

30th September, 2021

JDSOLA's Independent Student Publication

# THE LIBERAL CANON



COVID  
COVIM  
COVRM  
COORM  
CTORM  
STORM

# Editor's Note

To say that September was a challenging month would not compare to the chaos of October. With almost ten and counting assignments piled up, I, along with my classmates, attempt to navigate through word docs, ppt files and zoom university. Although this is taxing, the fresh air of entering the last leg of the year is full of hope. The coming months are full of love and joy -- Diwali and Christmas -- we have breaks to look forward to. It's almost calming to know that an anxiety-ridden month opens up to the sounds of holiday jingles and traditional wear. This prompts me to wish everyone the best of luck for all their assignments and tests. I hope you all get through each deadline with anticipation for celebration later.

The September edition is special -- not the same as the September Vogue special but it's still a very significant newsletter in the year. For the first time, we have a Co-Editor! Ashwanth who is in the second year currently is full of passion, an amazing writer and encompasses TLC's values at large. I'm so grateful to work with him and share this space. I hope together we can put out better content, ideas and activities for the college. Being an editor was an utmost novel feeling but I've grown with the editions, each one representing progress or sometimes, digressions. But with a Co-Editor, there's a new sound, rational and exciting voice. Seeing Ashwanth flourish this month itself, I know that TLC has received an adept and skillful editor who will weave improvements through the fabric of the newsletter.

Hold on -- he's not the only change! We've got Khwashish, a multi-talented writer becoming the perfect Head of Editing. I'm also delighted to welcome my super-juniors (the FYs) to the TLC Team. Being in the first year is an experience I wouldn't trade for anything -- it's a completely new environment, there is an influx of ambition, wanting to make and mark your place, there is energy to do everything. I'm glad to have this vigor to join the team and revive our spirits. With all these positive patterns and modifications, we aim to consistently create better work for all of you!

**Sanah Shah**



## Editor's Note

It is crazy how the world was brought to a standstill by a mere virus. It put lives in danger and drastically shifted our mindsets and lifestyles that we embraced in the past. For us, the students, we have lost our time on campus. Some of us reminisce about what it means to attend college physically. The rest of us have not yet set foot on campus to experience authentic college life. But almost two years down the road, I feel like we can see the flickers of the light at the end of the tunnel.

Looking back at how we have managed to cope and function with this unpredictable situation, I can say that we have tried our best to evolve and learn from the tests of the pandemic. From late-night binge-watching sessions to watching global updates with awe and to being a part of The Liberal Canon, it has been both a chill and productive rollercoaster for me.

Ever since I joined the college as a fresher, the newsletter has indeed served as an outlet for both creative and intellectual ideas. Be it pieces of poetry, articles on pop culture, recipes, recommendations on JD16. With the onboarding of the new First Years, I am excited about the influx of multitudes of thoughts through the newsletter.

I had read this quote by Einstein about life and how it is like riding a bicycle and that for one to keep their balance, they must keep moving. So, keep moving. Keep evolving.

Ashwanth Aravind





# 'CLEARING THE COAST'

## OUR FIRST EVENT AS PART OF THE MILLENNIUM FELLOWSHIP

NEEHARIKA NENE

It takes no more than a second to discard an empty packet or water bottle at the beach. To bring that beach back to some semblance of cleanliness, however, requires weeks of planning and coordination. On Monday, 20 September, the Millennium Fellows of NMIMS University, 'Students For Sustainable Living', organised a beach clean up in collaboration with Change Is Us - a youth-led organisation that seeks to create environmental change. Around 45 student volunteers from the Jyoti Dalal School of Liberal Arts participated in the initiative, along with several others from Change Is Us.

In a miraculous and welcome break from tradition, it did not rain on the day after the Visarjan. The student volunteers worked tirelessly, sorting through washed-up remains of Ganpati idols and digging discarded plastic bags out from under several layers of sand. It was a team effort that required every member to be on board, either wading through water to pick up the waste or carrying buckets heaped with trash back and forth.

It goes without saying that the cohort had great concerns about organizing an event of this nature during the ongoing COVID-19 pandemic. With Ganpati Visarjans just wrapped up and Diwali around the corner, our worries were amplified. However, all volunteers were particular about keeping their masks on despite the heat of the day. Change Is Us provided everyone present with gloves, which were disposed off safely.



