

THE BRAVE PUPPER



This picture is inspired by what is happening at the world right now. I was shooting a video in my bedroom when the rough concept came to my mind. This picture shows Mother Earth crying out to us humans to be aware of what is coming if we do not change our ways soon.

WORLD 2020

Hard work pays off they said, but they didn't say it pays off this well! This picture perfectly sums all the hard work and effort everyone put into this event. This victory was a well-deserved one and I don't ever think I will be able to properly put it into words. That moment, when the crownless became king, was one that we all will cherish forever; because some moments never get lost, they are engraved in our hearts forever and whenever someone mentions GOT, Xavier's or Words Up, the first words that will come to our minds will always be "Glory Glory to House Stark! We know to Bite but never to Bark!"



THE WORDS UP 4.0 VICTORY SNAP

Music Life

'Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.' – Plato

Ever since I can recollect, I have always been attracted to the sweet nature of music. Music is a language of its own, an art ... a science. Whatever one desires can be found through music. You ask a question, and it responds - the answer is blowing in the wind.

Music is your constant companion. It walks with you during the crescendo and the diminuendo of life. During the andante and the allegro, music has a lot to offer, but, you must be willing to listen to it. It is present in the chirping of the birds and the gust of the wind; in the chatter of people, and the noisy vehicles - music is everywhere. All you have to do is listen.

It may be a major or a minor but you can find the perfect cadence if you seek the hidden message within.

Music, is a teacher too. It teaches one perseverance, discipline, stability, and punctuality. In this absurd rhythm of life, one needs to maintain the pitch and tempo, or else one would fall flat. It could be a minor fall, but going off-tune is a major problem. Just imagine if you're baking biscuits, but you forget to add essence. A minor ingredient, but essential to the entire composition.

So keep your ears open and watch your step. The most important part while playing, is that when you make a mistake, or skip a beat, you should have the guts to waltz back into the piece and steal the show. Live life vivace.

Rachel D. Dias



BAND AQUASTIX

AND MY LIFE

ADALIN COLACO

Band Aquastix, a band for all occasions is a Goan based Band which has changed my life forever. The band was formed in the year 2018. The name Aquastix has been derived from the words water and sticks since music keeps on flowing like water and sticks. Music is something which people enjoy a lot. This band has performed at a lot of places and is quite famous in goa. This band has different forms like duo, trio and full piece for all different types of occasions.

The band consist of the keyboardist vocalist Drummer guitarists. I am the vocalist for the band. And as you know the singer plays an important role. Music is the most important thing but music without the lyrics feels quite incomplete. Some songs don't have meaning but most do and thus the vocalist is the one who creates the atmosphere beautiful and divine.

Music is something which brings joy to everyone's life. Be it in what ever condition. We mostly have shows during the evenings and afternoons we mostly get private parties. So it is quite convenient for me to attend my classes at college and the shows. Sometimes we have in north and sometimes during the day. But the band provides good music services to the people and till date we haven't received any bad comments but only good ones.

Even though i have some odd College timings I try to manage and maintain my for academic work the practices and events. When we have our practice sessions the band mates consider my college schedule and then schedule the practice accordingly because even the other band mates do work and study in their own area of interest. But when there is an event all the band mates sacrifice their time and make the event joyous. Its not that any one from the band hates events but actually they wait for bookings and events.

The band gives out their best and yes. Everyone enjoys the best. Groove in to the tunes of this charming young band the AQUASTIX!!
For details & reservation now : +91 98901 32749



R

elaxing with a Musical

**RUCHIRA
KAGITA**



Since the theme of this issue is 'Music, Art, Love', I thought of writing about the timeless, Musical which has stolen the hearts of so many of us. The movie has five Academy Awards and several others as well and it still continues to inspire us, to entertain us and charm us. The film was released in 1965 and it manages to wow its audience even 54 years later.

