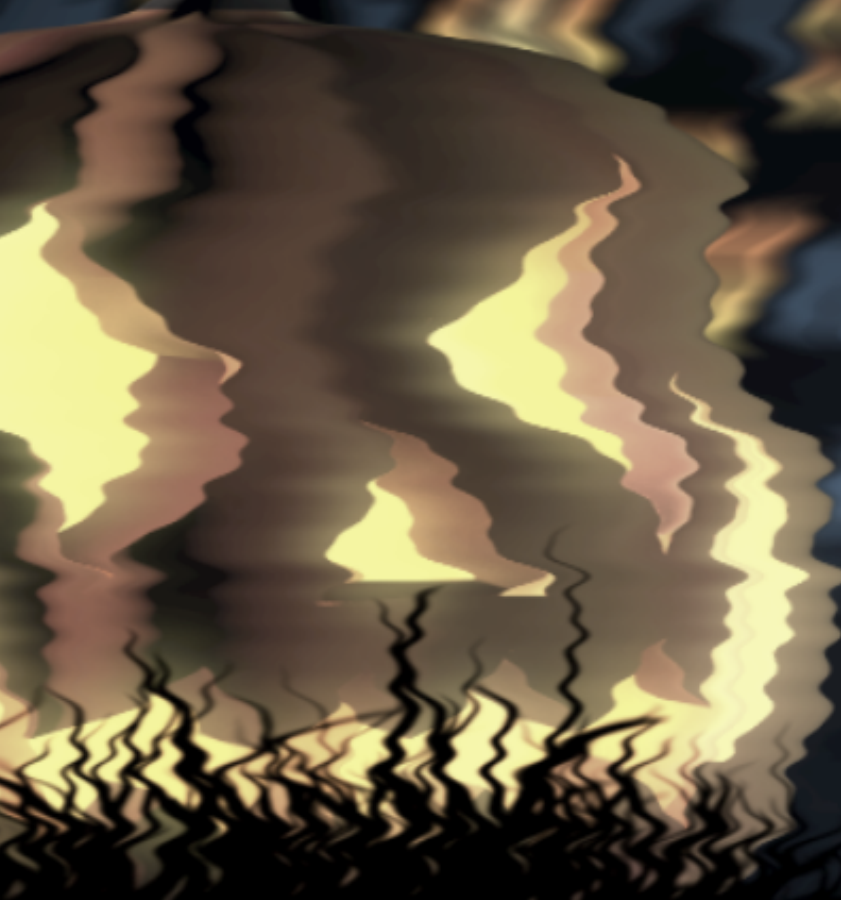


31ST OCTOBER, 2021

JDSOLA's Independent Student Publication

THE LIBERAL CANON



Editor's Note

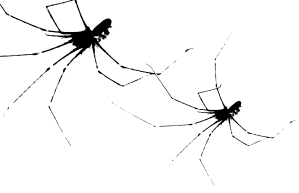


As a self-declared host of spookiness, The Liberal Canon thoroughly enjoys the Halloween edition. Last year, we held an event with mystery games, costumes and horror tales; a fond memory for the entire team of TLC. Contradarily, this year, Halloween season was integrated with midterm month -- as we all struggled to complete our assignments, we lost sight of the enchanted edition of October. Here, I would like to draw attention to change being the only constant. People tell me that nothing remains the same and as I watched one of TLC's greatest milestones of organizing a successful virtual party transform into an absent edition, I realised that it is true. We are prone to make mistakes and sometimes fall but it is important to try to get up every time. It is never too late to try! So therefore, we present to you our Halloween Edition.

I want to reiterate the significance of being uncomfortable and facing unique emotions of failure. If you do not make any mistakes, you may not be able to gain the confidence, empathy and strength to face challenges. Additionally, it is impossible to not have a minor or major blunder, some form of error or silly slip. From this, we learnt how to make our process more efficient. I particularly gained an insight -- no one is harsher on ourselves than we are. Sometimes others do not see the same flaws as you do. With burnout, it is okay to take a step back and it is fine to focus on yourself. It is only when you take care of your mental and physical health that you will strive towards optimum happiness. Fleeting moments do not define us. Similarly, we hope that the legacy of TLC continues despite its mistakes. Furthermore, this will create scope for improvement and bettering the production of the newsletter.

