



Parle Tilak Vidyalyaya Association's

M. L. DAHANUKAR COLLEGE OF COMMERCE

Affiliated to University of Mumbai and NAAC Accredited B+ Grade

MEDIA VIBES

P2
**POET'S
EMOTE**

P4
**FUN
ZONE**

P6-7
**LENS
SCOPE**

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**EMOTIONAL
CHRONICLES**

P12
**FOOD FOR
THOUGHT**

SUBHEDAR'S VEER-RAS ENTHRALLS DAHANUKARITES

Chaitanya Pawar

Chhatrapati Shivaji Maharaj has been the epitome of courage and bravery. Thus, there was no surprise that when Subhedar's team visited M L Dahanukar College of Commerce, the entire campus was filled with stories of courage and bravery of Chhatrapati Shivaji Maharaj and his commander-in-chief, Tanaji Malusare.

The cast of the highly anticipated movie "Subhedar" graced the campus to promote their film on a warm morning. The actors felt proud and honored to fill in the shoes of the historical heroes. They expressed their deep gratitude for the opportunity to portray such honorable roles in a film that promises to captivate hearts across the nation. Their energy electrified the campus. Chinmay Mandlekar, Ajay Purkar, Virajas Kulkarni, Nupur Daithankar, Devdatta Baji, Avadhoot Gandhi and the director Digpal Lanjekar were left spellbound by some talented performances.

During their interview, the actor Chinmay Mandlekar shared a captivating sneak peek from the movie's set, leaving the audience in awe. They described a scene where Chinmay Mandlekar found himself in the vicinity of a cobra while shooting. Instead of postponing the scene, the fearless actor requested to continue



shooting and told everyone to leave the cobra in his natural habitat. He demonstrated fearlessness and courage, which earned him accolades by the crew.

The show was anchored by Mruda Zarekar and Rushikesh Sawant. Rushikesh also recited a letter addressed to Chhatrapati Shivaji Maharaj that left the crowd overwhelmed. One of the standout moments of that day was the Shiv Garjana, which kicked off the show and was recited by Anushree Patil. BAMMC students showcased their talent and creativity through bharud.

The day concluded with interviews of the crew conducted by our faculty, Sayalee Natu and Ganesh Achwal. This interview brought many anecdotes of what happened during the shoot and director Digpal Lanjekar invited all the students to be a witness to his next project.

EAGERLY AWAITING BAPPA'S WELCOME

Sayalee Natu

Mumbai is a melting pot of culture, yet upholds its own distinct culture. One of the most indispensable part of that 'Mumbaiyya culture' is the 11 days of joy as Ganpati Bappa graces our homes for either one and half, five, seven or eleven days. Everything about this festival is something that the Mumbaikars look forward to.

Preparations start a month before the first day, Ganesh Chaturthi, right from selecting idols, making and finalizing the décor (for home as well as public celebrations), deciding on the society functions and most importantly, deciding what to make for naivedya. While the novices content themselves by making khirapat, the experts boast skills of making ukadiche modak, a traditional favourite of Bappa.

The practical and corporate city gets drenched in devotion. There is joy, devotion and happiness in the air. Even when it rains continuously, the devotees don't stop dancing in the procession. In fact, they look forward to the showers during the procession.



Photo credit: Aasavari Gadade

The mornings and evenings of these 10 days echo devotional songs and aartis. There are unsaid competitions within the mandals and societies. Though these competitions are not official, or declared ones, they do bring out some sporty spirit during the festival. While many celebrate Ganeshotsav at home, it doesn't stop them from being a part of the public celebrations. Many visit famous pandals like Lalbaughcha Raja, while others find peace in visiting the Siddhivinayak temple.

Though Ganeshotsav has been a tradition, its public celebrations were started by Lokmanya Tilak to provide a platform for mass gatherings and ignite patriotism amongst the people to spread the freedom movement. Taking the cue forward, Mumbai today hosts numerous such public forums during the same time that hosts lecture series, interviews, etc. to provide food for thought to the public.

STUDENTS BUZZ **TEACHERS'** PRAISES

Manasi Ma'am at first glance seems intimidating but with time as you become familiar with her, you realise that there is more to her than meets the eye. She is like coconut in the true sense; hard exterior but soft on the inside. When it comes to presentations she does not hold back, however when the need arises she will help students in their time of need.

- Manasi Pingle

Amit Bane Sir is a good leader, and supports the entire BAMMC Department. His friendly nature towards students makes working with him more fun. Working with him during an event was the time I was able to understand him more. Amit sir has always encouraged us and we are proud to have achieved many feats under his leadership.

- Vedant Gotad

Throughout my life, I have had numerous teachers, but few go above and beyond to help their students achieve more knowledge than just information. Our beloved Mrunmayi miss is one of them. By using practical instances from her experience, she adds a personal touch to her lessons and distinguishes herself as extraordinary.

