

Making Community Radio a Reality

-Nehla Mather



Radio Kochi 90FM is a proud initiative propounded by St. Teresa's College. It is the first community radio station in Ernakulam district and is the brainchild of the people at St. Teresa's College, Kochi. The inspiration to start this community-driven project came to Dr. Latha Nair R, Deputy Director, head of the English department at St. Teresa's College, when she was doing her master's degree in the UK. "I was struck by the level of importance that is given to community radio in Britain. When I came back I wanted to initiate the project back in 2007 but at that time I was unaware of the challenges that awaited me or even the type of programmes we would be broadcasting."

It is surprising to note that Radio Kochi was almost set up in 2007 itself, as Dr. Latha tells us. "We were all set to launch the radio station. I had single-handedly managed to file the application for it but finally, due to some technical problems we could not go through with the project." This incident was not a one-off either. In 2014, Dr. Latha made another attempt but she was unaware of the harsh reality that the process of setting up a community radio station had become much more stringent. It

was at that point though that she met Krishna Kumar CK, the current Station Director at Radio Kochi and Tania Lewis, the Programming Head of Radio Kochi 90FM. The process had not become any easier as it was a huge test of willpower. Finally when the project came through, they were thrilled. The radio station would strive to be a nodal agency for the coastal community in a way similar to how St. Teresa's college, its parent organisation, worked for the community during the 2018 Kerala floods.

There is a strong commitment to the programmes being driven by hardcore research. Dr. Latha assures us that upto 80 percent of the programme would come from the community itself. She underlines the importance of the student community that led to the formation of the radio station. "Our students were very committed to the project and it was they who did the quantitative survey of audience estimates. This was lauded by the expert panel when I applied to the Ministry of Information and Broadcasting for the project," she lets on.

Radio Kochi has also allowed the student community at St. Teresa's College to participate in its programming. Merin V Robin, a former alu-

mini of the college, narrates her experience working at the station. "I have been able to learn so much during my time here, be it voice modulation or content writing. In addition to this I have been able to come up with my own programme of English songs. The radio would provide a platform for the students to participate in the process of creating audio content. I feel the radio is very approachable in this regard."

Dr. Latha also spoke about the role that this project would play in uplifting young women in the community to positions of power in society. "The radio would be the perfect avenue for voicing women's voices. The radio would be an ideal tool for them to connect with society at large," she adds.

While the radio station would connect the people in and around the college together, it is also important to understand that the programmes that would emanate from it will have a wider scope. The current Station Director, Krishnakumar CK says, "We have identified twelve thematic areas on which we would focus our programmes. Some of them are coastal area management, climate change, empowerment of women and children, and education." The particular area of focus is that of knowledge dissemination. Krishnakumar adds, "We would be inviting people from various academic institutions from the state as well as beyond it to facilitate discussions on the different topics that academia puts forward." This will ensure scholarly discussions on contemporary issues, which will also lead to action on the ground. At the backdrop of Kerala floods of 2018, he also spoke of the importance of staying on guard with respect to climate change and disaster mitigation.

"We need to equip the people with the basic knowhow of dealing with natural disaster. We would produce

talks with expert people to deal with such situations," he said.

Radio Kochi is also innovative due to the fact that it has its own mobile application through which any person in the world can listen in to the livestream of the radio programme. "In this way we can equip any Malayali sitting in any part of the world with the same information," says Krishnakumar.

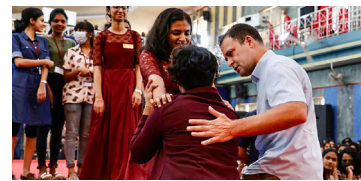
There is already a buzz about Radio Kochi. As Dr Latha efficiently puts it, "There are endless possibilities with Radio Kochi but we need to take one step at a time." Tune in!

VISIT FROM RAHUL GANDHI

-Kripa Rebecca Thomas

Shri. Rahul Gandhi paid a visit to the college on 22 March, 2021. There were debates and discussions on topics like women empowerment and on a political overview of the budget of the financial year 2021-22. Upon a request from Union member Varsha Venugopal, Shri. Rahul Gandhi also showed the students an Aikido movement, a type of martial art movement, that involved using the opponent's strength against them to be able to defend oneself. A few students were asked to come up on the ramp with him to show the effectiveness of the movement.

The student community enjoyed the interactive session with Shri. Rahul Gandhi, which was interesting, educating and empowering at once.



MANAGER'S MESSAGE



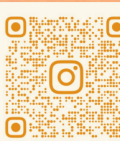
Teresian Impact is the bi-annual newsletter of our college brought out by the second year students of the Department of Communicative English. The fifteenth edition of the newsletter has the theme "Hustle culture" and the students have done a good job of composing some very fine material that exemplifies the theme. In these troubled and demanding times, it's important to assess whether this culture is rewarding or ruining. Students have put in a lot of effort and dedication to bring out the supplement "Hidasta". Apart from equipping the students with skills in journalism, advertising, creative writing and marketing, it also aims to reach out to the audience with thoughtful and relevant content.

The newsletter chronicles the events in and around the college. Over these fifteen editions, Teresian Impact has set a benchmark in creative excellence and has gained attention far and wide. I hope this endeavour of theirs bears fruit, reaching upto the triumphs of the students and teachers. May God bless you all.

-Rev. Dr. Sr. Vinitha



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DIRECTOR'S MESSAGE



I have immense pleasure in the release of the bi annual newsletter published by the second year students of the Communicative English Department. At the outset, let me congratulate the students and the faculty of the Communicative English Department for tiding over the difficulties posed by the pandemic and bringing out the newsletter.

The theme taken up is one of extreme relevance in the present scenario- Hustle culture. As time moves on, life is becoming more and more hectic. A major reason is overwork, which has almost become the life-style of young people. Workaholism is rampant today. Due to ambition and height-set goals, people keep on pushing themselves. Many youngsters are over achievers with parents egging their children to try harder and harder. As a result, young adults put work above everything. This leads to an increase in stress levels which can affect a person. This can lead to death, as can be seen in the Japanese word for death from overwork ‘karoshi’.

It is high time that the young are made aware of the dangers inherent in the ‘hustle culture’ and realize that it is counter-productive. The solution is to maintain the right balance between life and work. The youth should be encouraged to take breaks, go on short trips with family and friends, engage in community service, and find joy and satisfaction in music, dance, spirituality and the surroundings.

I congratulate the students and faculty for selecting this hidden danger which is spreading its tentacles all over the world. The supplement ‘Hidasta’ also provides more information on this topic.

I hope and pray that the coming generation will move away from this toxic culture and understand that true happiness comes from good inter-relationships, compassion and consideration for our fellow human beings.

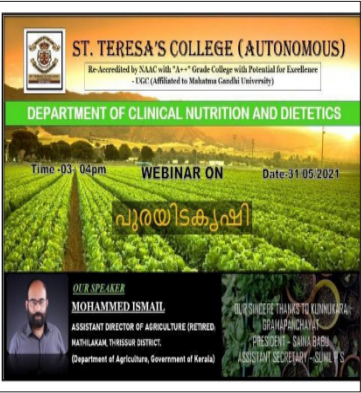
May God bless you.

-Rev. Sr. Emeline CSST

Purayida Krishi

-Maria Anaida Stephen

The Department of Clinical Nutrition and Dietetics in collaboration with Kunnukara Pan-chayath as a part of TROP activity conducted a webinar on the topic ‘Purayida Krishi’ on 31 May 2021 through GoogleMeet. The resource person was Shri. Mohammed Ismail M H, Retired Assistant Director of Agriculture, Mathilakam Thrissur District (Department of Agriculture, Government of Kerala). The speaker shared knowledge on how to cultivate organic vegetables in our home yards. The webinar covered various aspects of cultivation including selecting a site, planning the garden, preparing soil, choosing the seeds and plants, planting a crop, preparing manure, nurturing the plants, preparation and use organic fertilizers and pesticides. The webinar was efficacious for the participants. They shared knowledge on how to cultivate organic vegetables in our home



yards. The webinar covered various aspects of cultivation including selecting a site, planning the garden, preparing the soil, choosing the seeds and plants, planting a crop, preparing manure, nurturing the plants, preparation and use organic fertilizers and pesticides. The webinar was efficacious for the participants.

Mattupavu Krishi

-Maria Anaida Stephen

As part of World Environment Day, the Department of Clinical Nutrition and Dietetics conducted a webinar on ‘Mattupavu Krishi’ on 7 June 2021 through the online platform of Zoom. The resource person was Shri. Mohammed Ismail M H, Retired Assistant Director of Agriculture, Mathilakam Thrissur District (Department of Agriculture, Government of Kerala). The speaker provided knowledge on how to cultivate organic vegetables on the terrace. The webinar covered all aspects of cultivation including planning the garden, preparing the soil, choosing the seeds and plants, planting a crop, preparing manure, nurturing the plants



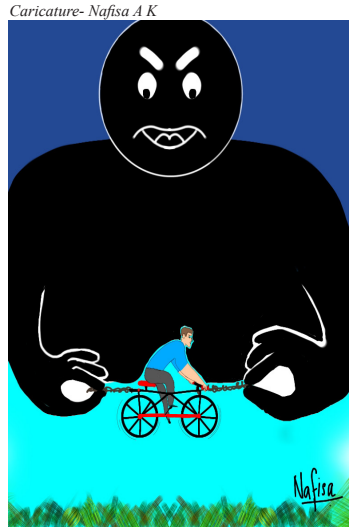
nts and how to prepare and use organic fertilizers and pesticides. The program was really advantageous for all students of the college.

The Odyssey Talk Series

-P S Malavika

The Psychology Department initiated the ‘The Odyssey’ Talk Series on Social Entrepreneurship for Social Transformation under the Institution’s Innovation Council banner to inculcate the spirit of social entrepreneurship in students. The Odyssey Series of talks began on 30 November 2020 with two sessions led by Ms. Sajitha Rasheed, Founder of Mind Mojo and Principal Chairman of Raising Our Voice Foundation. She spoke about her beliefs and convictions in starting the Raising Our Voice Foundation and elaborated on the violence faced by women in society. Mr. George Varkey, Founder of Oshun South Africa Consortium spoke on Global Citi-

zenship and how this could be translated into social entrepreneurship which could help in addressing global problems such as poverty, environmental issues, wars and population explosion. Mr. Varkey is also the Short Course Coordinator at Bergische University, Wuppertal. He has also been recognized as a leading Social Entrepreneur by the Schwab Foundation. The objective of the talk was to create awareness about social entrepreneurship and to inspire students to think about idea generation and problem solving.



Caricature- Nafisa A K

CASE DEVELOPMENT APPROACH

-Aileen Grace Thomas

The Department of Management Studies instituted its Online Workshop on Case Writing, by Mr. Jaidev Poomath, Associate Professor at Kochi Business School on 8 August 2020. The two-hour session was initiated with the primary objective to develop aptitude and prowess for case writing among the teaching fraternity with a hands-on approach to case development. The discourse evoked the participants to recognize and structure case situations while creating and capturing the central case rhetoric. Mr. Jaidev is an MBA

SKY HIGH

-Nehla mather

The Department of French, in association with the Tourism Club organised a webinar on ‘Job Opportunities in the field of Aviation’ on 5 February 2021 through the online platform of Google Meet. The event was sponsored by the Government of Kerala. The session was addressed by the speaker Mr. Jiji John and Ms. Sruthy Krishna. The webinar gave the students an insight about the various government sponsored courses.



Source-Dreamstime.com

STC Open Gates To Tourism

-Nehla mather

Kerala Travel Mart (KTM) Society organised seminar sessions from 1 March to 5 March 2021 through the online platform of Zoom. KTM is the outcome of partnership of various stakeholders including the Tourism Enterprises and the Government. This great opportunity was opened to all the members of the Tourism Club of St. Teresa’s College. ‘Post Covid journey from Here to Where’; ‘Kerala Model- small, local, world class’; ‘Kerala- An Ayurveda & Wellness Hub’; ‘ New Tools for Marketing’ etc were the main seminar topics for the session.

Arts Club Inauguration

-Santhipriya M

The activities of Arts Club for the year 2020-21 were inaugurated on 22 March 2020 in the Platinum Jubilee Auditorium. Padma Bhushan Shri Mohanlal and Padma Bhushan Smt. K. S. Chithra were the chief guests for the day. The ceremony started off with the inaugural address by the Director Rev. Dr. Sr. Vinitha and Principal Dr. Lizzy Mathew. The Arts Club report was read by the club secretary Ms. Anna Susan Roy. Padma Bhushan Shri. Mohanlal inaugurated the activities of the Arts Club for the year 2020-21. The Music Club was inaugurated by Smt. K. S. Chithra.

PRINCIPAL'S MESSAGE



St.Teresa’s College had been synonymous with academic and extracurricular excellence. I’m immensely proud of the Department of Communicative English for successfully coming out with the fifteenth edition of the Teresian Impact, which aims at bringing out the various nuances of Hustle Culture, an important aspect of the modern society. ‘Hidasta’, their supplementary newspaper, aims at scrutinizing the various aspects and shades of Hustle Culture which are showcased through informative and captivating articles. They have done a remarkable task at reporting the events and initiatives undertaken by the various departments and clubs of the college, even though most of them were conducted over online media. The Department of Communicative English has always been one for whom I’ve held great appreciation for the initiatives and work they do. They consist of a group of dedicated and competent teachers and zealous students who are ever willing to venture into new challenges and locales.

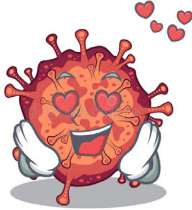
I wish them all the very best.

-Dr. Lizzy Mathew.

“LOVE IN THE TIME OF CORONA”

-Nafisa A K

A story writing competition was conducted by the Writer’s Forum with regard to Valentine’s Day. Students were required to make their contest entries on the Kahaniya website. The contest was open to all from 6 February to 20 February. The entries were judged by a panel from Kahaniya. Vaishnavi Gopan N, Denila Varghese and Namitha Vinod V from St. Teresa’s College bagged the first, second and third prizes respectively, sponsored by Kahaniya.



Source-Dreamstime.com

HoD Speaks



The Department of Communicative English is extremely delighted to release the fifteenth edition of the college bi-annual newsletter, Teresian Impact and the theme chosen by our second year students for the current edition is ‘Hustle Culture’, a debatable subject and one of the emerging concerns in recent times. There is this collective and obsessive urge we seem to feel as a society to work harder, stronger and faster and this is exactly what our students are trying to address through this edition. When the pandemic slowed life down, this culture took a backseat and individuals found time to reflect on their way of living. Gradually, resounding awareness and introspection began wiping off this toxic hustle culture. This edition gives an insight into the imagination and creativity of our students as it showcases how they have presented their ideas through their contributions. I applaud the hard work and dedication of our students in bringing out the supplement of the edition ‘Hidasta’ which urges every individual to slow down to live life fully! I also take this opportunity to congratulate our team of students and faculty members for their tireless efforts that have come to fruition in the form of this newsletter and would also like to wish them success in all their future endeavours. Let us all take a moment here and remind ourselves that it is okay to slow down! Let us #Unhustle the Hustle. -Ms. Remya John

STUDENTS ON-BOARD

-Aileen Grace Thomas

As part of the Orientation for the Class of 2020-’23 of the Bachelor of Management Studies (International Business), an online ice-breaking session was undertaken that focused on student interaction and creating bonds between the students as a team. The session was held as part of the Power Talk Series held by the Department of Management Studies, wherein the day’s activities were led by Mr. Arun Nair, Managing Director – Parivartan Corporate Training Company. The students were divided into different breakout rooms as teams where they were required to work together to bring out the desired results as directed. The activities helped them to learn more about each other’s personalities more clearly, generating a closer connection amongst the girls. The session ended on a very appreciative note as the students left the program with the new bonds and friendships that were created over the day.