Thank you for your patience and everlasting support with regards to The Liberal Canon!

-Sanah Shah
Editor-in-Chief



Editor's Note

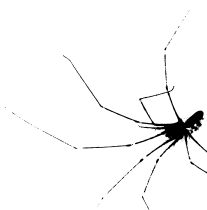
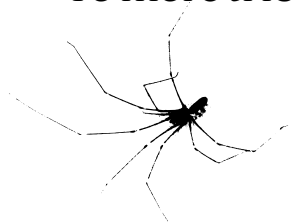
As humans, celebrations have long part of our lives. This month, this year, reminds me of the cultural globalisation of festivals. In a purely Indian context, we probably would not be celebrating the fact that October is the month of Halloween. I ended my last editor's note with the words, "Keep moving, keep evolving". This month is truly a reminder of the cultural evolution.

As someone who loves horror movies (I don't want to use the terms cinephile or buff simply because I would not club myself in those terms), this month just gives an excuse to watch the classics and the modern gores. Be it poltergeist or the nightmare on elm street. How can I forget about the Halloween franchise and my favorite: The Exorcist!

Through one of the articles in the newsletter, I got to know more about the day of the dead. Still fascinated about the lot that came in last year, especially the editor's note covering the witches of Salem, I look forward to reading more of the same in this month's selection.

To more tricks and treats!

-Ashwanth Aravind Vidhya



'Inception'

a Psychological Point of View

Shreya Gupta

Our daily trips into dim, different universes that are loaded with rich imagery - stunning dreams that can, at times, be unnerving, these have always caused individuals to speculate. Dreams generally involve total inverse spots within one's perspective.

Certain individuals consider them to be trifling glimmers of unimportant mind action, while others place dreams at the cutting edge of individual disclosure. Reality, with regards to dreams, probably lies somewhere between these two limits.

But what if I were to say that your subconscious mind controls your dreams? That is indeed something that happened in the movie 'Inception'.

To understand the psychology behind this, I would like to play a simple game with you.

Look at this picture. What do you see?



Recall how often the characters in the movie explain that the subconscious mind will fill in the dreamspace.

We all end up wondering if the totem fell over in the end. In fact, I can't even count how many times I've heard people wonder whether the spinning top fell over in the end! This is something I've wondered multiple times too.

We must also remember, though, that no one in the film ever says that the spinning top is Cobb's totem. We merely view Cobb spinning it after exiting the dreamspace a few times, and we "assume" that it is Cobb's totem when, in fact, it's Mal's totem.

This means, according to the law of closure, that we, as the audience, fill in the blanks at numerous instances and *assume* that the spinning top is Cobb's totem, when in reality, it was Mal's totem all along (as had been explicitly stated in the film).

The point I strive to make here is as follows:

We all fell for the film's trick. We filled in the blanks, so to speak, and assumed that the spinning top was Cobb's totem. The film, thus succeeded, in demonstrating that it is the subconscious mind that fills out the blank spaces. Similar to how the characters' subconscious minds filled in the dreamspaces, our minds also proceeded to do the same during the movie.

People may have other explanations for what happened in the film or the aspects of psychology that governed it but I found this explanation to be really clever, and hence, wrote about it.

ALL ABOUT PUMPKINS

Nitya Menon

Have you ever wondered of all the many fruits and vegetables why is the Pumpkin considered so special for Halloween? Maybe it's the color, or its fascinating shape, or perhaps for its aesthetic appeal? Yes and No.

Let me treat you to an interesting Irish folklore about the tradition of carving pumpkins. So long long long ago there lived a man named Jack (*not Jack and the beanstalk . Not that guy*) who had tricked the devil on countless occasions. So clearly when Jack died, the devil refused to allow him into hell or heaven and turned him away by giving him a burning ember; it's nothing but a piece of coal or wood that is still hot. Jack hollowed out a turnip (*really a turnip of all things??*) to store the ember and give himself light. The Irish people year after year would carve out scary faces on the turnip and store a piece of coal inside. This was done to keep away the devil and evil. Over time when the Irish migrated to the US, pumpkins seemed to be more readily available and were then used to make Jack-o'-lanterns (*because convenience is key*).