- Vedika Patwardhan

Sayalee ma'am is one of the most passionate professors I have come across. I like attending her lectures because she explains any topic very well. She is very friendly and I consider her as my mentor. I also appreciate her role in my growth immensely

- Piyush Gurav

Sanskriti ma'am is one of the finest professors I have ever come across. I love how she brings joy to the room and the people around her!! I like the way she explains a particular thing from multiple perspectives. Above all, I couldn't have asked for a better person to guide me in multiple ways, grateful to have crossed paths with her!

- Tanvi Pimpurkar

FINDING MY INNER CHILD



**I clenched my teeth when I got to know about how I felt about myself,
But maybe that was the inner child I hid in my library shelf.
I realized that I lost myself while chasing my dreams,
and asked myself: what happened to the girl who loved ice-creams?
Now when someone is better than me at something I get anxious,
Maybe in this generation jealousy is contagious.
I cried silently when no one saw the tears,
maybe that helped me overcome all my fears.
I tried my best when my inner child in me was at the worst,
I realised I have to take care and love myself first.
That's when I fought with anxiety, jealousy and sadness,
By finding for joy, excitement and happiness.
I found the lost inner child in me in my dreams,
Healing from cuts, wounds and smiling at me eating ice-creams.
- Samiksha Shirodkar**

Artwork credit- Samiksha Shirodkar

I LOVE CHICKEN, TREATS AND YOU!



**On your sofa, I've found my place,
A busy bone eater who loves your face.
With every tail wag, bark, and sigh,
Just grab that ball and throw it high.
From morning's light to the evening night,
A walk with you makes me alright.
On lazy days and in rainy weather,
I love to jump when we are together.
Eating chicken lights up my whole day,
But those extra treats will make me slay
I want my chest rubs along with a hug,
And some more food which is in your mug.
In our adventure, big and small,
Along with my favorite toy, I'll give my all.
Your touch, your voice, my heart they thrill,
With you, I've found my forever fill.
I want you for my every breath,
You are the reason for my life's health.
In your company, I've found my home,
Forever yours, no matter where we roam.**

-Pranav Jadhav

Artwork credit- Rushikesh dhupkar

ILLUSION OF EMOTIONS



**When I was a child , I learnt about emotions.
Happy, sad, good and bad
As I grew, I got to know
Those emotions are just illusions.
We are the generation confused between lovers and friends,
Life is happening but we are stuck in a loop of depressing trends.
The happiest in the world pretends to be depressed
Social media controls and feelings get suppressed.
We live in a world which has inverted rules.
Where happiness is normal and sad life is cool.
We get angry at people we love,
and stay silent in front of people who shove.
We all wore a mask of fake expressions.
We all lie to our own emotions.
- Amruta Jadhav**

Artwork credit- Reena Almeida

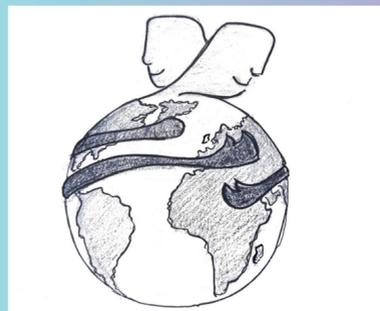


A SAD GOODBYE

**When the first time you held my finger,
when the first time i held you in my arms,
the memory in my mind still strongly lingers
When you took your first step towards walking,
when the first words you started talking,
it was the moment when i felt you grew up,
and you need me a little lesser now,
is what I had to develop
When the first day of school crying you spent,
I drenched a tear with discontent,
When I saw my little baby grow into a girl,
Like in an oyster a growing pearl.
Seeing you turn into a woman was a dream come true, into my shadow you have changed
Now, that you chose a hand to hold,
I hope he knows to hold you too whether in sun or cold,
Now that you go away from me,
stay my forever little glee.
-Prathmesh Shinde**

Artwork credit- Anisha Prabhu

HUMANITY- A City of Heaven...



**Finding you, finding you
Where are you?
when an unknown gives you support on a cloudy day
In the middle of a long exhausting way
Just like an oasis in the scorching heat
In any serene desert where I was searching the way on bare feet**

**Humanity doesn't need any clarity
And it's the best kind of charity
Being a human is very easy
But being humane is getting very choosy
When you are not keeping well and are feeble
And someone drops you home without feeling any trouble
Is a feeling that comes from heart
And an ethical form of art
-Anisha Prabhu**

Artwork credit- Kshitij Mirikar

INKWELL EMOTIONS



**I write and write to express my feelings
the words I note...get me healing
the pen narrates my sorrow...
the paper knows it feels**