LATEX WORKSHOP

-Diya Rasheed

As part of Prof. N. Dharmambal Memorial Lecture series, the Department of Mathematics and Statistics conducted a three day workshop on Latex from 31 May 2021 to 2 June 2021. Sri. Parameswaran R, the Assistant Professor of the Department of Mathematics from Amrita School of Arts and Science was the key-note speaker for the event. The session started with a welcome note from Dr. Susan Mathew Panakkal, HOD of the Mathematics Department. The program introduced the various features of Latex. The main aim of the workshop was to make the students capable of preparing their own academic materials as well as research papers. The program was conducted by the third year students of the department. The students experienced numerous practice sessions, through which they got a better understanding of Latex tools and their applications. The workshop was conducted online via Google Meet with 80 participants. Through this session, the students were able to get hands-on training for preparing scientific documents.

JASHN- E- AZADI

- Diya Rasheed

The Department of History organised quiz and literary events titled ‘Jashn-e-Azadi’ in association with the 74th year of Indian Independence on 15 August 2021. Quiz, essay writing, movie analysis, patriotic song and poster making competitions were held online based on the theme. The competitions were open to all Teresians and it was conducted via Google forms and the participants who scored above 75 percent were awarded certificates. Dr. Vinitha T Tharakan (HOD, Dept. of History) and Ms Stancy S (Faculty) coordinated the Independence Day competitions.

THE REALM OF ADVERTISING

- Angel Jelson



The Department of English Literature and Communication Studies organized a webinar on “The Changing Trends Across the Realm of Advertising”. The event was presided by Mr. Mridul Nair who is a well known director, writer, actor, filmmaker and founder of Filmy Joint- a media content production house. His directorial debut was a Malayalam movie ‘BTech’ which was accepted by a wide range of Malayali audience. He also has tremendous expertise and experience in the advertising industry and has worked for numerous national advertisements. Niranjana Anoop, a second year PG student from the Department of Communicative English who is also an actor from the Malayalam film industry was the MC for the event. Mridul Nair discussed the marketing chords and advertising tools which made the audience aware about the latest innovative advertising strategies.

MELDING INTO NATURE

-P.S. Malavika



The Department of Zoology and Bhoomitra Sena Club jointly organized a photography competition on the theme ‘Homestead Animal Diversity’ on 17 May 2020. The competition was open to all students and faculty of the college. Contestants were advised to submit photographs of various flora and fauna taken during the lockdown period. All participants were awarded with certificates of participation. Adeline Joseph of third DC Zoology, Achu Oommen and Shabnam Farisha of second PG Zoology secured the first, second and third prizes respectively.

NATYA PRAVAHA

-Neha Nitin

A webinar titled ‘Natya Pravaaha’- a three-day International workshop on Performing Arts was organised by the Department of Bharatanatyam from 25 to 27 November, 2020. The webinar witnessed sessions by six experts from various domains and papers were also presented by ten participants. The session had around 175 participants who actively exchanged ideas and displayed active participation.

NATIONAL STATISTICS DAY

- Alka Padmakumar

In connection with National Statistics Day 2021, the Department of Computer Applications conducted a series of panel discussions. On 29 June 2021, a panel discussion was arranged on ‘The Opportunities in Statistics’. Mr Rasin S, Assistant Professor, Department Of Statistics, St.Thomas College,Thrissur was the moderator for the program. As part of this event, the department also conducted an online quiz as well as a crossword competition on 30 June 2021.

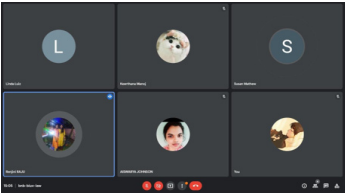
NIRMANA

- Nehla Mather

A series of workshops ‘Nirmanana’ was conducted by the Arts Club of St Teresa’s College, to provide training and to enhance the communication skills of the students in English accent, pronunciation and vocabulary. The inaugural workshop was taken by Dr Beena Job, Dean of Self-Financing Departments, on the topic, ‘Improving English Accent and Pronunciation’. As a follow-up session, a series of in-person workshops were conducted on the 6 March and 7 March which were open to all girls above the age of 10.

Book Collection Drive

- Aashitha. R. Prabhu



AICUF organised a Book Collection Drive on 27 June 2021 in which interested students dropped off their books in the boxes placed in the college. These were given to those students who cannot afford their prices. Around 150 books were collected from various departments.

ECSTA 2020

-Nehla Mather



The Arts Club of St. Teresa’s College organized ECSTA 2020, a virtual Christmas celebration, on 1 January 2021. The Christmas greetings were delivered by Rev. Dr. Sr. Vinitha, Provincial Superior and Manager and Dr. Lizzy Mathew, Principal. Dr. Divya S Iyer, an IAS officer, a medical doctor and an author, was the chief guest for the event. She is currently the District Collector of Pathanamthitta. ‘Christmas Bash’, which was a group video competition, was conducted year-wise. The first years led by Teja Sunil bagged the first prize, followed by the PG students and second years securing the second and third positions respectively. A food photography contest called ‘Yummy Snap’ took place. Around 86 students participated in the same. Rebecca Gigi from B.A Economics Department, Anna Samson from second year M.A English Department and Catherine Judith from third year B.A Economics secured the first, second and third places respectively. Akhila Prasad received a special mention. The cultural programs included Christmas carols, led by Tessa Chavara, Juneekha Mary Jacob and Mariya Noornal and a Christmas dance by Agna J P, Avani Suresh, Parvathy Menon and Sreelakshmi Jayaprakash Pillai. ECSTA 2020, the virtual Christmas celebration was released through the official YouTube Channel of the college on January 1, 2021.

BEFRIENDING- Conquering mindfulness

-Neha Nitin

The Department of Psychology inaugurated the Teresian Association of Psychology Students (TAPS) 2020-21 and inducted the Executive Committee Members on 3 November 2020. Dr. Preetha Menon, Assistant Professor (Sr.Gr), Amrita Darshanam – International Centre for Spiritual Studies, Amrita Vishwa Vidyapeetham, Amritapuri Campus was the chief guest. Dr. Preetha Menon is also a practicing counselor. She also conducted a session on ‘Befriending’ for the students and spoke at length about social isolation, loneliness, and solitude. She provided insights to the students to combat isolation and to practice mindfulness. The event was held on the Google Meet platform.

e-Buddies

- Kavya Subrahmaniam

After the successful conduct of the E-Buddies programme 2020-21, the Teresian AICUF was back with the continuation of the programme with E-Buddies 2021-22. This time AICUF collaborated with JY Students. On 7 August 2021, 49 students were selected from different departments to be the E-Buddies of the academic year 2021-22. Arrangements were made in such a manner that two e-buddies were allotted to every first year class. The newly arriving students of the 2021 batch can contact their respective E-buddies to clarify their doubts, queries and troubles relating to college, classes, readings, Moodle, etc. The e- Buddies also in addition promised to put in their best effort to help their juniors.

Azadi Ka Mahotsav

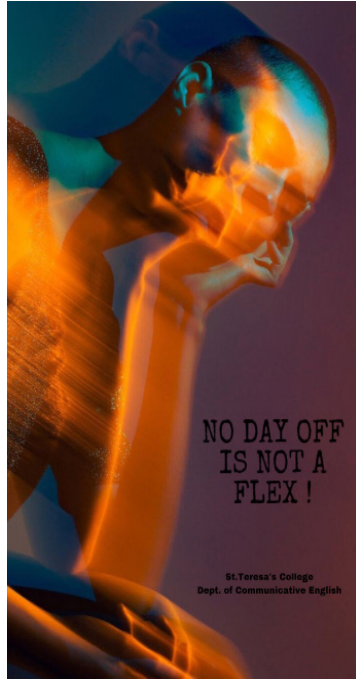
- Alka Padmakumar

As a part of Independence Day, the Department of Hindi conducted an online National Level Music Competition ‘Phir bhi dil hai Hindustani – A Symphony of Patriotic Songs’. Students from the states of Delhi, Maharashtra, Telangana, Tamil Nadu, Bihar and Kerala participated in the final round. The program was hosted by the alumni of the department. The first prize was secured by Sangam Kumar of St Peters College, Kolenchery. Priya Yadav of Sophia College, Mumbai secured the second position. A National Level Hindi Essay Competition was also held where 18 college students from 3 different states of India participated. Meenakshi Manoj of S.H College, Thevara secured the first position. Radha Thakur of Raja Singh College, Bihar and Priya Soly of St. Teresas College, Ernakulam secured the second and third positions respectively.

MENDING MOVES

-Malavika Lakshmy

The ‘Siren Squad Dance’ team of St. Teresa’s College conducted a Freestyle Choreography Workshop on 6 March 2021 under the guidance of two students from the college, Ms. Aswini Puthuruthel and Ms. Priya Vinod. On 9 March, a Bollywood Choreography Workshop was conducted by Ms. Anagha Mariya Varghese, an alumna of the college. The afternoon session was a self-defense class conducted with a view to increase awareness and promote self-defense skills. It was conducted by Ms. Renshi Suma A.S of the Hind Shico Riyu Karate team in collaboration with Commonwealth and National Karate participants. Despite the pandemic situation, there were 42 entries for the workshops. The fifth edition of Nirmana was an online workshop conducted on 12 March exclusively for the teachers of St. Teresa’s College on the topic, ‘Eat, Move and be Healthy’. It was led by Ms. Shiny Surendran, a renowned Nutritionist and Weight Management Specialist. She is a Chennai based holistic nutritionist, author, entrepreneur and an unshakable optimist dedicated to helping people understand the importance of being healthy and fit.



EDITORS' LOG

Leafing through these pages, we now realize that the fruits of genuine efforts taste sweet. It is with exceeding pleasure and pride that we present the 15th edition of the Teresian Impact, the making of which was an episode in our lives that we can never let slip by. We aspire that it lives up to all expectations and hopes, both yours and ours.

In hindsight, we can say that the past many weeks have tutored us in the importance of diligent work, patience, teamwork and effective designation, and further, trained us in various unfrequented locales of life and work. The pandemic times have taken a toll on all of us, and so, we have intended to incorporate elements from contemporaneity by showcasing the numerous activities and achievements of the college and also, pursuits of a world that is recovering, adapting and renewing. The supplement, HIDASTA, makes its way across the omni-familiar notion of Hustle Culture, exploring and expanding its iridescent seen and unseen faces. Is it a boon, bane, or both? Maybe the answer lies within these pages. We also avail this moment to ardently thank our Provincial Superior and Manager Rev. Dr. Sr. Vinitha, our Director Rev. Sr. Emeline, and our Principal Dr. Lizzy Mathew for this wonderful opportunity. We extend our sincere thanks to Ms. Remya John, Head of the Department of Communicative English, and all our teachers who have always been there to usher and support us as perpetual sources of wisdom. We also thank all the various departments for their cooperation. Finally, yet importantly, we cannot thank our seniors and the students of our department enough for their prized contributions, guidance, time, and effort. We truly hope and pray that you enjoy reading this edition and take away cheerful insights from these pages. Sayonara and until next time!

-Editorial Board



Diya Rasheed & Aileen Grace Thomas

Teresian steals the limelight

-Jaganya Srikumar

The unconventional beauty standards have always been a matter among the many. The emerging social media influencer, Krishnapriya Thilakan, a young lady in her 20s, popularly known by her Instagram name- kaaapicccooo is becoming an inspiration among the youth. She is doing her third year BCom in St. Teresa's College, Ernakulam. From her early childhood itself, she was used to the racial culture prevailing in the society. She was least bothered by her colour even though her family used to call her 'karumbi'. The insecurity of being black took its edge when once she was mocked by her makeup artist. This continued for some time until her friends encouraged to love herself for what she was. Later she started to fight against this discrimination through social media. With the passage of time, the protest against such colourism strengthened through her monochromatic frames. Her social influence began to grow and many youths found inspiration from the same. The budding model recently got featured in Pearle Maaney's 'Crazy World' which talks about body positivity, colourism and motivation. The video already crossed one million

YCC- A new chapter

-Nehla Mather

The Youth wing of the Public Relations Council Of India, The Young Communicators Club (YCC) inaugurated the 'YCC Chapter' in St. Teresa's College on 16 April 2021 with the presence of Mr. M.B Jayaram, the Chairman Emeritus & Chief Mentor of PRCI. The topic of the session was about the 'Relevance of Public Relations in Modern Societies'. The keynote speaker was Mr. Ajay Padmanabhan. He serves as the consultant for Reputation and Crisis Management.

PLAN A STARTUP

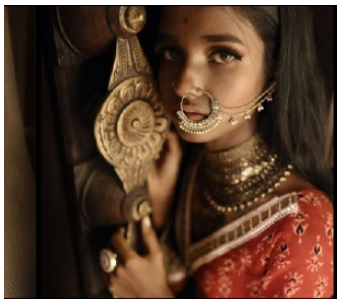
-Kripa Rebecca Thomas

The Department of French arranged a program 'How to plan for a startup: Legal and Amp; Ethical steps' on 3 March 2021. Dr Nishad V.M, the resource person for the day, is the Project Director of People's Foundation, a visiting faculty of TBI National Institute of Technology, Calicut and also the director of Nectaries Foods, India. It was a very informative and helpful session for all who attended it. "New things should come every day to human beings", stated Dr. Nishad V.M. He pushed everyone to bring out their own innovative and creative ideas and shared his steps of taking the idea and making it into reality. The talk was open for all the students and staff of our college and was conducted through the Google Meet platform.

DIFFERENTIATING ROLE

-Swathi.N

In association with the YCC Chapter, the Department of Communicative English hosted a webinar on 6 August 2021 at 4.30 pm in St. Teresa's College. The topic of the webinar was 'Engagement with Advertising and Social Media: The Differentiating Role'. The speaker of the webinar was Mr. Vivek Mohan, a Marketing & Communication Expert.



within two days. According to the recent status, her account reached 40k followers and is still continuing. The youngster aims to be a lawyer. Initiatives similar to these are to be greatly appreciated for the upcoming generations.

Lifestyle Disease Management

-Christeena Mary K.J

The Department of Clinical Nutrition and Dietetics in collaboration with the Nutrition Society of India and NetProFan conducted a webinar on 'Lifestyle Disease Management, A Nutrition Perspective' on 8 September, 2021 through Google Meet platform. The resource person was Rajiv Ambat, CEO and Chief Health Officer of NuvoVivo. The participants were given insights about the various lifestyle diseases and nutritional management.