The History of Pumpkin Carving

Carving scary faces on Pumpkins were initially meant to keep away evil and the Irish would hang them outside their homes in order to protect themselves. Modern day pumpkin carving is mostly for entertainment purposes and there are many pumpkin carving designs and competitions during the time of Halloween (also the time where pumpkin sellers make a lot of profit).

Facts of Pumpkins

- Not all Pumpkins are orange! Some are green, and even blue.
- They weigh from 2 pounds to about 1000 pounds, the heaviest pumpkin grown in Belgium was 2,624 pounds (*that is the average weight of around 18 human beings*).
- They are produced all over the world except Antarctica.
- People often believed it could heal snake bites.
- Pumpkins are over 90% water.

How to carve your Pumpkin this Halloween?

If you're throwing a Halloween party this year or just wanna set the mood for trick or treating or if you simply want to try something new? Follow the given steps to carve out your own little pumpkin with your friends and family this Halloween.

1. Buy a large Pumpkin, (*even if you steal it I'm sure no one would mind, it's Halloween?!*) In India, it costs around 50 bucks depending on the weight. Once you get a pumpkin by whatever means use a sharp serrated knife to cut off the top of the pumpkin in a circle and keep it aside.
2. Now however tempting it may be DO NOT put your head inside, just take a large spoon and slowly scoop out the seeds and fibers and give it to your mom so she can make one nice *kaddu ki sabji* (*if the jack-o'-lantern doesn't work out you'll at least have that*)



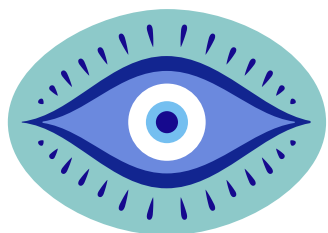
3.. Take a black marker and draw a simple outline of the face of the pumpkin. You can take the design from the internet or be creative (*and ruin it*).

4. Carefully use the knife and carve out the eyes, nose and mouth. Try not to hurt yourself or others around you.

5. Yay you're almost done! Now pop a tea light or a small electrical candle inside it and shut the lid back.

6. Your Halloween Pumpkin is now ready!
(*make sure you still eat that kaddu ki sabji though*)

Happy Halloween and make sure to send us pictures of your jack-o'-lanterns!



Evil Whispers

Vera Malavia

It begins from a fact very plain and raw,
And is circulated, creating a vivid picture with nothing but flaws;
It gets upgraded by adding spices of vengeance hatred and lust,
And with every subdued whisper, the truth turned into mere dust.

A rumour changes as it spreads,
By mingling and tangling various words as threads;
It sweeps along the crowd like forest fires,
And gratifies the need for revenge of the one who conspires.

The fake mumbles appear more amusing than monotonous reality,
For it is the poisoned ears, who tend to lose their sanity;
Henceforth, their mouth functions faster than their brain,
And their guilty conscience goes into total vain.

Rumours can make a person the talk of the town,
Or can completely turn their life upside down;
It has the power to make them the Queen Bee,
Or destroy their social life, from "WE" to "ME".

Once the beans are spilt, they cannot be taken back,
For it is nothing but the sense of maturity that we all lack;
Because lastly, no one will bother looking at the facts and figures,
But rather rely completely on baseless rumours.



Fake News, Facebook and Frances

SHRIYA KRISHNAN

What screams Halloween more than family WhatsApp groups?

I have been part of many heated conversations with my relatives - usually an attempt to convince them that Whatsapp and Facebook can't be the sources they cite. Social Media has become a breeding ground for propaganda and fake news. I can't blame them. It is extremely easy to fall prey to this malice and accept unverified information unquestionably. Separating the wheat from the chaff is a Herculean task in 2021.

Globally, people have been sharing medically inaccurate information which boasts of "curing" the COVID-19 virus. Whatsapp and Facebook have cradled vaccine disinformation and these platforms have been used to incite communal hatred in India. It is extremely unfortunate because India's healthcare system has been reeling from the disarray caused by the virus. In such vulnerable times, it poses a new challenge since people rely on the internet to get information. A study conducted by researcher Md. Sayeed Al-Zaman titled "Prevalence and source analysis of COVID-19 misinformation in 138 countries." was published in Sage's International Federation of Library Associations and Institutions journal on 27 August. The study revealed "Of all the countries, India (18.07%) produced the largest amount of social media misinformation, perhaps thanks to the country's higher Internet penetration rate, increasing social media consumption and users' lack of Internet literacy"

But what's the difference between misinformation and disinformation?