There is something in the movie for everyone - music, romance, religion, family, patriotism - and it is this beautiful amalgamation of various themes that manage to make me love this movie. The movie is set in Austria, during the 1930s and it tells the tale of Maria, who wishes to become a nun. She is later asked to be a governess to the seven children of Captain Von Trapp, with whom she later falls in love.

The story however, initially focuses on how Maria tries to win the children over, which she indeed does. One of the popular scenes in the movie is the one where Maria teaches the kids to sing. The easy-to-sing 'Do Re Mi' is enjoyed by people of all ages even today. What's more? The movie is filled with many such endearing songs which I've come to love over time.

There is also an element of faith that is present throughout the movie. Maria is shown as a woman who is an ardent believer in God and religion. In fact, for the sake of her faith, Maria felt that she wasn't supposed to be in love with the Captain. In an incredible way, the movie speaks of the fascinating ways in which God could work - that He could turn anything the way He wants. Towards the end when the nuns fight alongside Maria and the Captain against the soldiers, portraying in a unique way, the importance of strength, resilience, loyalty and love.

For a film that focuses considerably on World War II, 'The Sound of Music' shows hardly any violence - the movie instead focuses on hope. It sends a message that there is strength in unity, even in the midst of war and unrest. Watching it reminds me that no matter how tough life might get, hope needn't be lost - It reminds of Pandora's Box, which when opened let into the world all sorts of destruction but not without hope.

Granted, if the movie is compared to a lot which are released of late, it could be called cliché and extremely predictable but it is so in a brilliant manner.

Many people might find it overly sentimental but it's love in so many forms explored in various ways that it leaves in awe - It is love in a family, love between a man and a woman, love for God, love for the arts and love for the nation. In times when we are surrounded by distress and chaos, I find it's always relaxing to immerse yourself in good music and look out for things representing hope.

'The Sound of Music' is a classic which is not forgotten but it is, at the same time, a refreshing masterpiece serves as a wonderful reminder of the beauty of life.



photo stories
maria liza vaz

TEQUILA SUNSET

*The times in my life when I've been
the happiest are the times when I've
seen or experienced a sunset.*

CELEBRATION



You don't need a crowd to celebrate, just a few. This picture was taken on my 20th birthday. It was a last minute decision to visit this lake. Even though I didn't have some big, gaudy birthday party, spending the day with my friends, surrounded by nature was just as special to me.

MOVING

The city that never sleeps. This picture is the most accurate representation of the city of Mumbai. No matter what time of the day, someone is always on the move, there is no end to the daily hustle and noise of the traffic, the jostling crowds, each train consecutively taking the place of the previous.



MY DESTINY IN MY HANDS

I often think the night is more alive and richly colored than the day.

Vincent Van Gogh

This painting was painted on a very tense night. I had over twenty submissions to complete, but I just could not get myself to do any of them. Instead, I painted my version of 'The Starry Night'.

I was so happy that I even managed to complete half of my after soon after.



in memoriam

Rewinding the Clock: Kirk Douglas

Kirk Douglas, one of the last surviving stars from Hollywood's Golden Age, whose rugged good looks and muscular intensity made him a commanding presence in renowned films such as Stanley Kubrick's *Paths of Glory*, *Spartacus* and *Lust for Life*, passed away at his home in Beverly Hills, California. Kirk Douglas was 103, he is survived by his three children. In the 50s and the 60s Kirk Douglas was a leading man, he was a member of a pantheon of leading men namely Burt Lancaster, Gregory Peck, Paul Newman, Robert Redford and Steve McQueen. Similarly, to these men Douglas had distinct features which made him recognisable, the jutting jaw, the dimpled chin, the piercing gaze and the breaking voice, the latter being an irresistible fodder for Impressionists.