BMS WELCOMES BATCH OF 23'

-Aileen Grace Thomas

The Department of Management Studies welcomed its incoming batch of Bachelor of Management Studies (International Business), Class of 23' on 17 September 2020. The highlight of the day was the session undertaken by Guest Speaker, Mr. Dileep Choyappaly, Director – Mozanta Technologies, who held everyone's interest through his deeply invoking and reflective talk on the Key Graduate Attributes for Management Students. After a three-day induction at the college level, the department held the Online Orientation program for its first-year students, which was filled with varied fun sessions, setting the pace for them to interact with each other in a common platform. The sessions started off with a morning prayer and then proceeded with the welcome address by the Head of the Department, Dr. Daly Paulose. Her perception of life mantras through classic stories for focused and balanced

Azadi Ka Mahotsav

-Amanda D'Cruz

The Department of Economics and Centre for Research conducted a Caption Writing competition on 15 July 2021 as a part of celebrating Independence Day- 'Azadi Ka Amrit Mahotsav'. Students were given a photograph showing people migrating during the Partition of India, and they were asked to observe the image and write a caption for it in English, Malayalam, or Hindi, using no more than 20 words and send it to the email address provided. This picture was selected because students needed to understand how in addition to gaining Independence, the Indian subcontinent was also partitioned into two independent states, whose impacts can still be felt today. The competition was won by Kriti Yadav of II B.A. Economics. Anjali Menon and Hridya Anish from the same batch secured the second and third places, respectively.

Soliloquy of the Soul

-Jaganya Srikumar

The English Association 2020-21, launched its official Instagram page "Soliloquy of the Soul" on 4 August 2020. The aim of the social media campaign that lasted two months was to spread awareness regarding mental health and to fight the stigma surrounding it. The various activities on the page included engaging puzzles that conveyed messages of mental peace, write-ups about the importance of self love and mental health. World Suicide Prevention Day and World Mental Health Day were also observed during this campaign. The campaign served as a platform to initiate discussions about mental health issues and also raised awareness about fighting the stigma that surrounds it.



Soliloquy of the Soul

anced years ahead was very insightful. It was followed by the Meet Your Faculty session, where the students were introduced to the faculty members of the department. To provide a better idea of the BMS life, the third year BMS (IB) students strung together a beautiful video on various programs, activities, sessions trips, and great memories in a video titled BMS101.

The girls were very enthusiastic to interact live with three alumni, who shared tips and tricks to navigate and utilize the opportunities that would come their way in the next three years. The day's activity was closed with an interactive session for the students with their class teacher, Ms. Anu Jayasankar.

WORKSHOP ON INTELLECTUAL RIGHTS

-Kripa Rebecca Thomas

The Department of Food Processing Technology arranged a workshop on 'Intellectual Property Rights and IP Management for Start-ups' on 23 February 2021. From the workshop, the participants had the opportunity of establishing a basic level of awareness about the importance and scope of IPR in academic research. Participants were able to understand the procedures to convert their research outcome into patents/ technologies to license. Shri Safikh. S, Technical Officer in Kerala State Council for Science, Technology and Environment, was the chief resource person. He coordinates with the IPR Cell coordinators in various Universities/Engineering Colleges to implement the activities of the cells effectively. The talk was open for all the students and staff of our college and was conducted through Google Meet platform.

VAAYANA PAKSHACHARANAM

-Swathi.N

As part of the Reading day celebrations, the second year undergraduate students of the college participated in programs on 19 June. The topic was "Writing, Reading and the Human Mind" and was led by the Chairperson of the Malayalam department, Dr. Selen K.V.

Dr. Selina K.V shared her valuable thoughts on the relevance of Reading Day and the innovative reading methods. The reading day message was therefore conveyed very productively.

Dr. Soumya Baby, the faculty of Malayalam department spoke about various novels, translated works and articles. "Journey through Reading" was the central theme and it was communicated effectively.

Smt. Rabia Beevi O.R, also the faculty of Malayalam department had a talk on the topic "Writing Experience, Poetry Presentation" and presented her own poems. She also spoke on the topic "The pleasure of Reading and Getting to know Books". "Ardhanareeswaran" by Perumal Murugan, Arun Ezhuthachan's book 'Vishudha papangalude India' which won the Kerala Sahitya Akademi Award in 2019, Kanni.M's collection of poems "Chaaranimarulloral chuvanna pottu kuthunnu" and Aryagopi's collection of poems "Uriyadum kaalathe pennungal" were discussed. Second year undergraduate student, Anagha Sebastian's story was also presented. Nandini Menon's poem "Balyam", Razina KM's commentary "Balyakala smaranakalilode", Anjitha's poem "Pralayam" were presented.

PANACHE 21'

-Alka Padmakumar



The annual literary fest, Panache 2021, an intercollegiate fest, was held online on 13 March, 2021. The fest conducted theme based competitions; Litzeria was a literary quiz program, Voice the Verse an English recitation competition with the theme 'Resistance', Spill the Ink a short story writing competition with the theme 'Humanity' and Test Your Jest a stand up comedy competition with the theme 'Online Class'. The entries for recitation, story writing and stand up comedy were collected between the 6 and 13 March, while the Literary Quiz was held online on the 13th via Google meet. The fest concluded with a valedictory function at 2.30 p.m. The function was presided over by US based poet and essayist Ms. Shahnaz Habib, who is also a teacher at Bay Path University and a consultant for the United Nations. Nikhil S Pillai from Arya Central School bagged the ever-rolling trophy.

"IDEAS WORTH SPREADING"

-Christeena Mary K.J



St.Teresa's is all set to nurture, stalk-through and fill minds with fresh and rewarding thoughts and ways of mind.TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TED Talk videos and live speakers combine to spark deep discussions and connections. It is of no wonder that a prestigious college like St.Teresa's hosted a TEDx event after a long month of patience. The initiative for launching TEDx StTerasasCollege was undertaken by an enthusiastic team comprising of Sneha Anna Gerge, the Organizer, Marianne Joseph, Co-organizer and core team comprising of Anna Kattampally, Treesa Thomas Payyanat, Vaishnavi V Menon. This dream was made a reality with the help of several people including the teachers and students within the college and mentors outside the college. The first step was carried out by submitting the application on 17 May, 2021. The approval was granted on 28 June, 2021. An Instagram page was created where students can update themselves about the events and its happenings, which paved the way for more participants. TEDx St Teresa's College comprises 6 teams, namely the Content Curation team, the Executive team, the Event Management team, the Design and Media team, the Sponsorship and Marketing team and a team consisting of backup volunteers. Each team consists of bright, energetic and passionate students who were selected in the recruitment process. TED Circles was conducted by TEDxStTerasasCollege on 11 July 2021. There were around 40 participants. The event started off with a brief description of what TED Circle is. The theme of the circle was 'Resilience' and the TED Talk selected was "Overcoming rejection when people hurt you and life isn't fair" by Darryl Stinson. The event was conducted by three breakout sessions, where they were asked to discuss a given topic within a specified time frame. After the discussion, as a takeaway, one person from each room was asked to summarize what they had discussed in one minute. There was overwhelming feedback from students who attended the session saying that they were able to share their views about each topic to others. New interpretations were shared and explored, and most of them had wonderful experiences from this session. On 15 and 16 July, TEDxWorkshop was conducted by TEDxStTerasasCollege, which was attended by around 60 participants. Johna Aswin Selva, former organizer of TEDx-KMCT, held the event on 15 July 2021. He explained all the work that goes into organizing a TEDx event. He also shared his experience on working individually and as a group and the struggles he faced as an organizer. The event was followed by a discussion session.

Vatsal Khemani, Organizer at TEDx MAHE, was the speaker for the session on 16 July. He explained how each team works and also taught the students how they can adapt to sudden changes while organizing a TEDx event. The event came to an end after a Q & A session, followed by a vote of thanks. The college is indeed proud to be part of this TEDx event. It has helped the students to become part of an international community. TEDx-StTerasasCollege was able to provide the students of the college with an opportunity that was quite overwhelming. It has also helped to boost the confidence level of the students and provided them with an opportunity to converse with like-minded individuals.

Venturing Into Entrepreneurship

-Niveditha Mohan

An interactive workshop was conducted on 'Formulating Innovation and Entrepreneurship Plans' in tune with the National Innovation and Start-up Policy of MHRD on 1 March 2021. The event was jointly organized by IEDC, IIC and RED Cell of St. Teresa's College. The resource person was Prof. Sherin Sam Jose, Assistant Professor, Amal Jyothi College of Engineering Kanjirappally & CEO of Start-ups Valley, Amal Jyothi TBI. He spoke on the significance of developing innovative thinking as a part of curriculum designing and promoting innovation among budding entrepreneurs at school and college level. This was followed by a discussion on the structuring of the start-up policy as advocated by MHRD.



JOURNEY TO THE CORE OF PHYSICS

-P.S Malavika

A weekly lecture series aimed to impart basic understanding of the concepts in physics to all the physics lovers was organised by the Department of Physics. This was a platform for all the students to present their lectures on any topics in Physics. By this span of time, 10 lectures on many major topics in Physics were carried out. It was conducted on 26 November 2020.



Quitting isn't failure, it's Redirection.

Financing Women Entrepreneurs

-Nehla Mather K.N

Innovation Entrepreneurship Development Cell (IEDC) of St. Teresa's College (Autonomous), Ernakulam, in association with Kerala Start-Up Mission, conducted a workshop titled 'Financing Women Entrepreneurs' on 4 March 2021. Sri Arun Gireesh, Assistant manager at Kerala Start-Up Mission, was the speaker for the workshop. The session was informative and very useful as he shared his knowledge on various schemes and financial loans available to women entrepreneurs of Kerala.



GOOGLE OFFICES: FEEL AT HOME WHILE NOT AT HOME

-Nazia.T.M

Motivation- one of the many things an employee needs in his or her life to work to the full of their capabilities. Motivation can be found in many forms-through music, a person or a quote you come across. But multinational companies like Google believe that one's workspace accounts to bringing about motivation as well. Apart from being known as the most popular search engine, email service provider and web browser, Google is also popular for its employee-friendly workspaces. Google workspaces are built in a way that keeps its employees motivated, wanting to come back and they never grow tired or tedious. Some might wonder what's so special about these workspaces. Well here are some of the fun stuff Google workspaces include - one of the most noticeable parts among various Google offices is its vibrant colour scheme. Almost all imaginable shades adorn the walls of these offices. Secondly these offices are designed in a way to keep the employees active, whether that be in between office hours or afterwards. The Google office in Venice has a climbing wall while their office in Zurich and the YouTube office has slides; most have swimming pools, gyms, volleyball play areas. Thirdly Google has a Third space within the office- these spaces are for casual seating and interaction among employees other than at their work desks. Also, Google offers their employees free meals to keep the employees working for as long as they can inside the campus. On the other hand, there are disadvantages to such office layouts too. Third spaces provided by Google can also encourage distractions among employees by giving room to them. A positive and comfortable work environment is exactly what every employee deems ideal, and Google, by providing for their needs, is killing two birds with a stone. This, firstly makes the employees feel comfortable in their work space and secondly, makes these employees work more hours without putting a direct pressure on them.Nevertheless, Google

LIGHTS. CAMERA. CAPTURE

-Amanda D'cruz



In connection with World Environment Day, an online photography competition was conducted by the Department of Commerce (SF) on 2 to 4 June 2021. The topic highlighted for the event was 'Nature's Beauty'. A total of 136 entries were received, out of which 108 participants were from St Teresa's College, 8 entries were from outside the district of Ernakulam and 2 entries were from outside the state. The judge for the event was Adv. Deepi Ashok, a traveller by passion and an advocate by profession. The event brochure and guidelines for the competition were circulated through various online mediums. The best entry was awarded a cash prize of Rs.1,000.



gle has been evidently generous in building and designing these offices and most believe that it is to encourage the employees, motivate them to work long hours while making them feel comfortable at the same time. Without doubt, these workspaces play a great role in employee and employer satisfaction, for this sort of setting increases the collaboration among employees, thus leading to sharing of ideas and thoughts from people having different cultural backgrounds. This is also a great strategic play on Google's part to make employees work long hours as it promotes creativity and product through the open office layout.



The Ultimate Illusion of Control

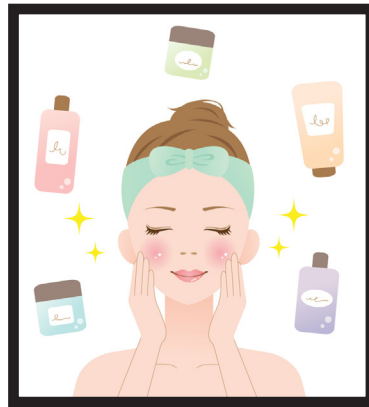
-Shraddha Suresh

On a daily basis, the media drives you to consume information that conforms to your gender stereotype. Women are often fed information about beauty and insignificance. Our work becomes our life. But, how is it fueling the diet culture? While diet culture itself is promoting prejudice against plus-size people, reinforcing the notion that you cannot be truly happy if you are overweight, hustle culture undeniably makes the former feel more repulsive. Hustle culture makes one run behind the world in a cut copy format whilst bringing the aspect of body, fitness and diet into it makes the whole thing toxic in its appearance. Both cultures' messages are practically identical. Phrases that promise speedy results, tell you it's simple, or that all you need is a little determination. Diet videos will show you which ten foods to avoid for immediate results, while side hustle films will show you which ten behaviors will make you wealthy. The message tells you over and over that your life will be wonderful once you achieve it, and they show you glimpses of your future life to confirm a dream that you didn't have two weeks before. The most striking resemblance between their messages is the way they persuade you to pay money to learn the mysteries. Diet culture will induce you to spend huge sums on medication, workout courses, courses or organizational accoutrements. Burnouts are linked to a slew of health issues, including high blood pressure, binge drinking, atrial fibrillation (an abnormal heartbeat), cardiovascular disease and depression, to name a few. In reality, there is no such thing as a 'perfect' body size, and even if there were, it would be out of reach for anyone who did the 'right' thing (or whatever weight-loss trend was popular at the time), as proven by the 98 percent failure rate of diets. These statistics alone exemplify the no-win culture that we have been brain-washed to accept. Diet culture, in one fell swoop, sets us up to feel horrible about ourselves and judge others, while implying that losing weight will make us feel better. To be exact, one must also understand that anti-diet does not necessarily mean anti-health. The culture is toxic and unforgiving. It is anti-mental health. Like diet culture, it will have to change to exist in the future. The culture is not transparent, it still manipulates its pictures before posting. It does not allow you to take a break when you need one; in fact, it views this as a weakness. It has nothing to do with the way one looks, but how one actually feels from the inside; to be happy inside out.

STILE DI VITA

*I'm Wealthy-
Well, I'm Healthy !*

-Pavithra Menon



Source-istockphoto.com

She's a 10!

-Mariam Sara Joe

Glowing skin is something many people strive to achieve. There are numerous ways to improve the health of our skin and hair. We can enhance it, treat it, or just maintain the glow we already have. So here, I share a few tips for glowing skin.

Beauty can come in different kinds. Healthy skin does not mean perfect skin. Every individual has their own way for perfection. Primarily, every individual should understand that believing in your strength is where your confidence lies. Beauty is not defined by skin tone or body type. Believe in yourself that you are beautiful and it will help you to be confident. Beauty comes from within. There are many beauty products available in the market, hence it is difficult to decide what is best for our skin. Also these products are quite expensive. Therefore these consume our time and money in one way or the other. The best way to be beautiful is to keep it natural.