Misinformation is often described as information that is passed on regardless of an intent to deceive. For example- A video from Japan could be passed off as a landslide in Uttarakhand. Disinformation on the other hand is intentionally deceptive which ends up stirring divisiveness and hatred. For example- People might forward intentionally edited clips to justify their hatred against a particular community. These clips could be easily taken out of context adding fuel to fire.

We must ask ourselves why it is so easy to be fooled. In 21 Lessons for the 21st Century, Yuval Harari says "False stories have an intrinsic advantage over truth when it comes to uniting people". The truth is that we tend to seek out information that validates our biases and political alignments. False stories appeal to our emotions and the urge to press 'send' becomes irresistible. You might also notice that your relatives are more likely to receive recommendations based on their political alignment. The algorithm recognises the kind of articles they click on and will only suggest similar articles leading to a fortification of their beliefs.

As consumers, we must remember that we become the product when we don't pay for it. How should we choose which news to consume? This is a hard question to answer.



We live in a complicated world and are bombarded with a barrage of information. But, it is our duty to verify the information before we pass it on.

Earlier this month, Facebook faced a 6-hour long outage that impacted its major apps- Facebook Messenger, WhatsApp and Instagram. Some of my friends were telling me how they restarted both their wifi modems and phones when they couldn't access their apps. This outage made international news and produced a never-ending supply of memes. But this was Facebook's second big blow as the company has been grappling with a series of reports published under The Wall Street Journal based on internal documents provided by a whistleblower named Frances Haugen, a former product manager on Facebook's civic misinformation team. NPR reports that "Francis Haugen testified in front of the Senate Subcommittee and claimed that Facebook harms children, sows division and undermines democracy in pursuit of breakneck growth and astronomical profits."

Facebook has categorically denied these allegations in a blog titled What Wall Street Got Wrong.

These allegations are not new. All over the world, Facebook has been blamed for letting fake news traverse their networks which end up inciting violence. On October 8, the Norwegian Nobel Committee awarded the Nobel Peace Prize to journalists Maria Ressa and Dmitry Muratov for safeguarding freedom of expression. Maria has been talking about how the "tsunami" of lies has led to chaos in her country- the Philippines, and she has been trying to lobby Facebook into action. So, her Nobel Peace Prize comes at a very opportune moment.

We're Fourteen Fellows

Hritika Dalal

We're Fourteen Fellows,
October has arrived,
Riddled with restlessness, we hope that we've
achieved all that we've strived.

There's been a webinar, we've wholeheartedly
engaged in cleaning the beach,
With actions following our words, we hope to
practice what we preach.

Training sessions have been aplenty,
We've mulled and debated how sustainability
has been reduced to trendy.

Enriching conversations have threatened
smiles on our faces,
But our actions have reminded us, change
happens in phases.

Now, we aim to spread the word across the
campus, reach the masses,
We hope to reinforce that while education is
within, awareness is outside the classes.

Fourteen fellows, adamant and bound
towards the same goal,
Here's our chance to fulfil something that's
greater than all of us and play humanity's role.

In August 2021, fourteen students of NMIMS were granted the prestigious Millennium Fellowship by the United Nations Academic Impact. They were granted the opportunity to represent NMIMS on a global scale. This is a poetic compilation by Millennium Fellow Hritika Dalal, providing a brief account of their journey as Fellows.

Rejuvenate and Revitalize

Kulsoom Jafri

The prevailing pandemic brought with it not only a risk to physical health but to mental health as well. Innumerable curbs on social interaction, loss of loved ones and concerns about family and income are merely a few aspects of the pandemic that took a toll on mental health. The pandemic has had a significant impact on people's mental health to such an extent that the WHO has warned that mental illness could be the next inevitable pandemic.

As the world acknowledged the 'World Mental Health Day' on 10th October, our social media pages were flooded with posts raising awareness about nurturing our mental health and reminding us to indulge in self-love. The widely used phrase during the mental health week, 'it's okay not to be okay,' reflects how one's mental well-being should be prioritized. Undoubtedly, mental health deserves as much care, awareness and support as physical health. According to a recent study conducted by UNICEF, only 41% of young people (aged between 15-24 years) in India considered that it would be good to reach out to someone and gain support for mental health issues. Hence, breaking the stigma and raising as much awareness as possible is of utmost importance now, more than ever before, considering how the pandemic has been impacting people's mental health.