**I share my pain..... it puts me at ease
my worries, my joy, my chaos and my fear
I try to convey when my mind is unclear
the paper doesn't judge me for the thoughts I bring
it lets me communicate whatever I think...**

**So.... when I get hit by emotional tides
a paper and pen always get me through the night...!
- Aastha Surve**

Artwork credit- Gaurang Kolambekar

Selling emotions: way to your heart



Pranav Jadhav

Photo credit: Jay Bijutkar

India is known for its interesting emotional advertising. If you see the last few decades of advertising, it is pretty evident that Indian advertising has been banking a lot on the emotions and emotional appeals of the masses to sell their products or services. Be it the cheeky advertisements of Mentos, or fearful ads of LIC, emotions has been one of the highest selling points in the Indian advertisements. If one tries to understand the reasons behind emotions selling, it is obvious that people in India feel and emote more than they think. In other words, people think from their heart more than their brains, thus paving way for advertisers to bank on their emotions. Appealing to emotions is more pow-

erful than logic. Emotional branding as a concept was created 20 years ago by Marc Gobe. Investing in Ads that relate to the people, provoking their emotional state, needs, and aspirations results in a strong relationship between brands and customers, which improves brand image and customer loyalty.

The subconscious human desire gets trapped in by emotionally triggered marketing. The most commonly used emotion in Ads is happiness and positivity, due to which the consumers increase despite irrelevancy or fictionality. FOMO creates an impact when it comes to advertising any product for teenagers.

Besides, for fundraising, charity, or Non-profit initiatives, the fear deters from doing something or to do something. Tata Salt became the number one salt brand in the country by adding a tint of patriotism as the tagline 'desh ka namak'. Bornvita doesn't provide health benefits, yet the 'Taiyyari Jeet Ki' Ad, targets audiences through parenting emotion.

Amazon started with 'Apni Dukan' Ads that covered every household aspect of India as people were hesitant to buy online from foreign brands. Vodafone ZooZoo became a sensation during the 2009 IPL, as their short stories would entertain people during breaks.

Emotion of the target audience is a tool every brand uses to establish recall existence. Ads with explicit emotions are likely to be shared and watched at least twice compared to regular Ads.

In the world of advertising, branding and marketing, it doesn't matter what you are promoting, but rather how you are promoting does get concern.

However, brand image can get severely harmed if the exact message through the campaign fails to reach the audience, creating a risk rather than a gain. From the consumer's perspective, they can misunderstand the values and motives of the brand.

Therefore, after watching a heartfelt promotional video of any brand, verify the message and scroll through the brand before consuming their products. Buy their products, but don't be one!

Love for Passion



Ketaki Raut

The biggest significance of one's life is career; especially as they transition from education to the professional world. No one loves failure, everyone wants to be a perfectionist, everyone wants to achieve something, everyone is struggling/hustling for something, and most of them are sacrificing so many things from their life, like; For example, some are not spending time with their friends/ family OR they are avoiding social gatherings or doing all those stuff from which they get a step forward towards career. Everyone has passion, only someone knows what it is, and some people are still waiting for the reality check!

We all have a plan about what we want to do/ be or some people are making those plans, still figuring it out ...but sometimes parental pressure stops us from doing that, we have to sacrifice our interests or our goals or plans, just to make our parents satisfied and happy! Even we students are stuck between passion vs. paycheck! Most of us are still confused about our careers.

And since it's not easy to get what we want, we have to hustle a lot .. a lot ... so for that sometimes we may have to face failure, I think we all have to face failure. There are so many distractions/ obstacles in our path like; peer pressure, mental health, heartbreaks (friendships/relationships); and many more .. but, it's totally upon us how we deal with it, Instead of "overthinking" it, one should "overcome" from it. As Steve Jobs said, "Your time is limited, don't waste it living someone else's life!". **your passion can be your career! so just think about it and be passionate!**

Humari bhi toh koi sun lo: Lending ear to student issues



Mrudula Sawant

Photo credit: Jay Bijutkar

The emerging adulthood is a transitional period marked by major psychological changes, including the elevated stress. The social dimension of education is intricately intertwined with emotions. Students forge friendships, conflicts, and seek belonging. Feelings of acceptance, empathy, and belonging foster a positive social environment, while loneliness and exclusion can lead to emotional distress.

For numerous students, their academic years were not just filled with happy moments. The pandemic has significantly impacted people, particularly those from low-income families. Some students are afflicted by the weight of their parents' high expectations and experience pressure to live up to an image or reputation, while other students experience occasional stress related to their academic endeavors.

The students undergo extreme levels of stress on a day-to-day basis. The constant need to perform well is ingrained in their minds. And is so deeply rooted that they are unable to break free from it. They live in a constant state of stress and worry which can be very overwhelming. So much that sometimes they choose death over life.