1. Drink at least 8 glasses of water every day. It helps in hydrating our body and skin. Eating leafy vegetables that are rich in antioxidants will help in achieving glowing skin.
2. Drink a sufficient amount of milk which is essential for the skin and it gives a shining effect on your face and it also helps to maintain weight.
3. Sleep at least 8 hours a day.
4. For radiant skin- moisten your skin by using an intensive body lotion. Apply it right after taking a shower when the skin is wet and dewy. This will ensure that moisture is locked in your skin. Protect your skin with sunscreen. While choosing your sunscreen, make sure that it contains antioxidants and other beneficial ingredients.
5. When it comes to hair, consume nutritious food for healthy hair, skin, and nails. Hair should be treated and cared for more than skin. The body needs the right amount of care to stay beautiful. If one strives for a nutritious daily diet, it will show in one's physical exteriors. Curry leaves are great to consume, if you want to reduce early graying of hair. The vital minerals and vitamins will keep the hair beautiful and pigmented.
6. Another element helpful for the growth of hair is rice water. It is the starch water left over after rice is cooked or left to soak. Rinse your hair with rice water thrice a week. It makes the hair smooth and shiny, and also helps to grow faster. When applied on skin, it reduces acne and pores. Rice water cools the redness of an outbreak. It acts as an astringent on the skin, tightening the pores. Rice contains many vitamins and minerals that help to keep your skin smooth and bright. This remedy can be done for both oily and dry skin.

Let me start with the famous saying "Health is Wealth". And when I say health, I refer to both physical and mental health. Good health is essential to maintain mental peace and happiness. However, today's is a rushed world where life is taxing and people are always engaged in many ways. Adults go for work, kids to school, youth to college where they occupy themselves in preparation for promotions, exams, extracurricular activities, and whatnot? It is a tedious task to establish a systematic routine amidst this busy schedule. Humans are so fully focused on building a career that no significance or importance is attributed to one's physical and mental health. A majority do not get the mandatory prescribed hours of sleep and sometimes, the practice is to skip meals which can cause one's bodily metabolism to slow down. Over time, the human lifestyle has changed and they have become increasingly prone to eating junk instead of healthy food.

Here is a reminder that there are multiple ways to remain healthy.

1. Move those muscles- Regular exercise is the first and foremost factor to remain healthy. It not just helps to lose weight, but also reduces the risk of the occurrence of diseases such as diabetes, obesity, blood pressure and others. This will also improve one's mental health as it will make one emotionally tenacious.

2. Eat healthy- Maintaining a balanced diet is extremely important as it supplies all the nutrients the human body requires. If a balanced diet is not maintained, one's body will be easily prone to multiple diseases. That being said, skipping meals is also never a good idea to remain fit as it can result in exhaustion and drowsiness. This can also have an adverse impact on one's mental health, especially amongst children as they will start showing developmental problems, poor academic performances and others. On another note, consuming alcohol, smoking and taking substances can gravely affect one's internal organs and as time passes by, this can worsen their mental health.

3. Get Moving- An active lifestyle plays a significant role in remaining healthy. Some of the practical methods to maintain an active lifestyle are walking more often, cycling, jogging, using stairs instead of elevators, and various other such methods. Such a lifestyle can also help to improve one's strength and fitness, hence, improving one's sense of well-being. Smoking, Alcohol and the lot- a big NO. There is absolutely no fruition if one is reluctant to follow this step and then, follow everything above. Consuming alcohol, smoking and taking substances can gravely affect internal organs and as time passes by, this can worsen your mental health.

Making Room for Mundane Pleasures

-Nilu Elizabeth Joseph

Fashion is inspired by the shifting landscape of work as co-working and 'lean in' gain hold of our leisure time.

Work entails putting in a lot of effort to persuade you that it is enjoyable and that you should want to participate. We have been conditioned to believe that we should monetise any and all activities as part of our 24/7 work culture: the act of living has become a job for Instagrammers. The culture of working 24 hours a day, seven days a week is entrenched. Work is now wheedling, despite the fact that office hours have been stretched far beyond the conventional nine to five. We need to stop overworking. The absence of sleep, good diet, exercise, and time with friends and family isn't something to be applauded. Too many people wear their burnout as a badge of honour and it needs to change.

The fashion industry is no exception from the hustling culture of our lives. Speculation banking organization Goldman Sachs has, as of late, loosened up its representative clothing regulation. Even the world's richest people walk around in hoodies and roll-necks at times. Style being design, similarly as the message that 'workwear is over' has hit the normies, dressing like a money manager has become uncommon.

Models, social media influencers and content creators have glorified the hustle culture in the fashion industry by making money out of their personal lives too. They have created a wrong notion about fashion and its billion dollar industry. They have made us believe that constantly working or grinding is essential in order to be successful in the industry. Life has become a race to

finish and in the midst of it we have forgotten that rest, recovery and reflection are essential parts of progress towards a successful and ultimately joyous life. It is important to understand that there is no prize for running yourself into the ground.

Workplace burnout has increased dramatically in these pandemic times, which is one of the reasons why even workaholics think it's fine to no longer be among the 'hustlers'. In reality, workplaces and businesses have implemented regulations that allow employees to take additional vacations and relax. These workplaces value their employees and their well-being is their primary priority. To name a few, Employees at Duroflex are not allowed to receive work messages before 9 a.m. or after 9 p.m. Jewellery brand Melorra said that if their employees feel that they are overworked or anxious, they can approach their managers or HR, and they can take a break if they are burned out. While Urban Company has a mental health leave policy, Bumble has stated that all employees would have a paid time off policy.

Social media can set unrealistic expectations. Instead of being a motivating factor, it may lead to low self-esteem. Over-romanticising of hustling doesn't take under consideration that folks come back from totally different socio-economic backgrounds. Well-liked phrases such as "You have equivalent hours within the day as Elon Musk" or "Doors can be opened for those brave enough to knock" disregard the multiplicity of human struggle. The fashion industry is certainly going to thrive even without complicating human lives.

Live and let live!

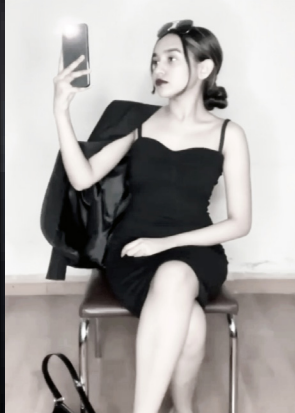
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STC Fashion Team

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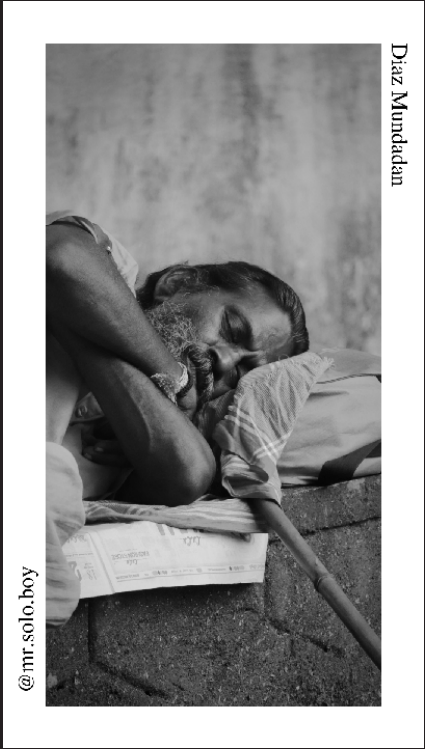


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Seeing the unseen- Captured glimpses of wonted moments



What is productivity? Is it money, toil, sleeplessness and unease?

- Alka Padmakumar

An average person spends 90,000 hours of their time at work throughout their lifetime. To put this figure into perspective, that amounts to approximately ten years. The fact that people say “I can sleep when I’m dead” almost unironically is extremely alarming and disorderly. Over the years human beings have come to associate feelings of self-worth with their productivity. I shall attempt to debunk productivity or hustle culture, by stripping it to its core, which is, capitalism. Capitalism is what led to people’s strong inclination towards productivity; capitalism started the rat race and chained us to the rhythm. All of this comes down due to one notion: that the labour of workers produces value. The capitalist owns the means of production, and since workers can be easily replaced, they feel disposable, making them obligated to work harder. “Peak performance” or “efficient” have become terms used to praise people when originally these were used to describe machines. Sadly, the rise of productivity from the 19th century to date has not been compensated with pay, the relationship has not been directly proportional. The whole point of it all was, hence, overlooked. What is this productivity, and how is it defined anyway? It is interesting to note that productivity is defined as the efficiency of the production of

of goods or services. Human beings designed machines and other sophisticated contraptions to make life easier, but instead have ended up competing with them. Expectations are set every day and replaced by more unrealistic standards once they are achieved. What is this productivity, and how is it defined anyway? It is interesting to note that productivity is defined as the efficiency of the production of goods or services. Human beings designed machines and other sophisticated contraptions to make life easier, but instead have ended up competing with them. Expectations are set every day and replaced by more unrealistic standards once they are achieved. There has also been a sudden rise of overhyped trends. This is why toxic productivity is such a prevalent topic in terms of the world today, in social media or otherwise. Seemingly perfect people flexing their impeccable routine, quick fixes and advice drive up the demand and supply of motivational content. Being the most productive people, they are more likely to be listened to. But what does this “productivity” primarily imply here, and who is known for their productivity? Common answers may include Oprah, Barack Obama and Mark Zuckerberg. Coincidentally all of them happen to be at least multi-millionaires. So money is productivity, to some. Mark Zuckerberg, Steve Jobs and Obama have credited their produc-

tive lifestyle to their simple and minimalist fashion choice of wearing the same kind of clothes every day. Oprah has shared her disciplined and strict everyday routine. But the simple truth that “what works for one may not work for all” seems to have completely flown over our heads. Yes, hustling has led to positive results but everything without moderation is a disaster.



Source - unblast.com

Not everyone could imagine themselves waking up at 5 a.m every day to make avocado toasts, oatmeal smoothie bowls and green juices, swearing never to eat junk or miss a day of exercise, all while going to work and earning of course. Unbelievably, the day ends for some in lasting feelings of guilt just because they indulged in junk food, overslept, missed a day of exercise or even took a sick leave. Money is, in fact, not productivity—not in literal terms at least. A person doesn’t have to monetize every skill they may possess. A skill can be a hobby or a means of leisure and entertainment.

Pop culture or modern popular culture is transmitted via the mass media and aimed particularly at younger people. It refers to “fashion, music and the iconography of pop culture offered the perfect medium for profit”. This culture has a much more drastic effect than it seems to. People who feel pressured to know certain information, to look a certain way and to live life in a certain way are more familiar with this concept than you could even realize. It’s also applicable to the culture that forces people to get themselves exposed to even those leisure activities they are least inclined towards, only to avoid being less socially relevant. Productivity is always a relative concept, which is why balance plays the most important role. Mindfulness is key. We have created for ourselves standards that are unattainable and it is only a matter of time before we disappoint and overwhelm ourselves. Today, many people seem to have forgotten how rest is productive. A person can only achieve so much during the day. If being burnt out and sleep deprived is not desirable, then the romanticism of reaching unrealistically set goals must stop. It is likely that in today’s world one may end up feeling isolated in their opinions and routine, but we should not bash ourselves for wanting something completely normal. This toxic cycle is called hustle culture: it is the societal standard that

you must exert yourself at 110% capacity to succeed. Hustle culture is the collective drive to work harder, faster, stronger. Every. Single. Day. Hustle culture doesn’t take breaks. Hustle culture doesn’t sleep. Hustle culture works day in and day out and pushes itself to maximize all 1440 minutes every day. Known by many names including Toxic Productivity-Culture (TPC), it is a cultural trend defined as an obsession, or addiction, to being productive and results in one’s self-worth being measured by levels of productivity. However, rest is not a reward, simply because we are not bots. We are resources for whom rest is not only essential but also, contrary to popular belief, productive. Wrongly made connections of productivity were made with money, toil, sleeplessness and unease. What society has conditioned to believe money provides, is provided by feelings of satisfaction and stability, which need not be financial for every person; to each their own. There is much more value to prioritizing oneself than what society lets one notice. We have not yet internationally reached a post-pandemic era; now more than ever it is okay to just survive. The daily grind needn’t be. Avoid disrupting one’s own mental health on a long-term basis, just for the sake of validation or to follow a certain aesthetic. It is more sensible to choose comfort over what’s trending.

ManMet- STC joined hands

-Diya Rasheed

The Department of Sociology and Teresian International in collaboration with Manchester Metropolitan University(UK) organised a virtual mobility platform on 18th February 2021. The ManMet- STC programme was orchestrated by Elizabeth Abraham and Georgia Ann Benny from the Department of Sociology; Dr. Jisha John and Sona Mathew from Teresian International and Prof. Shoba Arun, Prof. Katie Milestone and Prof. Benedicte Brahiv from Manchester Metropolitan University. The program started with an ice-break session, followed by two parallel sessions on Gender and Social Media, and Youth and Pandemic. Fatima Ali Mohammed and Ludia

Lawrence were the student ambassadors for the program. The program ended with both groups sharing their outcomes and experiences of the discussion. Gender and Social Media were discussed by Navya C kappan, Roveen Samuel, Riyan Joseph, Divya Suresh, Kalyani KS, Sithara Mohanachandran, Magdalene Benil, Bibian Mariya, Mary Sony and Pavithra P. The students from the Department of Sociology and Department of English of the college and students from ManMet University were the beneficiaries of the program. The program helped the students to be exposed to a new culture as well as increase their academic perceptiveness.

NEETHIMANTE VAZHICAL

-Kavya Subramaniam

In the month of March, the Jesus Youth Club of St.Teresa’s College initiated short meditations on the virtues and miracles of St. Joseph, called ‘Neethimante Vazhikal’. Various Marian competitions were held in May and many of the members participated in them. Social media page became more active and the winners were announced through Instagram. On 31 May 2021, Jesus Youth all over the world were renewing their commitment to this movement. As another great blessing from God, 11 students took commitment and 16 students took recommitment from our college. Daily tasks and prayers were given in June to celebrate the month of

‘Sacred Heart’, through an initiative called ‘Living Flame of Love’. A pro-life session by Dr. Nirmal Therese, Kerala pro-life ministry member, was conducted on 8 August. A Marian talk by Fr. Antony Maria Vellappallil was conducted on 15 August. A new YouTube channel took shape on the same day which made the day more graceful. Preparations for the nativity of the Blessed Virgin Mary from September 1 to 8 included making a chain rosary, thus adding grace to the feast. The core members participated in the core team training which was held in the Ernakulam Campus ministry.