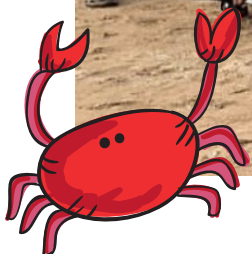
To receive this magnitude of support from JDSOLA students is something that we, as amateur (but aspiring) change-makers, had never dreamed of. It validated our project and restored our faith in the fact that students, despite busy schedules, are eager to effect significant change.

Finally, we had the unwavering support of our faculty – Dr. Brijesh Tripathi, Dr. Mohita Junnarkar, and Prakash Patel Sir – without whom, this initiative would have felt incomplete. Dr. Brijesh and Prakash sir purchased water bottles and offered sanitizers to the students post the clean-up.

Young students are often discouraged from believing that they can make a real difference. But what we saw that day was an example of youth-led change at its brightest and most inspiring. Our Millennium Fellowship cohort is extremely grateful to have had the support of the students and faculty of JDSOLA. Thank you for helping us drive meaningful change!



# BEACH



# THE PSYCHOLOGY OF DREAMS

BHAVANA VENKATESWARAN

We spend about a third of our life sleeping, and during this sleep – we dream. Several researchers believe that our dreams may be symbolic, while many others believe that they may have something to do with our desires. So, what do dreams actually mean, do we actually remember all of our dreams and do everyone's dreams look the same? Even though we dream so much and the concept of dreams is so vastly studied, no one has come to a full conclusion about why we dream.

Studies say that, on an average, adults and even babies spend roughly 2 hours dreaming every night. This means that everyone spends approximately 6 years of their life dreaming! Dreams are known to last for a few seconds to around 20 minutes. Remember that weird dream that you couldn't get out of your head for the entire day? Well, the only reason you remember it, is because you woke up in the middle of the REM phase of your sleep.

Over 90% of dreams are forgotten upon waking up. That's why it is difficult to piece together that strange dream that you had. Not everyone's dreams look the same either – many people claim to dream in black and white, while some claim to dream in a pastel hue as well.

So, what do our dreams really mean? Psychologists and researchers have different theories. Some theories state that they represent our unfulfilled wishes and desires; while some explanations state that our dreams are just a consolidation of information that we learnt and processed throughout the day. Some psychologists even believe that dreams work as a form of psychotherapy. It is also believed that dreams sometimes prepare us for future threats and dangers that we may face. Maybe it is not that complicated, and dreams are just bizarre stories made up by our brain.

Since we have no control over the types of dreams that we have, not all dreams are pleasant. Nightmares, sleep paralysis, etc. are very common and the cause of these is often some kind of stress, anxiety, fear, trauma or emotional distress. They can also be a side effect of some medication. Quite often, consultations with psychologists and therapists are required if these do not stop soon.

Although extensively studied, there is still no conclusive evidence or proof about why we dream the way that we do.

What do you dream about?

# PEOPLE, SPACES & PLACES

AKANKSHA DAS

I have been thinking lately,  
Of how, as we set ourselves through the  
paces  
We melt like wax to become different  
people in different places  
Of how, for all that we mold with our  
fingers,  
The structures that surround what we hope  
will stay  
We transform too, with the molecules of  
solidifying clay

Have you ever thought of how,  
As you swivel like pink gelatin,  
On an uncomfortable sterile beige sofa in  
someone's hospital room  
You are as much an object in the picture  
As you are an observer to this tableau of  
gloom  
Have you ever noticed, even as you struggle  
To recount the memories of a place you  
don't quite remember  
How your skin still carries the fading  
imprint of the scent of that forgotten  
December.

Have you ever found yourself  
Tracing the texture of the lone red paper  
cup  
That sits atop the empty party table,  
Wondering why no one picked it up?