Kirk Douglas made a long and problematic recovery from the stroke he suffered in 1996. In 2011, came in hand, Douglas came onstage at the Academy Awards and flirted with the co-host Anne Hathaway and jokingly extended



his presentation of the Oscar for Best Supporting Actress. At his peak Douglas would star in at least three movies a year, often delivering critically acclaimed performances. In his first eleven years of acting, Kirk Douglas was nominated three times for the Academy Award for Best Actor. Douglas is known to have created a niche for himself, specialising in characters who have a hard edge and have something unsavoury about them. Douglas does not disagree, in an interview he stated 'I've always been attracted to characters who are part scoundrel. I don't find virtue photogenic.' In his autobiography *'The Ragman's Son'* (1998), Douglas states, "To me, acting is creating an illusion, showing tremendous discipline, not losing yourself in the character that you're portraying. The actor never gets lost in the character he's playing, the

audience does." Kirk Douglas was in awe of his muscular physique and physical prowess. He rejected the use of stuntmen and stand-ins, he always convinced himself that he could do almost anything the situation required. In his film *Gunfight at the O.K. Corral* (1957) Douglas became a skilled horseman and learned to draw a six-shooter with remarkable speed.

Kirk Douglas was the son of illiterate Russian Jewish immigrants. He was born Issur Danielovitch on December 9, 1916 in New York. He was one of seven children, six of them sisters. As he grew older the family name had been changed to Demsky and Issur had become Isadore thus earning him the nickname Izzy. Kirk Douglas's father was a ragman, a collector and seller of discarded goods. Before finding success in Hollywood Douglas estimated that he once held forty different jobs. He delivered newspapers and washed dishes. Douglas was a varsity wrestler in college and despite being rejected because he was Jewish, he was elected President of the student body, a first for the university. After graduating from college, he decided to change his



Jeff D'cruz



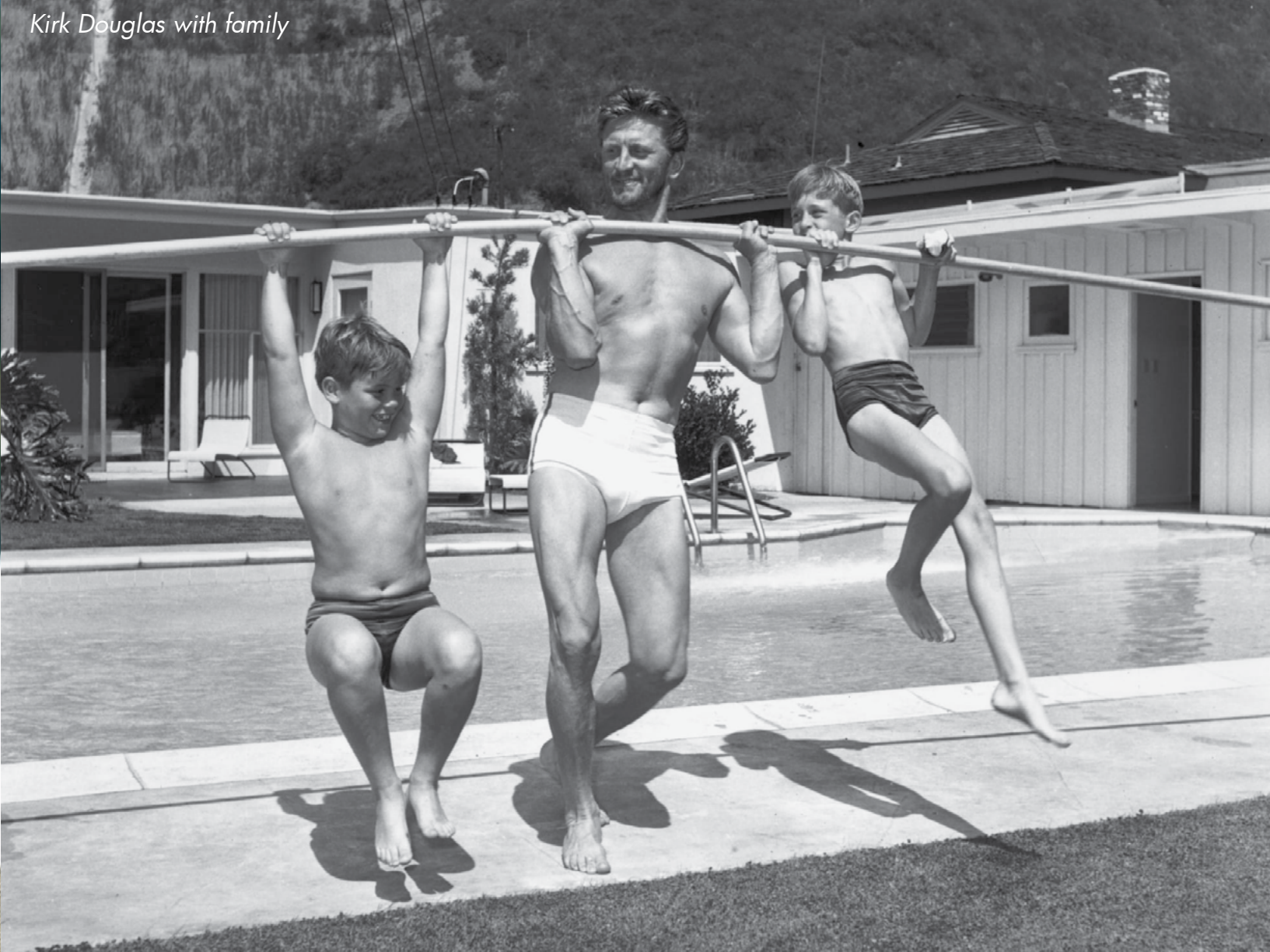
name legally to something he thought more befitting an actor than Isadore Demsky. He didn't realise that he was taking a Scottish name when he chose Douglas.