Fit India Freedom Run 2.0

-Nehla Mather

NSS Unit 41 and Youth Red Cross Society of St Teresa’s College (Autonomous), Ernakulam in association with Nehru Yuva Kendra, organized the ‘Fit India Freedom Run 2.0’ on 13 September 2021 as per the instruction provided by the Ministry of Youth Affairs and Sports to commemorate ‘Azadi Ka Amrut Mahotsav.’ The event was inaugurated and flagged off by Shri.Jafar Malik IAS, Hon. Collector of Ernakulam District. Mr. Ashwin Kumar, District Youth Officer (United Nations Volunteers- UNV) welcomed the gathering. Rev. Dr. Sr. Vinitha CSST, Provincial Superior and Manager of St. Teresa’s College (Autonomous), Ernakulam and Shri Joy Paul, Dis-

trict Chairman of IRCS offered their felicitations. Mr Bijoy KV, Working Chairman of Youth Red Cross Society, Smt.Ponnamma Parameswaran, IRCS Taluk Chairman and Dr. Lizzy Mathew, Principal, St. Teresa’s College (Autonomous), Ernakulam also complemented with their presence. The official ceremony concluded with the vote of thanks delivered by Ms. Anagha R, General Secretary of NSS Unit 41, St. Teresa’s College. Around 30 students from NSS Unit 41 and the Department of Physical Education participated in the run, which was flagged off from the campus and ended at Marine Drive. Smt.Annie Siva, Sub-Inspector of Kerala Police culminated the run by addressing the crowd.

WORLD FIRST-AID DAY

-Nafisa A K

NSS Unit 41, in association with Youth Red Cross and Help for Helpless Charitable Society, conducted a webinar to commemorate World First Aid Day on 11 September 2021. The session was taken by Dr. Vivek R, HOD and Senior Consultant, Department of Emergency Medicine at the Caritas Hospital, Kottayam. Dr. Vivek took a brief class on first-aid, basic life support and common emergencies. Many students participated in the webinar.



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HUSTLING THROUGH THE AGES

The hustle and bustle of life is as old as life itself; it isn't new to mankind as it has been part of existence since time immemorial. The word 'hustle' is derived from the Dutch 'husselen' meaning 'to hurry'. Hustle culture is a lifestyle where people believe that the most important objective of life is to achieve goals by working hard and restlessness is considered an inevitable element. It can be considered to be a more intense version of workaholism. Those who adhere to hustle culture believe they can achieve whatever success they desire by working too hard. They sacrifice the present in search of a better future.

HISTORY AND EVOLUTION

-Devika S Menon & Santhipriya M

“The average-coloured man does not know how to hustle” is what Timothy Thomas Fortune wrote for an African American newspaper, in 1888. Hustle ‘culture’ began in the 19th century and has its roots in the late 19th century American society. African Americans were forced to work extremely hard and without wages by the Americans. African Americans believe hustle culture to be dangerous as it does not offer a realistic plan for overcoming financial difficulty and it also completely ignores enjoying life. This culture is believed to have led to the rise of racism in America.

Throughout the 20th century, the term hustle was used to characterise what many poor black people had to do to make their ends meet. Various media linked ‘blackness’ to laziness and claimed that lack of hustle was the reason for black peoples’ post emancipation struggle. During this time, various unlawful activities such as sex work, scams, and other robbery took place. From then, the act of swanking about hustling paved its way into mainstream music. The term hustle became popular in rap culture during the 1990s and 2000s.

African Americans were given larger workloads than their white counterparts and were expected to complete this work at a low wage. They had to work twice as hard, sometimes even three times as hard as white people in order to achieve the same professional results. Work’s evolution from a means of material production to one of identity production could not have been predicted by early twentieth-century economics. They failed to predict that employment would remain a requirement for the poor and middle classes.

In recent times, there is a significant rise in this culture, and it emphasises on putting work above everything else. Companies force their employees to work hard so that they can gain profit and bring their company success, regardless of the employees’ health and leisure. Employers ignore the fact employees and labourers too are humans, and their health, both physical and mental, is important. But recent times also witness a significant rise in the voicing out of problems and raising of voices against such injustices and exploitation. They make their employees work overtime, ignoring their needs, while paying them low wages, people go behind and work hard to attain their greed. Such mutual understanding and coordination is vital for the smooth functioning of the company as well as for the employees’ benefits. Employees should feel a sense of belongingness within their company. Regular meetings should be conducted to know the needs of the workers and this is the responsibility of each company.

19th

CENTURY

20th

CENTURY

21st

CENTURY

BACK TO COLLEGE

Vaccination Drive Inauguration

-Maria Anaida Stephen



Source- All Things Talent

On 6 of October, volunteers of NSS Unit 41 volunteered and took part in the inauguration of the free vaccination drive, ‘Back To College’ project launched by MP Shri. Hibi Eden who also presided over the event. The function was inaugurated by renowned actor, Shri. Jayasurya. Dr. Junaid Rahman of the IMA as well as Cmdre. Ajaykumar and Shri. Renjith Warriar of the Saukyham Charitable.

Post Covid Development

Covid-19 proved to be the never-ending “pandemic”: an epidemic that paralyzed the society and the economy. There is an urgent need to study how Covid-19 has evolved into a health and development crisis. Based on more than ten years of research on the epidemic, we believe that the origin, process, and impact of the Covid-19 pandemic need to be analyzed. It is necessary to consider not only the structural, political and economic conditions, but also a far less orderly and “stubborn” process. In the conditions and process of the occurrence, progress, and impact of the pandemic, this structural and stubborn duality gives us a glimpse of three main challenge areas. The first is how to use scientific advice and evidence in politics when conditions are strictly related to the established power structure, but so uncertain. Second, the way the economy operated during the Covid-19 crisis exposed the limitations of the traditional economic growth model. The third aspect deals with how new forms of politics become the basis for newly designed citizen-state relations in response to epidemics, such as in the area of mutual solidarity and care. Covid-19 shows that we are facing an uncertain future in which prediction and resilience to major shocks must become the core focus of development, research and practice. The Covid-19 pandemic has had a devastating impact worldwide, from the time of its origin till present. In order to understand how it started, how it unfolded in different regions, and how people and places are affected, we must deal with structural conditions. This calls for more dynamic and headstrong tactics to be

Trust also felicitated the event. Rev. Dr. Sr. Vinitha CSST also graced the occasion with her presence and Principal, Dr. Lizzy Mathew delivered the Vote of Thanks. Program Officers of NSS Unit 41, Dr. Jency Treesa and Dr. Shilpa Jose were also present throughout the ceremony. Volunteers Anjali Menon took on the role as Master of Ceremony while volunteer Akhila S Nambiar rendered the prayer song. All volunteers of NSS Unit 41 actively helped to ensure the smooth functioning of the drive by directing the participants and providing assistance wherever required. Volunteer Anjana also took part in the vaccination drive, all the more adding to the success of the event.

incorporated. People now respond and deal with how they interact with inhumanity and with each other during this Post-Pandemic Transformative period. Covid-19 has discovered serious errors and vulnerabilities in the current system. The structurally unruly duality characterizes emergence, progress, and effect. Mainstream developmental thought process and practice are part of the problem. Science, politics, economy, and governance need to be transformed. Require flexible, fair, diverse, caring and inclusive politics. In short, as Covid-19 and past disease outbreaks have repeatedly shown the root causes and consequences of ecological disturbances, it also reflects structural, social, political and economic conditions. Of course, the political ecology approach has indeed recognized this. But, it is surprising how many development policy approaches in the context of climate change have been reduced to treating symptoms and focusing on those who would interact with animals or solve problems like a one-off disaster. As the general research results of “unbalanced ecology” have shown, simplistic and deterministic development planning and intervention methods are rapidly disintegrating. The broader view of accepting the irregularities of nature and the non-linearity of results suggests a different approach; a more respectful, casual, and preventive approach. Conversely, this kind of non-compliance of different social properties requires more attention to dynamic ecology and the structural, political and economic foundations and consequences of development research and practice.

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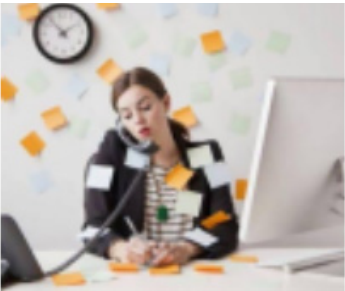
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Should the Grind Make Noise ?

-Kripa Rebecca Thomas and Reah Ajith



Source- theartof.com

While Dolly Parton groaned over the everyday routine of the 1980s with her song “working nine to five, what a way to make a living!”, today’s contemporaneity is more along the lines of ABBA’s Money, Money, Money- “I work all night, I work all day...” Education is often rightfully called a rat race as we are graded and molded into people who follow the track laid out for us. It is seen as normal for a student to overwork themselves, sleep for 4-5 hours a day and not even think that there is something wrong with it. Parents tend to assume that if their children don’t hustle, they are just wasting time and not working hard enough, that they will end up as losers. During our journey towards perfection, we forget to look at what life is and what it has to offer. We tend to overlook the simple things while brooding about the big picture. The current work culture demands, as a norm, that one be up and available at all times, sacrificing everything around- families, friends, hobbies and relationships - all to achieve one’s solitary goal with respect to

one’s occupation. This is called the grind culture. While it is true that one may have chosen one’s path and even landed the job of her dreams, it does not mean that her job should become her life. A healthy balance of work and leisure is a necessity to maintain a stable body and mind, both equally important. However, grind culture does not acknowledge this importance and, in fact, makes those trapped within feel guilty while spending too much time not working. Today’s youth are also feeling the pressure, not being enough to endure or like one’s work, being fully mindful of the ideal of having to love her occupation. They realise the truth that they may in fact only be working to survive the rat-race. Not loving one’s work and not thinking #thankgoditsmonday could even make one seem competent in this generation. This often leads to multiple mental breakdowns and frequent bouts of exhaustion. Many times, one may work so hard only to forget why they wanted the job in the first place. This new work tradition is devoid of happiness, though many vainly hope for the same. Being a workaholic and following the mantra of ‘rise and grind’, that is, waking up and instantly getting into work routine, are lauded and are considered as requisites to climb the corporate ladder. When we join an office the regular work hours are 9-5, but we all know that it is not true. While some work till the crack of dawn at the office, others take their work home. During this hustle we forget to live. Many people have different reasons as to why they hustle: some for the

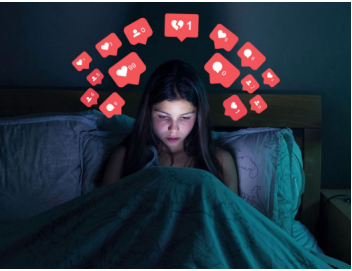
money, some for the fame and some just hustle because that is all they know how to do. During this pandemic we were all stumped with the amount of free time we had. Most of us enjoyed the first few months of rest, but started getting restless towards the fourth or fifth month. People started looking for a new hustle, to make the most of their time. According to a recent survey by the National Bureau of Economic Research they found an upsurge in entrepreneurs during mid- 2020. What is forgotten and often required in such situations are moments of rest, a breather pause for some self-care that one should not be afraid or hesitant of enjoying. Remember that success should not be to prove one’s worth to anyone. This must be realized. Lead a life that is wished for oneself and not one dictated by any other. Stop wasting time in attempts to prove yourselves to critics and worrying over falling short. Be unafraid of facing judgement. In the end, one has to lead one’s own life and there is only one such life to live. Maybe say that we work so hard to reach the goals that we forget why we wanted them in the first place?



Source- inc.com

THE RACE TO BE THAT GIRL !

-Megha .M



Source- The Independent

That girl is a viral trend looping around on Instagram and TikTok during the pandemic- a wellness trend for those who want to embrace the best version of themselves. To put it in simpler words, ‘that girl’ is someone who has their life pulled together. They are living an effortless life and looking good doing it too. ‘That girl’ wakes up at 7 in the morning, writes a journal, prepares a plant-based breakfast, workout in a cute, coordinated outfit, makes her bed (in a Pinterest model room), gets ready for school with all the so-called ‘aesthetic’ school supplies, or if a jobholder, she is an established one and is highly productive all day, in fact, every day. She somehow finds time for a day and night skincare routine and a perfect sleep schedule. In conclusion, ‘that girl’ is happy in all aspects of life - or that is the idea we receive. This picture-perfect life is sold to us through Instagram reels, TikTok and YouTube, and is gaining a profit of billions of views and likes. Many hopped on to this trend and made it a global icon for ‘the ideal life’. Little did we realise how toxic and problematic this could be. It dangerously promotes disordered eating and sleeping, prioritising toxic productivity, forgetting to keep one’s mental and physical health in check.

In the run to keep up with the glamour of the hustle culture, we fall prey to the illusions of social media and lose ourselves along the path. Thousands have attempted or wished to create ‘the life’. But the real question pertains- is it worth all the effort? ‘That girl’ on your screen is in a place and situation that is different from your own. Reel and real are two far-fetched things. And just because somebody gulps down green juices every day does not mean you have to do the same. We try to do tasks that are well beyond our capability, merely driven by the thought “If they can, why can’t I?”. It is not just this one trend that is adding on to the comparative and narcissistic attitudes of the mobs. Those aesthetic videos showing off cool outfits and study gram reels which are supposed to motivate do not produce the desired result. For example, the video where a young

teen goes around the world with her friends and having the best time of her life makes a good proportion of its viewers sit for a minute and contemplate their own lives, arriving at grim conclusions. This can tarnish and ruin one’s idea of ‘fun’ or ‘happiness’- for the sake of a stranger’s masque on screen, and even lead to grave mental complexes. But, neither the creators nor the spectators can be solely blamed. What should be realised is that it’s just a video on a screen; that it should never be the yardstick of your life. It is normal to be lazy. Procrastinating your work for a day will not kill you. Take a break to look at yourself. There will be failures, disappointments and sleepless nights. Normalise it. Show the world that it is okay to be broken sometimes, it is okay to not be productive. All that matters is to grow strong from these setbacks and to thrive.

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SPORTS

STC SEALS THE TAEKWONDO CUP

- Seirah John Anchery

Students of the College won the Overall third position in the MG University Inter-Collegiate Women and Men Taekwondo Championship held at Bharat Matha College, Thrikkakara on 26 July, 2021.

Aleena Joseph of II BCom (Capital Marketing) and Anna Agnus (II DC) from the Department of History won the silver medal. Amala Roy of II BCom, Capital Marketing secured the bronze medal.



DISTRICT YOGASANA CHAMPIONSHIP

-Niviya Liz Lonachan

Ayisha Almass PA, from the third year Zoology department won the second prize in Yogasana and first prize in the Pair Item in the District Yogasana Championship, held on 26 September 2021. The event was held at KSEB Hall, She-noys Road.

BADMINTON CHAMPIONSHIP 2021

-Kavya Subrhamaniam

The students of St. Teresa's College secured the first position in MG University Inter-Collegiate Badminton Championship which was held on the 8 and 9 April, 2021. The competition was held at St. Teresa's College ground.

The team members were Aangelin Maria Paul from the Department of Psychology, Reza Farhath from the Department of Commerce (B-com Regular), Ann Treasa CY from the Department of Physics, Anjali Pradeep from the Department of Communicative English, and Ann George from the Department of Management Studies.



SWEET HUSTLE ON THE TRACK: NEERAJ CHOPRA

-Angel Jelson



Source- NDTV.com

cided to try his luck at javelin throw and began participating. After training for a year, Chopra was admitted to the Tau Devi Lal Sports Complex in Panchkula where his coach Naseem Ahmad trained him in long-distance running along with javelin throw.