Have you ever shivered at how it seemed to  
resonate with you  
How underneath the effervescence of red  
you carried outside,  
You'd never felt more blue

Have you ever thought of how, on the  
shelves of your childhood home,  
The tattered covers that barely concealed  
the yellow stained pages of your favorite  
book  
Shaped the person you see today when you  
stand in front of a mirror to look  
I could go on and on and it would never be  
enough  
To fully explain how we change form to  
blend in with the places we love

How your skin can feel like the texture of  
sand from a familiar beach  
Even as your eyes glaze over with dreams of  
places it won't ever reach

How a heart can become the old family attic  
Still swirling in motion, like the dust it  
collects,  
Even when you think that it's static

Or how you can always find newer places to  
hide  
All of the questions that burn you, in the  
discarded closet inside

For all that we grow, I think that it's tragic  
How the places that make us, stop feeling  
like magic.

And it's got a lot to do with how we learn to  
believe  
That we take nothing with us from a place  
when we leave

If you were to observe how we're both,  
A new door painted gold as well the old

plaster it replaces, that peels from the  
mould

You'd see how changing places, piece  
together our stories to be told

How we can be transformed by the places  
where we stay

Even if we stopped there, just for a day.

For the simple truth is that

For all the spaces we occupy,

They occupy us too

I'm a collection of places,

What about you?



# A letter of Gratitude & an APology

ANANYAA MISHRA

**Gratitude:** you've stuck around for some 2  
decades now.

Goodness, you've never had enough, did  
you?

Through crippling sensations of fatal  
emptiness right in your belly,

As if someone's kicking the living hell out of  
you,

Against metaphorical noises gagging you  
from the inside,

That slow, painstaking vanishing of your  
conscience,

Leaving you sinking over the barren floor.

I'm surprised that you've shot back up,

Giving it back to the nasty pain that being  
you brings along,

With infinitely more power.

I find myself bewitched by how you smile so  
warmly,

Despite the murderous ordeals inflicted upon  
you, with a twinkle in your eyes,

And that very bewilderment immerses me  
whole into liberation

So I stand here, merged into you, having  
achieved the penultimate of belonging in  
you.

Accomplishment and gratitude fills every  
pore of me to the brim,

Only to become a pervading bliss.

**Apology:** And yet, for all that you have  
endured for me so selflessly,

A guilt poisons me, contaminates me till I'm  
choked and disconcerted.

Leaves me imbalanced and spinning feebly,

Like I've lost everything I'm made of,

And what remains is an unsubstantiated void.

Taunts echo around me,

"You aren't enough!"

"You are unworthy"

"You haven't got it in you"

And they pierce through me, willing to spare  
me if I give you away to them.

Shamelessly, I comply,


Throwing you in the sacrificial fire

That burns so brightly,

Makes your limbs hot with rage,

Drains out beads and beads of sweat from

you as you groan furiously.  
But this fire has never perished you,  
Can't cinder you, try as it may.  
Those ignorant voices of taunts are silenced.  
Their newfound wisdom about your  
strength advises them that they dare utter  
a word.  
And they surrender at your feet  
apologetically,  
Pleading for your forgiveness.  
I join them quietly, knowing that you will be  
benevolent,  
As I promise secretly, that I will be better  
to you.



## 10 Everyday Practices To Boost Your Spirituality!

RASHI AGARWAL & RAMAA RENAVIKAR

Spirituality has different meanings for different people. Some associate spirituality with religion and ceremonies, some may experience spirituality through art or music. Essentially, it can be anything that is meaningful to you and which evokes a sense of sacredness.

Spirituality is a deeply personal practice and no matter what path you choose, it all leads to a need for connection, a sense of purpose and happiness. Improving your spirituality is soul fulfilling. It offers clarity and a sense of comfort. Boosting your spirituality can help you improve relationships and form deeper, more meaningful connections with others and also yourself.

### 1. Start your day with a short meditation

Starting your day with deep breathing techniques or a short guided meditation can make you more patient with others and yourself. Connecting with your inner self and achieving a few moments of mindfulness can help you achieve a peaceful day.

### 2. Take a few, short breaks throughout the day

Taking five minutes away from work to meditate or take a small walk can aid in clearing your mind and help you focus better. It will also improve your mood and wellness.

### 3. Digital detox from time to time

Taking regular breaks from technology has proven to be better for your mental and physical health. Technology stands on a fine line between being a blessing and a curse. Taking a break from it will help improve your relationships, your connection with the world, boost your creative juices and help you improve the quality of your sleep.