Kirk Douglas enlisted himself in the Navy and was trained in antisubmarine warfare. Douglas's first marriage was with Diana Dill and married her in 1943 just before he was drafted for the World War. They had two sons Michael and Joel. In 1944 Douglas was discharged from the Navy after being injured in an accidental explosion. They divorced in 1951. Diana Dill passed away in 2015. Douglas's second marriage took place in 1954 to Anne Buydens. They too had two sons Peter and Eric. All of Douglas's sons went into film business either acting or producing.

Kirk Douglas made his screen debut in 1946 in *'The Strange Love of Martha Ivers'*, where he played a weakling who is witness to a murder. Kirk Douglas earned his first Oscar nomination for the 1949 film *'Champion'* produced by the young Stanley Kramer. Douglas had to wait nearly fifty years before he received the golden statue, for lifetime achievement. Douglas never won a competitive Oscar. After achieving stardom Kirk Douglas formed his own company Bryna



Kirk Douglas with family



Kirk Douglas as 'Spartacus'



meraki

Productions and decided to adapt Howard Fast's novel 'Spartacus'. Douglas raised people's eyes when he hired the blacklisted writer Dalton Trumbo to write the screenplay. Spartacus was notable for its international cast which included heavyweights such as Laurence Olivier, Charles Laughton, Jean Simmons and Peter Ustinov. The movie was directed by a young Stanley Kubrick who also directed Douglas in Paths of Glory.

Kirk Douglas's life were full of problems and setbacks. In 1991 he survived a helicopter crash that left two other people dead. In 1996 he suffered a stroke that left him impaired his speech and depression so deep that he considered suicide. But he fought his way back to appear at the Academy Awards ceremony to accept an honorary Oscar for lifetime achievement.

In 2008 he accepted his old age and he said "Years ago I was at the bedside of my dying mother, an illiterate Russian peasant. Terrified, I held her hand. She opened her eyes and looked at me. The last thing she said to me was, 'Don't be afraid son, son, it happens to everyone.' As I got older, I became comforted by those words."