At Panipat Sports Authority of India (SAI) centre, javelin thrower Jaiveer Choudhary recognized his talent and great potential and his ability to achieve a 40-metre throw without training and, impressed by his drive, he became his first coach.

In 2012, Neeraj Chopra became the U-16 national champion and won the

silver medal in the National Youth Championship 2013. Chopra has been bringing in international accolades for his country since 2014. In 2014, he won the first-ever international medal (silver) in the Youth Olympics Qualification in Bangkok. In 2015, he received his first medal in a national senior championship. He won a silver medal in Asian Junior Championship 2017 and a gold medal in Asian Athletics Championship followed by another gold medal in Asian Games 2018. He was nominated for the Rajiv Gandhi Khel Ratna Award and in 2018 he won the Arjuna Award.

He set the Indian National Record of 88.07. He was ranked 6th in the 2018 World Continental Cup in Javelin Throw. He got the first rank in the World U20 Championships 2016, Assigned Championship 2017, Asian Games 2018, and Commonwealth Games 2018. He received the gold medal in the National Junior Championship in 2021.

On August 7, 2021, Neeraj Chopra emerged as India's first track-and-field Olympic gold-medallist. He gave his best throw of 87.58m in his second attempt to clinch the gold medal for India at the Tokyo Olympic Games. He is now the second Indian after Abhinav Bindra to win a gold medal in individual events.



Source- The Economic Times

DON'T MISS OUT ON THEIR INSPIRATION: PARALYMPICS 2021

-Angel Jelson and Ansu Jimmy



Public perception about the abilities and disabilities of a human being, about what he can and cannot achieve, have changed a lot. Paralympics and its opportunities paved the way for differently-abled persons giving them a better quality of life. Their great achievements should not go unnoticed. The Tokyo Paralympics was held from 24 of August to 5 of September, 2021. India ended up winning 19 medals in all the categories, including 5 gold, 8 silver and 6 bronze, to mark its best-ever outing at the Paralympic Games.

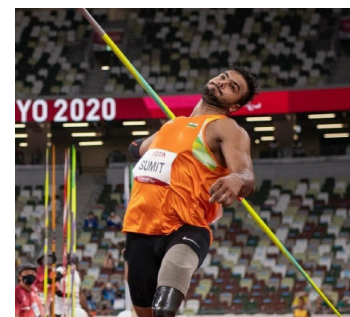
Avani Lekhara made history on 30 August when she became the first Indian woman ever to win a gold medal for 10m air rifle shooting at the Paralympics. She is a 19-year-old who hails from Jaipur. She had sustained spinal cord injuries in a car accident in 2012.

Sumit Antil, a 23-year-old from Sonapat in Haryana, clinched India's second gold at the 2021 Paralympics. He lost his left leg below the knee in a motorbike accident in 2015. He was an able-bodied wrestler before the accident. In the Javelin throw, the spear was sent to 68.55m in his fifth

attempt, which was the best throw of the day by quite some distance and he created a new world record. He bettered the previous world record of 62.88. He competed in the F64 category for athletes with a leg amputation, who compete with prosthetics in a standing position.

In the category of shuttlers, Pramod Bhagat claimed a historic gold medal in men's singles SL3 class. He beat Great Britain's Daniel Bethell in the the summit clash and won in straight Games. Badminton made its debut this year in which Bhagat, the current world No.1, became the first Indian to win a gold medal in the sport. Suhas Yathiraj added a silver medal to India's medal tally having lost to No.1 seed Lucas Mazur of France. Suhas, who is an IAS officer and is appointed as a district magistrate in Noida has an impairment in one of his ankles. The core paralympic values- determination, equality, inspira-

tion and courage are at the heart of the paralympic movement. Genuine efforts and positive hustling have proven fruitful. The Paralympics also raise awareness about mental and physical disabilities and also inspires the differently-abled to use their skills to the maximum. Paralympics is an example of a great platform that gives them opportunities to showcase their talents.



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I DO AND DON'T

- Aileen Grace Thomas, Diya Rasheed and Swathi.N



The Public Relations campaign of the Department of Communicative English- ‘I DO AND DON’T’-Mending nuptial vows for better and not for worse’ was launched by the students of the third year on 26 October 2021 at the Seminar Hall. The campaign was launched with the noble aim of sparking a change in the institution of marriage that is currently causing widespread havoc in the society. Smt. K.P Indira, Judge, Family Court of Ernakulam was the guest of honour. From the light of her momentous journey in advocacy, she shared with the students poignant and raw scenarios and cases from life that she witnessed from her career. She urged the students to work hard and spread vigilance about the same. Her words on empowering one’s capabilities irrespective of the gender and her visions on true familial and marital life and what it must actually reflect, gave the event and the cause more depth and meaning.

Why the K-Pop hate?

-Aleena Antony

The Korean Culture Wave is a widespread word now. So what is the ‘Korean wave’? It is the political increase in global popularity of South Korean culture since the mid-1990s to mid-2000s. First driven by the spread of K-dramas and K-pop across Asia during its initial stages, the Korean Wave evolved from a regional development into a global phenomenon, carried by the Internet and social media and the proliferation of K-pop music videos on YouTube. The popularisation of K-pop started with the emergence of Seo Taiji and Boys, a first generation idol group. K-pop has been a way of escaping reality and it was always engaging and interesting because of their charming choreography and catchy tunes. Many who initially claimed to be mere listeners later became hardcore fans. But repeated prejudiced questions like “Do you understand the language?” or “Are they Chinese?” or “How do you distinguish between these girls?” are what most KPop fans are tired of, the main reason being their indistinguishable and feminine-looking faces with make-up. But, what does it have to do with their music? There is no relationship between the singers’ looks and the song they produce. It’s very difficult to penetrate the western music industry, which a few K-pop groups have managed to do. So, why do people hate them? Are people just being xenophobic? Or do people actually hate them? The answers to these questions are already known but haven’t been accepted yet. However, there are millions of K-pop fans who are happy to be a part of this Hallyu wave. In a survey in college regarding “Why K-pop is hated and how has it helped”, most of the replies were that it helped them mentally and boosted their self-esteem. People have sought after K-pop as a source of inspiration, an aid to fight depression and a mood booster. Of course, one thing that must not be ignored is their beauty and sense of fashion. But at the end of the day, hating on and judging others’ music preference is wrong.

The principal, Dr. Lizzy Mathew, addressed the audience by conveying how important mental grooming is for a peaceful and tranquil marital life. The chief guest then officially released the logo and the videos prepared by the students for the campaign. Popular director, actor and scriptwriter Basil Joseph shared his prized thoughts and views on this issue through a video message. Aswathi Sreekanth, popular actor and Youtuber, also vitalised the event through her video message, stressing on the importance of respect and equality in a relationship. Their words and warm wishes indeed strengthened the cause. The title of the PR Campaign ‘I Do and Don’t’ emphasises the solitary truth that human dignity and individuality should never be compromised when entering into a public proclamation of mutual love. They must have the freedom to make their own decisions and carve their own intellectual and creative spaces in famili-

Side hustle among the Zoomers

-Aileen Grace Thomas

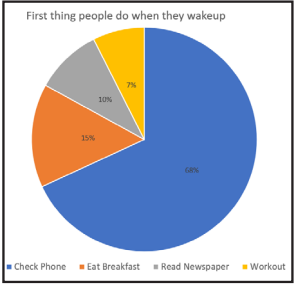
Technology and the ever growing network of media have opened innumerable doors of opportunities spanning across all spheres. Side hustle has emerged as a popular way to earn some extra ‘pocket money’ for the Gen Z, who are yet to venture into the fully fledged corporate life. Work and studies have become simultaneously equal aspects in the lives of today’s youth, owing to this growing and profiting trend of part-time jobs. Many begin as trainees and part-time assistants and emerge as venturing and promising entrepreneurs. As per the LendingTree 2020 survey, almost 50 percent of the zoomers are engaged in some sort of side hustle. They avail of the competitive advantage of being the super- users of technology to monetize their passions. Social marketers and managers, influencers, bloggers, vloggers etc have become common among them. YouTube and Instagram serve as ingenious and convenient social media platforms for the same. Fulfillment by Amazon (Amazon FBA) serves as a platform that anyone can use to earn a little extra money. They provide over fifteen courses and more than hundred hours of tutorial; the 2021 Complete Amazon Side Hustle Bundle is one of such programs headed by entrepreneurs who have successfully profited from this. They train you in launching, labelling, product research, sourcing and even reselling. This is of great help for both Amazon users and budding entrepreneurs. With proper and methodical time management and considering the side hustle opportunities available in abundance, people can become as productive as they want to. Online media, companies and job platforms are always in search of fresh, young talent who can innovatively capture the zeitgeist.

al life. The atrocities and agony that dowry has brought upon many families in the society has been the driving force to work for this cause. The campaign will include efforts to persuade and work for such marital issues and aid people to come out of such haunting experiences. A series of activities including, graffiti work, competitions, in-conversation with sessions, thought provoking animation videos, open mic sessions with other colleges, oaths and pledges that would be distributed on a college-wide basis and a series of effective Instagram challenges will be conducted in relation with the same. With this campaign, the students hope to plant a seed in people’s minds that marriage isn’t something that should stifle people or snuff out their identities, but rather make them able to grow together. The event gained more exposure and momentum owing to the presence of the media.

THE SURVEY REPORT

-Hywin Rose Thomas

The second year students of B.A Communicative English, St. Teresa’s College conducted a survey to understand the work and study ethic of students and workers between the ages of 18 and 32. The survey was circulated for four days and consisted of multiple-choice questions. 85 responses were received. More than half the respondents knew what the term hustle culture meant. Three-fourths of the students who finished the survey pursue a course to fulfil their own ambitions whereas one-fifth of the students pursue a course to help them earn more in the future. More than half of the people do not consider themselves as workaholics while one-fourth of the people believe they are workaholics. According to this survey, three-fourth of the people check their phone as the first thing they do when they wake up. According to the survey, half of the respondents work or study for six hours on average every day whereas one-fourth of the respondents stated that they work for more than 6 hours. Only 30% of the respondents get 8 hours or more of sleep. Throughout the survey, you can see that there are small margins between each response. Many people are not even sure whether they are workaholics or not, or whether they fear the concept of taking a break. Sleep cycles have shortened drastically and the first thing most people do when they wake up is check their phone. On the other hand, we also have people who consider themselves non-workaholics. They work around 6 hours a day or less and learn the courses they wish to instead of being forced to learn something that doesn’t interest them. This survey aimed to help the participants introspect on their work-life balance and raise the awareness that running to make ends meet is not always the solution. We must remember to pace ourselves and take breaks. Instead of rushing, take your time and walk towards your goal, realize that even if you are slow it’s fine.



A LETTER TO AN OVERACHIEVER

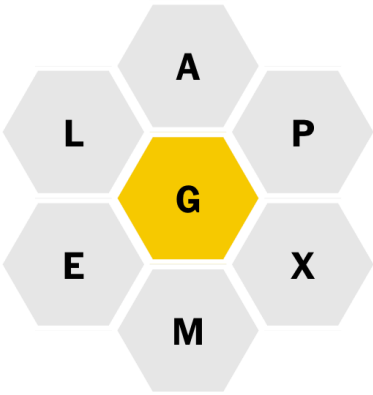
-Nafisa A.K

Dear Overachiever friend,

We do admit that accomplishments make people happy. However, there are some who still feel the need to achieve more; “It wasn’t enough, the effort I put in wasn’t enough”- yes. I hate to break it to you that you’re one; well, WE are. It can even become toxic, you know. While achieving goals is no doubt commendable, for us overachievers it could be that the desire to achieve the goals exceeds the gratification of rewards for the same. In the worst scenarios, it can lead to lack of self-confidence, low self-esteem, envy, jealousy, unhealthy competition and the likes. Though being an extreme go-getter might seem like a compliment as it directly links one’s impression about the latter to hard work or smart work, we know that in real life it’s not always like that. This can easily happen with young children because of pressure from their parents, relatives, teachers, peers etc. Being a perfectionist and an ‘extreme’ also means overexerting to be the best, leading to frequent burnouts. Let’s admit we’ve felt ‘not that enough’. Motivation, for ‘us’, is very often a source that ‘compels’ us to give our best shot rather than truly a fuel. Fear of failure, of facing people post-failure, ignorance and letting down other people’s feelings, finding out weaknesses and incompetencies, all lead to a situation of complete distress, worries, negativity... Well I need not rant about that any longer. Overworking creates a sense of hatred for something one loves. Many are so engrossed in their work-life that they forget about the concept of a work-life balance and are no longer able to enjoy the happiness in the present. The feeling that you are obliged to be able to handle anything and keep everything under control makes you constantly feel that you are not enough. And we know this ain’t pleasant at all. ‘I’M CAPABLE AND ENOUGH’- Everyone needs someone to reassure them of this. So let that ‘someone’ be me for you. “YOU ARE ENOUGH, A THOUSAND TIMES ENOUGH”- even Atticus said so.

Best,
Your fellow highflier.

Make as many words



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INTOLERANT OF INTOLERANCE? WE NEED TO TALK

-Angel Jelson

It is not respectable to bring someone under control. It is never acceptable to force one's interests on an individual or a community and so, there is no logic or reason when it happens in the world's largest democracy. Multiple debates and discussions on contemporary issues have been a common sight in Indian society including India's concern for her youth and their way of thinking which sometimes earns them the name 'intolerant'. Why is there much discussion on feminism, modernism, religion, transgender issues, prostitution and much more on social media? Why are a good number of young Indians emigrating to other countries? Why is there an increase in cases of suicide and mental depression among the youth of India? It is high time that these be addressed.