### 4. Connect with the community

Having personal connections with the people around you gives you a sense of belonging. A connection with the community raises your dopamine levels, gives you strength and emotional support. There is a flow of ideas, laughter and energy, which is very important to lead a happy life.

## 5. Connect with nature

Nature gives you a sense of being part of something bigger than yourself. The smell of earth, the sounds of birds and the breeze, can be very refreshing from the general hub-bub of the city. Go on nature walks, treks or bird watching; connect with where we have come from and what keeps us alive. Being in nature will help you heal.

## 6. Practice forgiveness

The energy used up in holding a grudge and disliking someone can be better used to make your life richer and fuller. Forgiveness should not be practiced with only other people but also with yourself. It is important to forgive yourself. That is the only way to learn and grow.

## 7. Practice yoga

Yoga aims to harmonize our mind, body and spirit and can be customized to your needs at the time. It encourages acceptance and helps you build a foundation for an enriching life.

## 8. Journaling

Maintaining a journal helps you tap into your deepest thoughts and emotions. Writing down your thoughts will help you connect with yourself and bring some clarity to your thoughts and in return, help you make more informed decisions.

## 9. Find a creative outlet

Expressing yourself creatively is shown to improve spiritual health. This outlet doesn't necessarily mean creative in the traditional sense. You can try cooking, photography or writing.

## 10. Having faith

"Faith" doesn't always mean being religious. We can aim to connect with the universe in our own ways to strengthen our spirituality and our relationship with ourselves.



# Anatomy of a Flower

DRISHITA COELHO

Your personality and mood swings  
Are like those petals often called out for  
being attractive.  
You're shielded in your own skin,  
Like those green sepals on a rose.  
You're tragic.  
You're chaotic.

Your brain sits at the top like the anther  
does  
While it silently produces pollen thoughts.  
Maybe we're born with it

or

Maybe we choose to thrust our heart right  
in  
Like a habitually inferior ovary.

You're natural,  
Your beauty lies in not having a hundred  
things.

I promise? or I don't?  
Guess I'll leave it up to you.

For you're a flower.  
You're stuck between your own thorns of  
bitterness.  
Don't cut yourself on your own.  
Just like you need the sun to bloom,  
But too much of it will make you wither  
away.

You're a flower, don't pick your own sepals.  
You're a flower, don't change the color of  
your petals.  
You're a flower, acknowledge the existence  
of the anther  
But don't be fooled by it.

You're a flower.  
Either you bloom  
or you stay  
dried between another's pages.



# **EASTER FOR A PRETTIER JESUS: LORDE'S (SOLAR) POWER**

SACHI GUPTA

Most life-changing decisions I've made have come from lying in bed while staring up at the ceiling. (I suspect this is because I spend most of my time doing this, but that's a problem for my therapist.) Listening to Lorde's critically acclaimed album *Melodrama* was no different. In the year 2017, in the middle of the night, I decided to give the singer's music a proper chance — and it changed my life. In the following years, whether I was wrestling with grief, flying to a new country by myself, or crying in an empty room at a friend's party, Lorde's music was always with me.

Following the release of her hit single 'Royals' when she was only 16, Lorde — or Ella Yenich O'Connor — rose to fame (or more accurately, blasted through it). In no time, her face was plastered across Times Square billboards, and she was everywhere: accepting Grammys in all black, criticizing Lana Del Rey's glamorization of toxic romance, and posing with Taylor Swift's infamous squad. Through it all, the musician was characterized by her personality as an angsty, outspoken teenager, prone to moments of awkwardness and goth-inspired outfits. In fact, it was this persona that set the premise for her debut album *Pure Heroine* (2013), a broody coming-of-age record

touching upon adolescence, the effects of fame, and the feelings of being an outcast. By avoiding danceable tunes, guitar riffs and brightness, Lorde created her own subgenre of edgy contemporary pop, paving the way for musicians like Halsey, Conan Gray, and Olivia Rodrigo. *Pure Heroine* was the perfect encapsulation of a lost, disillusioned teenager pretending not to care.