Kirk Douglas with family



A Search for Self Love

Summer is around the corner and so is the most celebrated day of love; that is Valentine's Day. Most of us would relate the term 'Love' to a romantic relationship between a couple, but fail to realize that 'Love' consists of a broad spectrum of emotions of affection towards different people-this includes 'self-love too'. People in a relationship often forget the importance of loving oneself in

order to be able to love another. We sacrifice our own needs and settle for things which are far less than what we actually deserve. This ends up deteriorating our confidence and self esteem and puts us in a dark place, from which we are unable to escape. So in this season of valentine's let us discover ourselves and appreciate and show ourselves some love.

Self love is a continuous reminder to ourselves that we are unique and loved and that change isn't required for us to be accepted in society. Self love is celebrating individuality and feeling a sense of confidence in any endeavor that we undertake. Self love is being comfortable in your own skin and believing in our own opinions and ideas. Self love is trying out activities that support its longevity.

Most of us restrain ourselves from loving and accepting who we really are. We are in a constant tug of war between our real self and that of society's expectations. We fear judgment and criticism from our peers and family so much that we consider what makes us happy as an act of shame. We shove these true embodiments of emotions into a box and put it up on the highest shelf of our insecurities.

But why do we indulge in this unnecessary game of hiding? Does it really matter if your sixty year old neighbor, who doesn't even know you that well, questions you about your life choices? Does it really matter if your friend's definition of 'being cool' differs from that of your own? The answer is no.

Everyone has different experiences and ideas. No one can tell you what to do or make you feel like you are not good enough. After all, only you

understand yourself the best which is why you should be able to love yourself without a hint of doubt.

But self love doesn't occur in a day or two. It is a gradual process, which requires constant thrashing and molding, until you completely embrace yourself without

pondering over other people's opinions.

**YOU ARE
WORTHY
OF LOVE**

DO SOMETHING BENEFICIAL FOR YOUR BODY EVERYDAY.

Most people do not know that there is a major link between health and happiness. One does not need to indulge in heavy weightlifting or cutting off carbs in order to stay fit. Undertaking light physical activities like walking everyday along with eating more greens is more than enough to maintain your health. Keeping yourself healthy directly results in you being happier. A healthy body boosts your self esteem, which makes you love yourself even more. Exercising also helps in releasing endorphins, which reduces your stress levels, resulting in a peaceful state of mind.

HERE ARE
SOME WAYS
THAT CAN
HELP YOU TO
DISCOVER
YOURSELF.

BE CONFIDENT.

This is the most important and the most difficult step out of all the things I've mentioned, because confidence is not something that one can achieve by working hard, it is something you need to believe in constantly. You must have heard that, 'You need to appear confident in order to be confident' this sounds wrong but it really works. When you pretend to be confident by having a good approachable body language and trying to appear like a capable person, you will gradually end up being a confident person. Confidence is a key attitude for a person on the journey to discover self love.

FEED YOUR MIND WITH SOME KNOWLEDGE.

It is often said that an idle brain is a devil's workshop. This is true because knowledge is like food for our brain, if we deny knowledge to our mind, it won't have the energy to think effectively. Not thinking clearly would in turn result in bad life choices. Thus feeding your mind with some knowledge is very crucial. This will not only make you feel smarter but you will be able to identify any problem and solve it with an ease.

TRYING OUT NEW THINGS EVERYDAY.

Doing the same things over and over again can make life boring and dull. There's a high risk that such a person could result in being unhappy and feeling unloved. But adding a little spice to your routine life can increase your self esteem and redefine the idea you have about yourself in your mind for the better. By venturing into new activities and getting ourselves out of the comfort zone, we can discover ourselves better. This also stimulates our creativity and helps us to have a better control over our fear.

Ms. Mizia Dias



LOVE & Relationship

After watching a few romantic Bollywood or Hollywood movies one might think being in love and having a relationship is the best thing ever but, knock-knock reality check, let me tell you it is not as easy going as it is shown in the movies. Being in a relationship has its own challenges. One of the first things to take a note of is that one should be ready to devote time to his/ her partner. Time management becomes crucial in this case as you have to take some time out of your busy schedule.