India is a vast, multi-cultured, multi-lingual and highly populated country with about six major religions. India is a developing country in its own way with commendable advances in the primary, secondary and tertiary sectors. However, amidst all these, we can see a steady intolerance growing in various matters ranging from ordinary household issues to even religious riots and conflicting opinions. Taking the example of an average Indian household, one of the very basic intolerances that we see is gender intolerance. It is very difficult for people in certain areas to accept a girl's progress and her success. In this 21st

century, it is very difficult for people in certain areas to accept a girl's progress and her success. In this 21st century it is awkward that one feels insecure about a girl's achievement; when she earns, when she does not choose the role of a mother, when she gets a math problem right or when she wears a dress of her choice. Why should common people feel a general uneasiness about these? People bother too much and become overly judgemental which leads to political, religious, social or sexist intolerance. Girls are exposed to child marriage, teenage pregnancy, poor education, sexual abuse and violence. Rape has become one of the most common crimes in India. Crimes against women saw over a 63% rise so far in 2021. This is mainly because of the lack of a very strong legal system, one which is exploited and enjoyed by criminals and offenders. There is a lot of confusion among Indian youth on contemporary social system as most of the criminals and abusers are not punished duly. Remember that this is the same society that was interested in punishing a young couple who was expressing love by hugging in a metro station in Kolkata. They were pulled out of the train and the casual pushes turned into a public outrage. The couple was 'duly punished' in the name of the preservation of Indian culture. It is distressing to know that these are the same people who turn their heads away when women and children are raped in the country. These are the very same people who

do not get disturbed when rapists are eventually set free. Children below the age of 15 are molested if they do not convert to the abuser's religion. Indian women are not safe when they walk on the streets wearing clothes of their choice. Way more to go to see favourable changes in the country's culture and system. I am happy that feminists and their efforts in recent times have brought a lot of changes into the minds of rightful freedom to prosper. However, sometimes, this very feminism also gets misunderstood. Some women become intolerant when a group of women demand emancipation and equality simply because they grew up in a patriarchal system and find themselves obliged to obey men despite their own interests. Though India is a democratic country which promises freedom of speech and expression, it does not mean that one can judge others and forcefully make them obey to do things according to their wish. Coming to the finest example of forcing one's interests and beliefs on others -- religious intolerance. Recently aggravating in the south-east nations, such intolerance mostly ends up in political riots, unrest and murders. Ban on religious conversions and controls on certain food items because of their association to certain religions are all examples of religious intolerance. It is humane to feel intolerant, but that becomes dangerously byzantine when one starts practicing toxic criticism and judge-

ment. The Pew Research Centre ranks India as the worst in terms of religious freedom. A Kannada scholar was gunned down by a vigilante in his residence because of the former's activism on religious intolerance. A Muslim was beaten to death by his Hindu neighbours. What can it cost one to live in harmony with all around without compelling them or hindering them from their own interests? One has the right to practice one's beliefs and interests with assurance that it does not interfere and conflict another's belief and interest. Coming to another common issue, modernity is embraced by all be it in the form of accessories and clothing. This is not agreeable in the country. Some people enjoy staring one's soul out and shaming one when she wears ripped jeans or chooses to show more skin. This is a reason why Indian parents become conscious of their daughters' clothing choices. There is a need to mature collectively with respect to such embraces of modernity. A recent instagram post read -- "I don't hate my place but the minds of its people". It is high time that the Indian government take the concerns of young minds and make up a trouble-free country because studies show that more and more Indian students prefer foreign countries because of lack of job opportunities, lack of platforms to showcase their talents, unacceptance of modernism, increase in crime and cultural intolerance. They are attracted to countries abroad as they feel that they can

experience new cultures, wearing and enjoying whatever they want without worrying about intrusive concerns. There is an increasing number of acts of suicide happening in the country. Every hour one student dies by suicide in India, with around 28 such suicides reported every day, according to the National Crime Records Bureau. Depression is also a growing epidemic amidst the current pandemic with all institutions closed down and humans locked within houses unable to actively participate in activities. All the above are factors that cause young minds to become intolerant of intolerance. Whatever is felt when a lot is said when one dresses in one's own way, takes a course of one's choice, chooses one's gender or chooses one's relationship status; speak it all out and make the country tolerant because undoubtedly, the country deserves better. Let minds change!



Source-Pinterest



NAKSHATRA

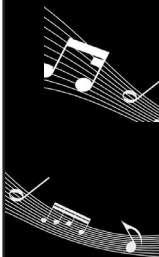
GOLD & DIAMONDS

PERUMBAVOOR
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ALUVA
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THRISSUR
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STAR SINGER

A milestone to be grateful for and begin with.

-Pavithra Padmakumar

Timing is everything. If it is meant to be, it will. At the right time, for the right reasons. Might be wondering why I said this? Well, before I start off, let me tell you about something that has moulded me into the person I am today. Music. Music has played a pivotal role all along my journey and has made my life a lot more hassle-free in multiple ways. Some things are better left unsaid. So is the contentment that music gives me, both while singing and listening. When I was four, I began to hum, and that is when the thought of giving me proper music training struck my parents' minds. Thereafter, I began to pursue music, and that was an experience I would forever be grateful for. I come from Bahrain, an island that gives young talents a plethora of opportunities to exhibit their talents. Just like the other artists, I have been blessed with numerous opportunities to perform with various celebrities. I have also been honored with the 'Kalathilakam' and 'Sangeetharatna' titles in competitions conducted by associations in Bahrain. But as time passed by, I was search-

ing for progress in my journey. I wanted to do much more. And that's when my parents and I started applying for reality shows. Though I could clear it all, I wasn't able to make it since competitions weren't virtual back in the day, and making a move from Bahrain and leaving behind my schooling did not seem like a good idea. This cycle of events kept repeating and I finally arrived at a state of disappointment and went on to think that, if it is meant to be, it will be. That was when COVID-19 struck the world which made me turn hopeless and uncertain about life, my music career, and what not? A few months later, I lost myself. Everything happening in and around me took a toll on my mental health. Slowly but steadily, I proceeded to recover from this because it was absolutely unstoppable. The entire world came to a stop and there is nothing we humans can do about it. I began to practice music on my own in the comfort of my home, also recorded and posted on social media, not frequently, but whenever I felt like it. The comments I received were filled with undying love and supp-



ort, which kept me going. In August, my mother came across an announcement for the eighth edition of Star Singer, a popular reality show which was advertised on the Asianet channel and I thought of giving it a shot. It was a long process. The first audition happened in August, the second in September, the third in October, and the final in November. Thankfully, I could clear it all, and enter the finals. The final audition required physical presence. Hence, we decided to travel to India to attend the finals. I was extremely exhilarated for more than one reason, the first one, travelling to India after too long, and the latter, being able to attend an audition of the ever-popular reality show I was way too overwhelmed that I was not concern-

ed I would be selected or not, it was the experience for me. My parents booked the ticket for all 3 of us to go. But, here's the catch! My dad was tested positive. Nothing could console me at that point of time. I believe that everything happens for a reason. By then, the GCC Star Singer Contest took place and I was one among the top ten. I gradually got shortlisted to the top four and finally was declared the winner. To be sitting in front of the two most eminent judges I have admired all my life, Smt. K.S Chithra and Shri. Sharreth, uttering my name and complimenting my music, I could not ask for anything bigger! When they said "you are here to stay", I felt nothing but pure bliss.

My First Vote

-Riya Teresa Das

I was so proud and happy to cast my first vote as an eighteen year old girl. I was really excited and a bit agitated too. I have seen many people sharing pictures of their inked index finger and casting a vote for the first time was huge for me as it validates that I am indeed a citizen in India. Votes should be cast for that very person whom one believes can serve the country's needs and I was eagerly waiting to cast my first vote, paying close attention to every electoral speech to discern their agendas. I remember trying hard to recollect the symbols associated with each party. As I do not follow any political parties my decision was taken solely by considering the candidates and their ideologies. For my family and I, the nearby school was given as the voting booth. There was a long queue of people, all socially distant, who came to cast their vote and select their leader. The entire voting process was done in adherence to Covid protocols. Application of sanitizer and wearing two masks were a mandate to enter the booth. The people who were in charge of the election processes ensured that voting was safe and secure. They guided us to vote by using our pens to press the voting machine, minimizing contact. Then came my most awaited moment, applying ink to my index finger, the sealing of a deal done. After coming home I uploaded a picture of my inked finger on social media with the caption that read 'My first vote, for a better future'. I was so happy with the results being announced as my candidate had won the election. I was elated and proud to know that my first vote was not a wrong decision and that there were a group of citizens who thought like me. I look forward to voting in all the coming years and helping to build my nation as a responsible citizen.



g opportunity to present your excellence. Your mom might be a good kitchen singer or a fantastic storyteller whose talents went unrecognized due to lack of opportunities in her life. However small your talents be, approach our community radio station and reach out to our audience. Let your talents go places!

KALAPRABHODINI

Let your voice go places

-Angel Jelson

I was excited while choosing songs for presenting on Radio Kochi 90 FM, the radio station in our college. The radio station broadcasts a programme named 'Kalaprabhodini' which is the main platform for ordinary people to vocalise their talents- anything from storytelling, describing something or singing which are broadcasted via this platform and can be heard around the world. Our college is the license holder of this 'community radio'. Anyone can listen to the community radio by installing the app from anywhere around the globe. I had never performed on any radio stations before, I have always stuck to posting reel videos on Instagram and cover songs on my YouTube channel, due to which I was extremely self-conscious about expressing my potential through this new platform. I was asked to sing a few songs that is very dear to me, along with a conversation about my musical background. I was quite nervous when I entered the studio and was not at all prepared for the self-introduction session. But, the program coordinators were very supportive and gave me time to relax and provided a bit of guidance regarding the way I should speak in between the songs. At first I was in doubt whether I should go for it at all, but with their staunch support and encouragement

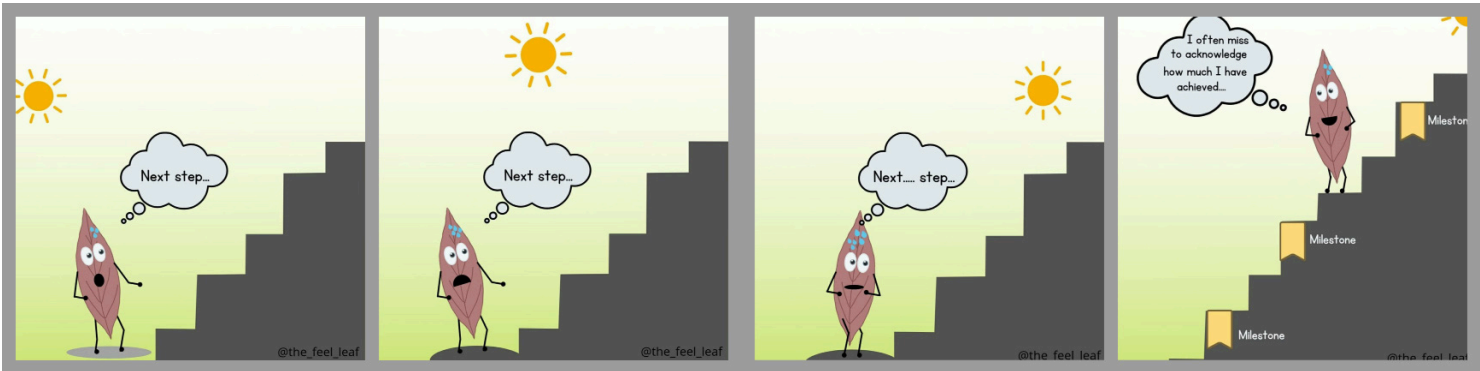
I recorded a few songs for their title which was played in between the usual programs. Another notable matter was their excellent presentation of every programme, its soothing music, interesting talk shows and much more. Once you hear it, you will never leave. I'm happy that I was the first one to be a part of Kalaprabhodini and I could spread news about such a wonderful platform to others around me! If possible I would love to be a part of the radio station again in the near future. It is a joy to know that there are platforms which give ordinary people a chance to be heard. To all the readers out there, whatever be your talent, if it can be put in an audio format, try to grab this amazing-



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A BETTER ‘I’. A BETTER ‘YOU’.

Interviewers- Aileen Grace Thomas, Angel Jelson and Diya Rasheed

An interview with Natania Cheguvera, Counselling Psychologist and Founder of AKAM: Your Journey Within, Kochi.



Natalia Cheguvera is a full time Research Assistant at Rajagiri College of Social Sciences and a part time Counselling psychologist. She is also a PhD student at Christ University, Bangalore. She is a young prodigy who is in pursuit of greater heights. Ms.Natalia shared her thoughts and opinions about the concept ‘Hustle and the Society’.

Question 1)
How toxic and tiring can this tedious hustling be, especially for young minds?

We live in an era where our value and our worth are defined by the ‘work’ we do, how ‘productive’ we are, how ‘capable’ we are. Simply put, how much and how long we do things without any rest. We don’t take breaks, we sleep less, we don’t eat well, we don’t give enough time for family and friends. Instead, we push ourselves to work harder and faster striving to be ‘productive’ and ‘capable’. This belief that ‘I need to keep doing things to justify my existence, I need to keep working to prove my capability and my worth’ is extremely toxic. It leads to a spiral of self-defeating and negative thoughts about ourselves. We question our worth and esteem, doubt our capabilities, feel inadequate, angry, sad, and frustrated. In terms of behaviour, this paradoxically lowers our productiv-

ty as well.

Question 2) We’ve come to hear that such heartless hustle can take a toll on one’s health as well. How much of this is true?

Hustle culture means stressing ourselves out as well. For instance, a task that comes our way or a deadline to meet are perceived as a threat rather than a challenge. They become stressful events for us. Moreover, constantly being put under situations like these puts the body in a state of fight or flight. This also means there’s a constant release of stress hormones (e.g. cortisol) in the body. Experiencing headaches, increased heart rate, sinking feeling in the stomach, feeling jittery, avoiding work, withdrawing etc. are common. The body needs to regain equilibrium and come back to its normal state, and ‘rest’ is very basic and crucial for that. But hustle culture doesn’t allow time for rest and this can be harmful to both our physical and mental well-being. We suffer from burnout, stress, anxiety, depression, digestive issues, skin conditions, heart diseases and more.

Question 3)Peer pressure is something one often experiences no matter what the age(guilty as charged). How can this be tackled?

We are social beings. So, it’s human to be influenced by people around us. It’s okay to seek validation and reassurance from others. And our peers can have a huge impact on us. But when our thoughts, feelings and actions are heavily influenced and affected by what another person says or what he/she does...that’s healthy. Simply put, what our peers say or do becomes the ‘standard’ for

our actions and we behave in those ways to gain their approval, even though they may not necessarily be consistent with our values and beliefs. Such negative peer pressure this pressure ‘to do something’ to be loved and accepted often leads us to feel guilty or disappointed with ourselves. It weakens our sense of self, blurs our boundaries, values and beliefs and results in low self-esteem or self-worth. How to overcome this-Focus, feel and validate your feelings. They are important.(e.g. I’m feeling sad/guilty/presured and it is okay to feel this way; this too shall pass.).Focus on your ‘want’(what do I want? What are my thoughts around this? If I go ahead with it, would it be consistent with my values and beliefs?).‘Take action’ based on your ‘want’ and establish boundaries [Ideas: not engaging in the behavior, planning ahead what you can say or do in this situation, let the person who is pressuring you know how you feel, simply saying ‘no’ and reminding yourself it’s okay to feel guilty/ selfish for doing so, finding friends with similar interests and beliefs). Step 3, i.e, taking action is usually not very easy. So master steps 1 and 2 first i.e, making changes internally, because here, we are learning to focus on the ‘I’.

Question 4) Coming to the next issue we’re all culpable of- Inferiority complexes. How connected is this with hustling too much?

Another issue with hustle culture is how it can stir up intense feelings of inadequacy (inferiority complex) in us. Comparing ourselves to others, wanting to do what others do, excessive focus on what others are doing with very little focus on us and what we want etc. can lead to doubt of our

adequacy and to a belief that we are deficient or inferior to others.

Question 5) Is being an introvert a bad thing? Because that’s something we’ve been trained not to be ‘too-much-of’. Can one ‘unbecome’ an introvert?

There is a common misconception around being an ‘introvert’. When we hear that word, we think of someone who is shy, quiet, doesn’t have too many friends, prefers to be alone etc. Being an introvert is often perceived as boring, unattractive, unappealing, and sometimes even as a bad quality/ trait. The notions and meanings we attach to introverts and extroverts (e.g. introverts are boring, extroverts are outgoing people) are often unhelpful and unproductive and need to be unlearned as they result in low self-esteem among the introverts. What we need to understand is that introversion is a personality type where one draws their energy inwards (inner thoughts, ideas and space) rather than drawing energy externally (from other people, things) like extroverts. No personality type is better than the other. Introverts are reflective, self-aware, sensitive and original. They grasp people and ideas quickly and seek out meaningful relationships. Identifying, acknowledging and accepting and embracing one’s personality characteristics is key.