We've all heard about physical hygiene and its importance, yet we must realize that mental hygiene is equally essential. Mental hygiene refers to the maintenance of one's mental health which consists of emotional, psychological and emotional well-being. By diligently maintaining mental hygiene and

indulging in self-care, one can certainly avoid mental illnesses.

One way of maintaining mental hygiene is through self-love. Indulging in self-care is of great significance since it yields innumerable benefits and it is one of the fundamental keys for mental health and well-being. Through self-care, one can boost their self-esteem and mental health. It will also consequently lead to an improvement in one's physical health and well-being. Most importantly, practising self-care helps in diminishing negative feelings like stress and anxiety. The boons of nurturing self-care suggest how through simple day-to-day activities, one can proactively boost their mental health. Self-care activities could consist of anything that leaves one with a sense of contentment, comfort and soothing feelings. Simple daily self-care practices could include journaling, taking a digital detox, meditating, listening to music, staying hydrated, being grateful etc. This list could go on as there are multiple ways of practising self-care which could vary from person to person. Ultimately, what matters the most is that one must unfailingly nurture their mental well-being by indulging in routine self-care.

Lastly, as the world co-exists with a pandemic, mental health and its well-being requires utmost emphasis more than ever. Hence, people must conscientiously prioritize their mental well-being by indulging in regular self-care activities to rejuvenate and revitalize their mental health. Prioritizing mental well-being is of paramount importance as 'you can't pour from an empty cup.'



THE STRENGTHS AND SHORTCOMINGS OF CBS'S 'MOM'

Saachi Gupta

One of the first things you notice about television sitcom Mom is the undeniable comedic chemistry between Allison Janey and Anna Faris. Starring as a dysfunctional, formerly estranged mother-daughter duo, the two actresses are exceptionally convincing, practically crackling during funny moments. From the very first season, their characters Christy, 35, and Bonnie, 51, claim to detest each other, missing no opportunity to put the other down. Newly sober Christy – played by Faris – finds it hard to forgive her formerly alcoholic mother for neglecting her as a child. Yet, the underlying warmth and evident love between the two is what keeps the viewer going.

Mom's premise is fascinating: through eight seasons, it covers the struggles of two middle-aged women recovering from addiction, along with their friends from Alcoholics Anonymous. The show has been praised by critics and general audiences for centering older women: the men, when they show up, are usually only supportive characters who drop out after a few episodes. Mom's portrayal of addiction is also commendable: it fractures the belief that addiction is about being unwilling to improve, and instead portrays it as a disease. It helps us empathize with flawed characters who have made mistakes and destroyed relationships due to their addictions to alcohol, drugs, gambling, cigarettes, and more.

What makes Mom more than just another comedy is that it is unafraid to tackle serious topics. In the very first episode, we find out that Christy's teenage daughter Violet is pregnant. This causes understandable panic in the family



– not just for the obvious reasons, but also because both Christy and her mother Bonnie were also teen mothers. They know of all the hardships and sacrifices the role brings, and do not want their daughter to go through the same experiences. As the show progresses, it tactfully covers real life issues like grief, sexual assault, cancer, miscarriage, ADD, domestic violence, and more. In other comedy shows, there is often a need to lighten the mood during grave moments – I, personally, wait with bated breath for the inevitable joke that almost feels dismissive of everything the characters have been through. Mom, however, does not attempt to do this: the significant moments stay serious, and characters are allowed to be vulnerable and honest without being the butt of someone's joke. Mom's depiction of generational trauma is exceptionally brilliant: Bonnie's years in the foster care system after being abandoned by her mother caused her to turn to drugs and alcohol. Her addictions made her an irresponsible, uncaring mother, leading Christy down the same road. By the time we first meet Christy and Bonnie, they are put together and responsible - but Christy's

daughter Violet serves as a reminder that this wasn't always the case. Violet is unable to forgive her mother for the fact that she never got to be a child. While Violet grew up, Christy was always missing, neglectful, or borderline abusive – it was Violet who had to raise her younger brother, and constantly worry about her mother's drunken escapades.