Today it is common to see young boys and girls enter into relationships because it seems to them that "it is cool to have a boyfriend or a girlfriend." For that matter they even assume getting a boyfriend or a girlfriend will make them popular among the people in their school or college. Age is totally not the problem here but it is maturity which is important here. Maturity comes with time and experiences. It is pointless to get into a relationship when you are not even mature enough to understand each other's problems.

Another thing to note is that before one enters into a relationship one should see how compatible they are with their partner and not just see how good looking or smart their partner is. It is

totally okay if someone's top priority is having a good looking partner but along with it one should also check the internal qualities of a person. Since with time the person who you choose to be with, might under go some change in their external features but their internal qualities such as kindness, truthfulness, etc, will last forever.

Lastly some of us like to fantasize a lot, dreaming of a perfect partner. But knock-knock, reality check again, finding the exact perfection of a person of your fantasy is very rare or simply impossible. One must accept a person for who they are, with their imperfections and flaws. With all these things to note, the concept of love and relationships might seem complex and complicated to us. But finally it is all about the true feeling of love; how much strongly devoted you feel towards the other person. Cuz only then you can respect, care, trust and sacrifice for each other.

RUKMA KANOLKAR



Handmade with love



**ASHWINI
SEQUEIRA**

'Art for me is everything. I draw as it makes me happy.'- says Michelle Crasto, an upcoming artist from our college. She was greatly influenced by Mario Miranda, a cartoonist, painter and illustrator. As a kid, she enjoyed drawing cartoons and often participated in drawing competitions and thus inspired her to draw and paint. She is a self-taught artist.

As an artist, Michelle considers her fingers to be the best artistic tools and uses them in almost all of her paintings. In fact, she sometimes looks up for paintings online and then tries to modify it by using various colours and techniques. According to her, there are some people who really value art while there are others who do not and social media is the best platform to get people's attention to this issue. One should know the value and the effort that the artist has put into making that particular art.

Here are the opinions of this creative artist regarding art and her works:



Michelle Crasto

Which is your most valuable work?

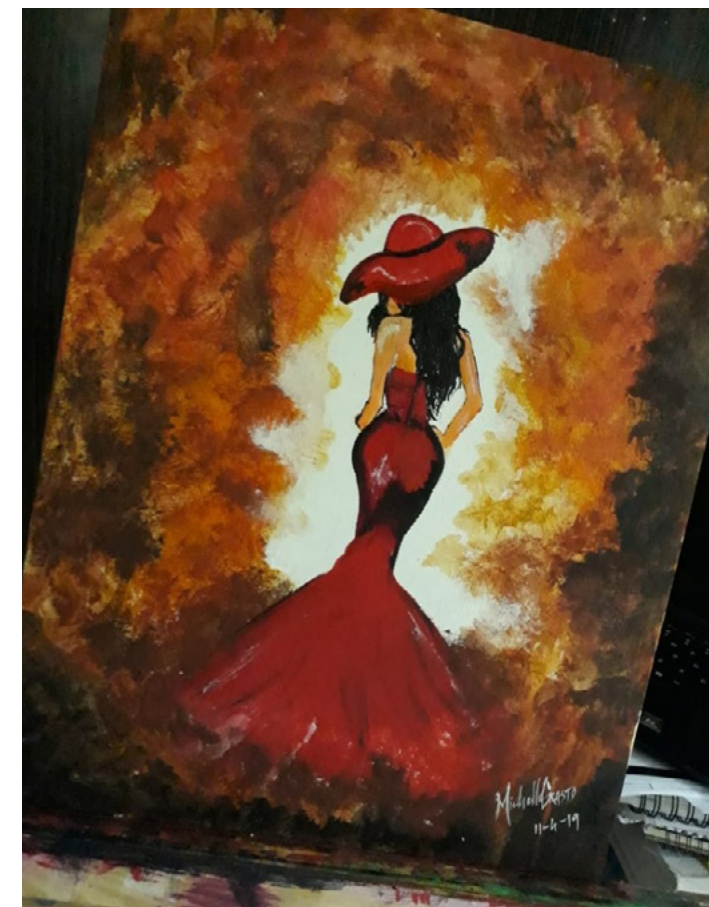
My most valuable painting is that of a firm, bold, elegant lady who stands out in spite of the chaos around her. I used my fingers to give the backdrop effect where I mixed distinct shades of brown, black and white.