Lorde's sophomore record *Melodrama* (2017) was conceptual, chronicling the end of a long-term relationship through a single house party. It was more nuanced than *Pure Heroine*, frequently described as genius, and soon on several lists which mentioned the best albums of the decade. For this album, Lorde had shed her teenaged nonchalance, and with it, her inhibitions. *Melodrama* was raw and heartfelt, a testament to how much she cared. And yet, one element from her *Pure Heroine* days remained: Lorde's sadness, her bitterness and playful expressions of anger were still a staple.

*Pure Heroine* and *Melodrama* were both deeply personal, an embodiment of who Lorde was when she created them. This is where her newest record *Solar Power* (2021) stands out. The album marks a rebirth, the new age of Lorde. The guitar riffs that she so earnestly dismissed as unimaginative in her younger years are now embraced for their bright sound. The tunes are more fun, the lyrics warmer. *Solar Power* is not just lighter and happier than Lorde's two albums — it is also more experimental and less sonically cohesive. From climate change and celebrity worship to the passing of her dog Pearl, she tackles a

multitude of topics with her usual skill and mastery. The result is expectedly brilliant — but it is also less personal, more detached from reality. Instead of being heavy and in-the-moment like *Pure Heroine* and *Melodrama*, *Solar Power* feels more like a commentary on the world and her life, written after careful reflection. The four years that Lorde spent without creating music were doubtlessly spent re-evaluating how she could continue to create music without her life being derailed by her celebrity status. The parallels between lyrics from *Solar Power* and Lorde's previous albums are also constant, invoking nostalgia and fondness.

The opening track 'The Path' sets the scene as Lorde defies celebrity worship, crooning "Now if you're looking for a savior / well that's not me." The transition to *Solar Power* reminds the listeners about who the saviour really is: nature, arguably the protagonist of the record. With 'California,' Lorde once again reflects upon the shallowness of celebrity culture and the constant flattery that comes with it. 'Stoned at the Nail Salon,' one of the most personal songs on the album, is "a rumination on getting older, settling into domesticity, and questioning if you've made the right decisions."