Despite its strengths, there is a nagging feeling that Mom does not live up to its potential. At first glance, the show – with its laugh tracks and sometimes regressive jokes – seems like it is from the 90s. One Google search, however, shows that it first aired in 2013, and only ended this year. How, in 2019 – the same year that shows like Sex Education and Schitt's Creek were all the rage – was Mom allowed to have gags targeting fat people, or endless jokes reinforcing stereotypes about LGBTQ+ people? The show repeatedly plays up the idea of women being manipulative in relationships and obsessed with how they look – while men in relationships are portrayed as emotionally unavailable, with time for nothing but football matches. As our understanding of feminism grows to be more intersectional, it is also important to remember that just centering women isn't enough – especially when all the women concerned are cisgender and white. Mom writes off its one black female character early on with no explanation, and introduces another black character only a few seasons later for no more than a couple of episodes. To make things worse, there are countless tone-deaf and stereotypical jokes about countries like China and India – including a spiritual woman in a white sari who hugs people to heal them. Serious storylines are sometimes clumsily written, and moved past without allowing the viewer to experience the same feelings as the character. The show also seems unwilling to experiment: an occasional flashback episode or different format would've been a brilliant way to show us how much its characters have transformed.

Ultimately, Mom's insistence on excluding people that are not white is what makes a lot of its storylines fall flat. It's hard not to feel



betrayed when you realise that diversity is not something the show is even considering. Mom is, in its totality, a great watch – but a premise like this had a lot more potential if it had embraced diverseness and experimentation, by catering to more than just one group of people. This, in the end, is Mom's biggest weakness.



JD16 LOVES



SNEAKERS OF THE MONTH

NIKE SB DUNK LOW
"NIGHT OF MISCHIEF"



MENTAL WELL BEING ORGANIZATION

THE NATIONAL ALLIANCE ON MENTAL ILLNESS

DESTINATION

THE BELLAIRE HOUSE, OHIO.



APPS

REDDIT



MOVIE

HEREDITARY

TV SHOW

MIDNIGHT MASS



BORED GAMES

HEADS UP



GAMES

ZOMBIE DICE

TAKE OUT

KOKO



WORKOUTS

HITT CARDIO WORKOUT



INSTA PAGE OF THE MONTH

OCTOBERALWAYS

BOOK

DANSE MACABRE
AUTHORS- STEPHEN KING



ONLINE SHOPS

CLASSIC HORROR SHOP



ONLINE COURSE

PSYCHOLOGY -MYCAPTAIN

PODCAST

THE NOSLEEP PODCAST,
- DAVID CUMMINGS



ART

SATURN DEVOURING HIS SON BY GOYA.



MEET THE TEAM

DESIGN

Kanupriya Mody (HoD)
Amatullah Arsiwala
Anvi Agrawal
Bansi Daftary
Hishita Kachhara
Jahnavi Polumahanti
Janhavi Tiwari
Kashvi Gupta
Nandini Nimani
Rhea Danak
Siddhi Gupta
Tanishi Srivastava
Tvisha Gala

EDITOR IN CHIEF

Sanah Shah

JUNIOR EDITOR

Ashwanth Aravind Vidhya

EDITORIAL

Khwahish Khan (HoD)
Aashritha Murali
Akanksha Das
Dhvani Parekh
Drishita Coelho
Hritika Dalal
Isha Sethunathan
Ketaki Deshpande
Meharpreet Gandhi
Neeharika Nene
Nitya Menon
Riyah Amin
Saachi Gupta
Shriya Krishna
Simran Bhimani
Syeda Kulsoom Jafri
Vera Malavia
Vidushi Lal

PUBLIC RELATIONS

Anindya Nagori (HoD)
Marshali Saigal
Jayita Whig
Krishna Shrivastava
Mayurakshi Chatterjee
Pankhuri Bansal
Resham Natt
Rianna Rai
Sejal Dalvi
Shraddha Jaidev
Som Nagda
Vaishnavi Kamble
Veer Gidwani

MANAGEMENT

Nile Talavdekar (HoD)
Kameel Pirani
Myra Barua
Simran Pitale
Tisha Chhabra

PODCAST

Siddhansh Agrawal (HoD)
Jahnavi Polumahanti
Karan Kapadia
Parth Dubey
Vidushi Lal



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theliberalcanon@gmail.com
medium.com/@theliberalcanon