Question 6)Approaching the family and getting them convinced is no less than a nightmare for a person who wishes to get rid of their mental discomforts and breakdowns.How can this herculean step be eased?

There is a lack of awareness and a lot of stigma around mental health in

our society. Seeking professional help in itself can be tough. Similarly, for youngsters, talking to parents about your mental health can be tricky. Planning helps-jot down what to say- focus on the impact of how you have been feeling. Prepare for how they might respond (could minimize your concern, act defensively, might be shocked, could feel helpless or guilty). Inform them you have something important to share and find a suitable time together. Communicate to them your concerns and let them know what you ‘want’ and ‘how’ they can help. If you’re a school/ college going student, you can seek the help of the school/ college counsellor to help you practice the conversation or to talk with your parents regarding what’s going on for you.

“
Productivity is not
how much work I do in
a day but how well I
balance what I need, to
stay healthy
being productive is
knowing when to rest ”
- Rupi Kaur

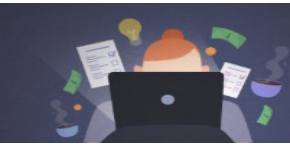
HUSTLE IN POP CULTURE

-Neha Nitin and Amanda D’Cruz

Alert! Alert! Alert!

Why #TGIF when you can #TGIM? Why not happy Mondays instead of Monday blues? Why do people stress out too much on a Monday morning when it can be the best start for the week? Ever wondered how top icons and pop idols begin their week? Some start their day with a quick tour on social media while others decide to be productive and practice self-care on a daily basis. So the question — how is pop culture related to them and the rest of the world?

Pop culture is present everywhere, in every nook and corner. Anything that creates a buzz is called pop culture. Pop culture includes thoughts, ideas, attitudes, perspectives, images preferred by the mainstream. The most common pop culture categories include entertainment, sports, news, politics, fashion, and technology. Nowadays, slang has also become a part of our culture, especially between tweens and teens. From making sticky notes to selecting our own playlist, pop culture includes it all. Hustle in pop has both its good and bad. The good includes activity and productivity which leads to the satisfactory accomplishment of goals. However, an exaggeration of all these can lead to problems like mental stress, depression, workload, insomnia, health issues, and others. A balance must be maintained between the two. One such incident is when Spotify calls Jay Park the ‘hustle king’ of K-Pop. Singers like Ariana Grande,Adele,Taylor Swift take a



lot of effort to maintain their vocals. Black rappers made hustling cool weaving into a narrative about black resilience and self empowerment but their lyrics acknowledged hustling was what black people needed to survive in a rigged system. We may not think about this too much but it affects our lives one way or the other. It’s dynamic and occurs uniquely with place and time. Pop culture has continuously affected all of us. People run after success but they often forget to take care of themselves. Destroy the idea that you have to be constantly working or grinding in order to be successful. All you have to do is make an effort and be dedicated but also remember to give yourself some time because as they say “Be not afraid of going slowly. Be afraid of only standing still”.It’s not difficult to view hustle culture as a swindle. After all, convincing a generation of workers to beaver away is convenient for those at the top. Most of the actors and actresses tend to work so much for themselves either by practising without time limits or working out with less food (diets) for maintaining them and end up with a lot of stress.We must give enough time for both work and ourselves.Work can make you and break you, so it is necessary to maintain a balance between both.

It’s OK to Snooze Off .zzzz

- Diya Rasheed

These days it is considered ‘cool’ to overload yourself with work and disregard your health, sanity and personal life for it. We live in a society where all portray hustle culture in a very glamorous light. But don’t we all need breaks in life?. In this growing competitive world, people tend to work harder and spend most of their time in companies proving to be productive. But what if we take a break? Does that mean we are not giving our 100% or not being productive? Taking power naps and period breaks is absolutely not a lazy person’s tool. Instead they recharge the mind and body and provide better concentration which will eventually lead to the better productivity of the person. Modern life is a bustling one. Everyone has their hectic schedules and deadlines to meet and pressures to do more, achieve more and push themselves harder. In such a situation, our body needs respite and rejuvenation. This is why sleep is important to us. In my opinion, taking breaks after working for a stretch of time is very conducive and helpful. Working straight for long hours can kill the ability to stay productive. There is no right time to stop working. If you feel debilitated, take a nap. There is no offence in taking breaks. Some of the benefits include replenishing one’s energy with improved memory cells and mood, leading to more alertness, better concentration,better thinking process and more productivity. They also decrease stress, en-

hance creativity and help to cultivate healthier habits. Many highly successful companies like Uber, Google, Cisco and Facebook believe naps to be the key to improved employee health, output and satisfaction. They even provide nap rooms for the employees. Some of the important aspects of a proper torpor are location, timing and duration. You must try to find a calm and quiet place, where no one could distract you. Make sure to set down an alarm and give yourself some time to get back on track. You can even put on some music to soothe yourself. Music allows you to relax and fall asleep faster. In Japan, taking power naps is a part of their work culture. After lunch time, all of the members in the office take a quick nap at their desks- it’s not just a few, but the whole office, ranging from the CEO to cleaners. Japanese people are very hardworking and even work for very long hours. Hence, taking breaks helps them to refresh the brain. This concept is spreading all over the world, with employees realising and witnessing this energy surge gained after breaks.

REPOSE

-Swathi.N

Stop!! Hush!!
Pace down

Keep calm, Breathe in
Wipe sweat, stay still
Wake from stupor
Roll up sleeves, Smile
Ready to rest?

Eyes close, think
Ask, answer
Feel you, listen you

Rushing, Where to
Fighting, What for
Falling, Why
Ain’t about the money
It all, within you

Open, see the light ahead
Move, move forward
Keep going, Slow and slow
Fall, get up, move

Forget tumult, Forget haste
It taking nowhere
Live, savor, revere
It’s time, Repose.



#Nevergiveup #Whynot?

LET’S DEBATE!

-Nehla Mather K.N and Aileen Grace Thomas

Winners Never Quit and Quitters Never Win” ‘Do you feel the same? People nowadays believe that giving up is something which gives them a sense of easy exit from the problems, rather than striving hard to overcome them and achieve something in life. They think ‘quitting’ is not a big deal. What matters to them is the relief and satisfaction of not trying hard and just giving up. This thought has started taking roots in our society today especially among youngsters who find it difficult to accept defeats and failures in life. This is one of the main reasons for the increase in the number of suicides in our society. It is true that what matters is a person’s contentment. But what happens when a person realises that giving up and quitting is not the solution and an end in itself?

#Nevergiveup doesn’t force anyone to work tirelessly towards accomplishing a task but rather motivates him/her to successfully achieve a task. #Nevergiveup is an important aspect in all stages of life whether it be work, study, family, or aspects of life like feminism. Let’s take the case of feminism. In this case, women demand equal rights and freedom. They have to fight against all the injustices they encounter, and when doing so there is no point in giving up. If we give up, we will be denied our rights. In the case of work, lack of determination among the employees can create a pessimistic attitude towards their work, which could affect their productivity. They would lack motivation and will not be able to work efficiently and thereby create a toxic environment in the workplace. This could spread to their peers as well. “We cannot always build the future for our youth, but we can build our youth for the future” are the words of wisdom of Franklin D. Roosevelt which all parents, teachers and students should accept and adopt. Children are the future generation. They are our hope. The youth has the capability to develop our society and country. But what will happen when this future generation decides

Have you ever wondered what will happen if we give up? The list is huge, but among them, the most important one is ‘Regret’. It remains in the minds of people throughout their lives as a sour point because they gave up without even trying once. When we give up, we lack the courage and confidence to take up new challenges. It also makes us less confident. We might feel that we are not capable of taking up the challenge; but the reality would be just the opposite, which we might not realize. Thereby we lose many opportunities which help us to grow from within. Now, what are the benefits a person gets if he or she decides NOT to give up? A person might feel a sense of relief when he or she ‘gives up’ but later he or she would realize that the relief was just short-term and that it won’t last long. On the other hand, if the person decides not to give up, then the satisfaction and pleasure he or she experiences will be long term and it will remain in their minds as long-lasting, proud, and cherishing memories. This leads to satisfaction and fulfillment. It makes us confident enough to take up new challenges without being overwhelmed. It helps to eliminate our fears and develop our personalities, thereby helping us to view all our life’s challenges and complex puzzles in an optimistic manner.

Success is a slow process. One of the most important tools for success is ‘patience’. “I am a slow walker, but I never walk back”, these are the words of the American president, Abraham Lincoln. It takes time for a person to be successful or to accomplish his or her tasks. Therefore he or she might have to go through various ups and downs. Sometimes plenty of practice may be needed. The difficulties and the solutions find for them make us realise the importance of happiness. They allow us to think critically and help us not to repeat that mistake again. We all know that cheetahs are the fastest land animals. A cheetah, upon deciding to catch its prey, targets a zebra, keeps an eye on it, and then chases it

this, other Zebras would run in a zig-zag pattern to distract the cheetah. But the cheetah focuses only on the Zebra he had targeted and eventually chases it to death. The cheetah is aware that if it gets distracted, then it would lose the zebra it has targeted and will have to starve for the rest of the day. This is where I would like to highlight the next important tool for success, and that is ‘Focus’. Just like the cheetah, we too should have an aim or target. A person should be focused on what he/ she wants to achieve. And to achieve the target, ‘Determination’ is important. It helps us to walk past our difficulties with courage until we reach our destination.



In a world driven wild by the words ‘bonuses’ and ‘increments’, it is almost impossible to resist the urge and to purge ourselves from the hustle. While this culture (as this hustle has evolved to become) can be synonymous with fruitfulness and shutting the devil’s workshop down and ‘living every minute’ of life, this hustle and the tumult that spawns from the #Nevergiveup attitude can prove tedious, demanding and soulless. We are left with little to no downtime. Being out of time or unavailable has come to be an idiom of great renown. This definitely wears and tears one’s kith and kin down and of course, the inner self. Toil glamour and the scorn and play-down attitude towards letting go and giving up when the going gets hard, pushes one into the quicksand of pressure, self-doubt and exhaustion upon reaching the saturation point.

‘Nothing is impossible’- indeed nothing may be; but bad timing can prove otherwise. Idleness can be rewarding and the momentary recesses with which we reward ourselves are in fact the fuel for betterment, while, sadly, it is conceived otherwise.

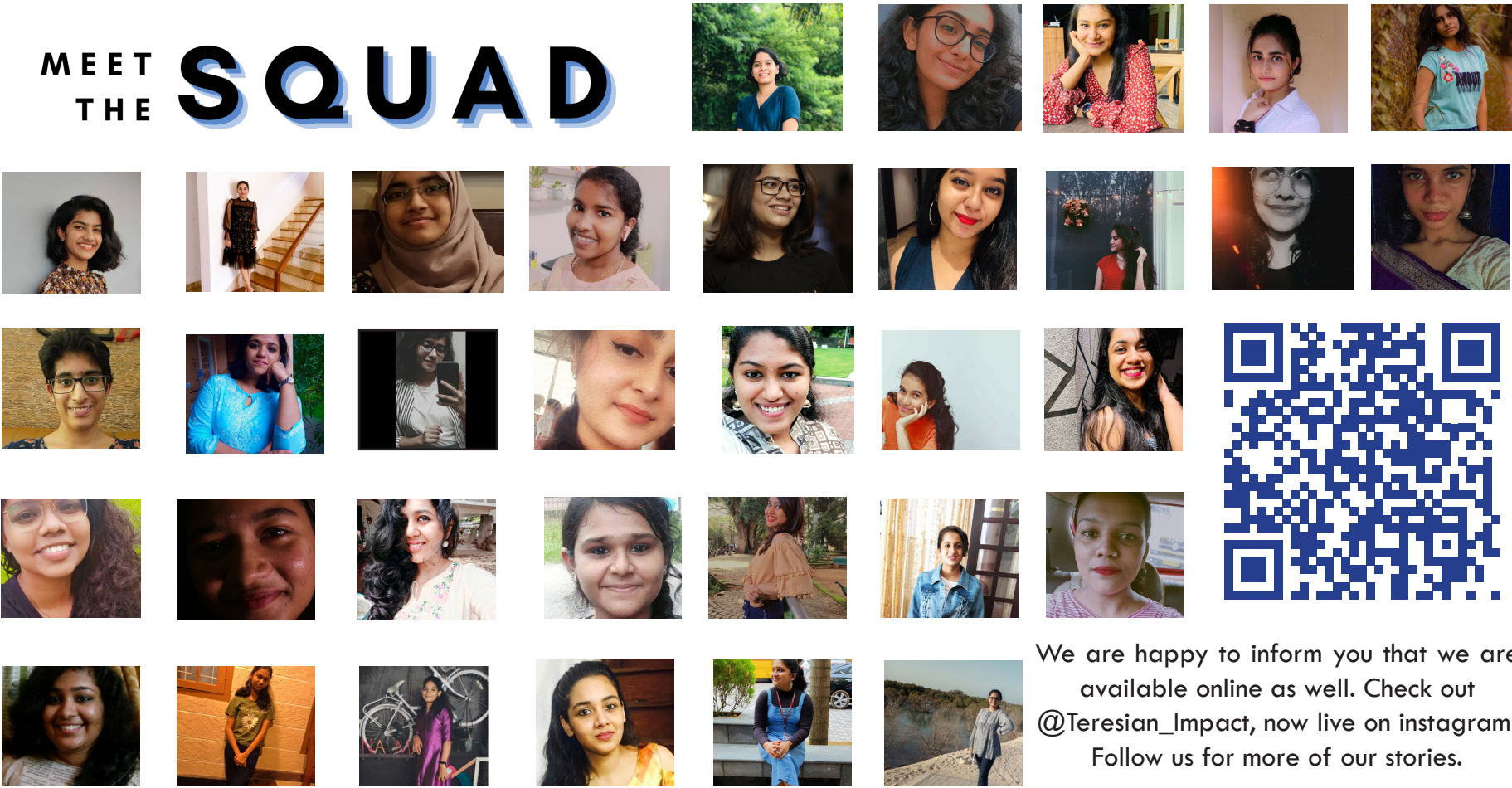
#Nevergiveup- well, at times, #Whynot? Striving for something is inevitable, requisite and undoubtedly worthwhile; it can even be considered, the essence of life. But, it can perish if the body and mind are deprived of the halts and idle hours it rightfully needs. Downtimes are mandatory for machines- then why is it such a taboo for humans? Also, this is not an advocacy for joblessness or unproductivity or a justification to remain futile. The point is to ‘have’ quick recesses and transient moments of idleness and definitely not to ‘remain’ in them.

Accounting productivity and using work-hours and numbers as yardsticks to measure success and fulfilment has indeed fostered this. We are reminded of this ‘motivation’- to never give up and when we do we are let alone to blame ourselves and doubt our endurance at work. To veto is to ‘fail’; or so has it become. The hubbub of hustle only becomes a melody when it melts with the tunes of stillness. It is only from calm that organised chaos can erupt.



Source-ThoughtCo

MEET THE SQUAD



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