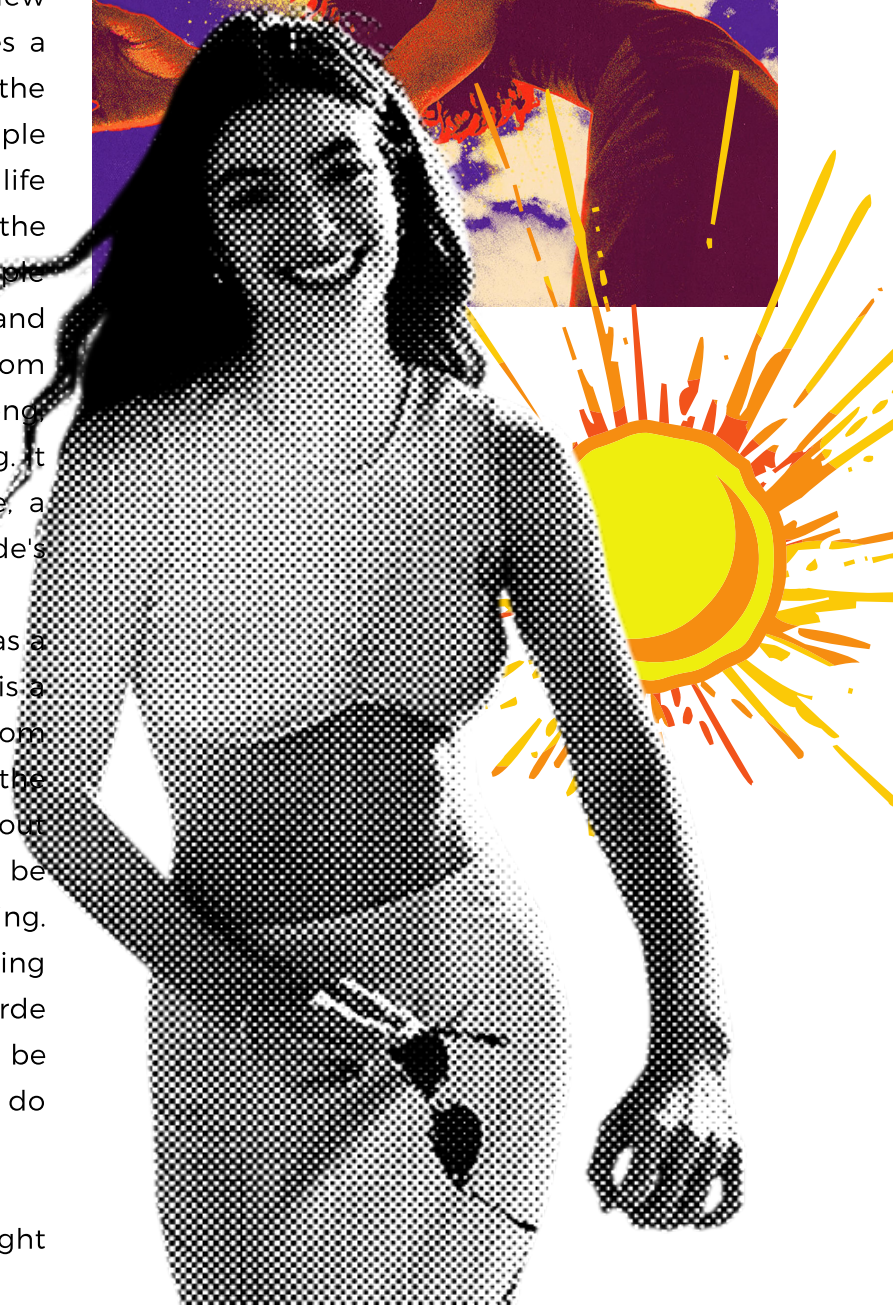


'Fallen Fruit' takes the listener in a different direction — it is reminiscent of Lorde's music for The Hunger Games franchise, more haunting, and set in a dystopian world where the planet is destroyed. 'Secrets from a Girl (Who's Seen it All),' is a much-needed break from this intensity, with a catchy tune and relatable lyrics. 'The Man with the Axe' is a heartfelt song for midnights and breakups, reminiscent of Melodrama. With 'Big Star,' Lorde sings about the death of her beloved dog Pearl and truly experiencing grief for the first time in her life. For 'Leader of a New Regime,' a short interlude, she imagines a "not-so-distant future" where the environment is unlivable and people escape to natural sanctuaries to start life anew. 'Mood Ring ', the third single off the album, is satirical, talking about people seeking wellness, enlightenment and utopia in practices appropriated from indigenous communities. The final song, 'Oceanic Feeling,' is over six minutes long. It feels heavy, isolated and contemplative, a closing track to the last four years of Lorde's life.

Solar Power is Lorde's rebirth — not just as a musician, but also as a human being. It is a record about her breaking free from celebrity culture and embracing the isolation and comfort of home. It is about disconnecting from the need to be constantly relevant and constantly working. It is about taking a break and finding happiness in little things. As always, Lorde doesn't go out of her way to try and be relatable — it is the listener who has to do the work, to wait until they understand.

The Lorde that we see now, in bright colours and flowy dresses, is strikingly

different to the angsty, teenage Lorde we have come to know. And yet, at 24, she is undoubtedly more confident, fulfilled, and happier.



# JD16 LOVES

## MOVIE

The Grand Budapest Hotel



## BOOK

Thus Spoke Zarathustra Authors- Friedrich Nietzsche



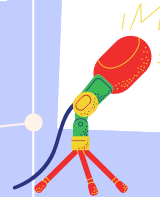
## WORKOUTS

15 min Total core/Ab workout - MadFit



## PODCAST

The Morality of Everyday Things, Narrated by Ant and Jake



## TV SHOW

The Good Place



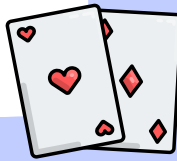
## APPS

Pinterest



## GAMES

Cards against Sanskar



## INSTA PAGE OF THE MONTH

@theindianidiot



## ART

The Scream - Edvard Munch



## MENTAL WELL BEING ORGANIZATION

The Jed Foundation (JED)



## ONLINE COURSES

Introduction to Financial Markets- Corporate Finance Institute



## ONLINE SHOPS

Urbanic



## DESTINATION

The Grand Canyon, Arizona



## BORED GAMES

Skribbl.io



## TAKE OUT

Carter's Blue



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