Why do you think the youth is so attracted to art?

The youth today is attracted to art maybe because there are certain paintings which express emotions and one can actually relate to some of the art work.

Do you have any future plans in this field of art?

I do have future plans in the field of art. It has been there from a long time. I always wished of having my own designing studio wherein I can design gowns and shoes.



Which artist of the past would you like to meet?

I was greatly influenced by Mario Miranda, a cartoonist, painter and one of India's highly recognised illustrator. I definitely would had loved working with him.

What type of art would you like to experiment with in the future?

I would like to experiment with abstract paintings in future. I have seen abstract art being sold for like Rs. 60,000. It's an art where in the artist only knows about the inner meaning whilst the buyer has no knowledge about why it is being made or what was going on in the artists mind when he/ she was creating the art.



What are the major difficulties you face during the process?

I do not have any difficulties while drawing or painting but I do have difficulties in selling them. According to me, the price paid is not enough because the colours are quite expensive and then you use different sheets and a lot of time is spent in making it so the art work must be sold for a really high price and selling it for just a thousand or two doesn't make sense. People are not ready to buy it even for a minimal thousand and think a five hundred would be enough. They do not value the art work much.

What could be the solutions to bring people's attention to this trending world of art?

A solution to this could be that whenever there are art exhibitions held, the ones who are capable of helping financially could take the initiative of bringing all the new artists together and bring them in the limelight so that their talent can be appreciated.



photo stories
jesselyn fernandes



CAROUSEL

We forget that the times we really were happy was when we didn't have a screen in front of our face, when we didn't care about the number of likes. We forgot that we were our most authentic and real selves when we are present in the moment. When I was on the carousel, I was forced to stop moving, stop thinking and just be present in the moment. It taught me that the earth will constantly be in motion and there will be ups and downs and life moves forward. All you have to do is hold on.

FLOWER



Here's a little flower I saw growing through the moss in the thick wall of a fort. And to me it meant two things. One, I thought, "look at something beautiful growing through something that was built for battles and wars". The second thing I remembered was the quote "Shout out to all the plants growing through concrete" and wondered, "if this little seed could find a source and means to live from a rock, why can't we?" With all the love, appreciation and resources we have and receive.

BLUE NATURE



I have a really bad habit of touching flowers and have been stuck a number too many times to count at this point. And I have too many pictures of flowers that I've clicked pictures of, like this. You've probably seen a flower like this (chrysanthemums) in your grandma's garden. This one happened to be my favourite, well mostly because of the colours, but also because of how imperfect yet beautiful it was. The things you think are your flaws are actually what make you, You.

ON THE BEND



Right now we're in the midst of a "global pause" and were appreciating all the little things. Travelling has never been more craved. It's a luxury, so is going to the local market. Let us never forget to appreciate all the times we were free to go wherever we could. Here's to hoping for the best. And yes I love trains.



THE OCEAN

What can I say about it that has already not been said? The ocean to me is a place of solace. My most favourite thing about going to the beach is the sounds, of the waves crashing, of the trees swaying, of the little crabs waking about, of random dogs fighting, of the crunching sound the sand makes when you dig your heel into it. Everyone has a special memory with the ocean that they cherish. Mine was when I was three and tried to eat sand.