These extreme levels of stress correlate with many mental health - related symptoms including anxiety, an increase in substance use, depression, little and poor-quality sleep, higher than average levels of burnout, and an overall poor quality of life.

Therefore, the question of "what can we do?" is now raised. Instead of just agreeing with

someone, it involves really listening, comprehending, and accepting their emotions without passing judgment. This routine fosters a sense of worth and belonging by recognizing the individuality of each person's emotional journey.

Acknowledging the emotional nuances of their journey empowers students to navigate challenges, embrace opportunities, and develop into well-rounded individuals prepared to face the complexities of life

Mental problems can be due to numerous reasons like family issues, inferiority complex, exam or career pressure, etc. it can be anything. Some people are more emotionally sensitive. Many of them turn silent, when they understand no one wants to listen to them, they think being silent is the only option left with them.

This may arise problem not only in present but also in the future. They get scared to ask or question. All their feelings get bottled up inside and someday, all these emotions will get blast. In order to avoid this we must seek help through the proper channels. There are counsellors available in colleges whom you can contact or you can always speak to your loved ones.

Kratiya and Velky

Written & Illustrated by: Rohit Mundy



Patrakar kehete hai ...

Written by: Amruta Jadhav
Illustration by: Sara Ghadi



Media Vibes

Navras: Cascading human emotions

Emotions are the threads that stitch the quilt of our existence. They are the colours, the textures, and the patterns that define the fabric of our lives. In this ever-changing world, where the pace of life often leaves us breathless, it is more important than ever to explore and understand the rich tapestry of our emotions.

Navras, a concept deeply rooted in Indian culture that offers us a profound and enduring perspective on the human emotional experience.

Navras, which translates to "Nine Emotions" in Sanskrit, is a timeless concept that forms the bedrock of various Indian classical arts, including music, literature, and drama. They are an important part of Indian classical dance and are used to convey the meaning as well as emotions of the dance.

These nine emotions, Shringara (love/beauty), Hasya (laughter), Karuna (sorrow), Raudra (anger), Veera (courage), Bhayanakar (terror), Bibhatsa (disgust), Adbhuta (wonder), and Shanta (tranquility) represent the entire spectrum of human feelings. I'm sure all of us at some point in life have felt these emotions. In a world that often encourages us to suppress our emotions or race past them, Navras gestures us to pause and reflect.

Navras is not confined to the pages of ancient texts but resonates through contemporary art forms worldwide. Navras provides a universal language for artists to convey the intricate emotions that unite us together as human beings.

Navras connects us with our roots, fostering a sense of identity and pride. I've come to see Navras as a compass guiding me through life's emotional journey. It has allowed me to embrace my feelings, understand their significance, and harness their power for personal growth.

The navarasas are thought to be universal emotions, and can be found in all the cultures. However, the way they are expressed can vary from culture to culture.

Navras, with its universal appeal and cultural significance, is a timeless gift that continues to enrich our lives in the modern world. I think this edition of Media Vibes is a perfect time for us all to embark on our individual journeys of emotional exploration.

Let us recognize that these emotions to create the symphony of our lives. Merely by acknowledging the Navras and accepting them unapologetically, we can navigate through our emotional turbulences with grace and a deeper connection to humanity.

Ras is such a beautiful element which needs to be experienced by all, because words can't express those feelings clearly. An individual feels immersed in that mood to the exclusion of all else including himself. These Navras are a medium for all of us to express, to feel, and to embrace all the moments of our life because if Navras isn't part of it, everything is just sombre.

AI to replace human emotions?

Amit Bane

AI technology can simulate and respond to human emotions to a certain extent, but it cannot truly replace human emotions. Here's how AI interacts with human emotions:

Emotion recognition: AI can analyse facial expressions, tone of voice, and text to recognize human emotions. Machine learning algorithms can be trained on large datasets to identify emotions such as happiness, sadness, anger, and more. This technology is often used in customer service chatbots and sentiment analysis for marketing purposes.

Emotion generation: Some AI systems, like chatbots and virtual assistants, are programmed to generate responses that sound empathetic or emotional. These responses are based on pre-programmed scripts and algorithms that mimic human emotional reactions.

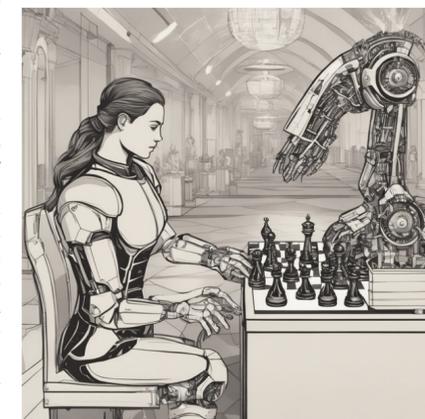
Personalization: AI can use data about an individual's emotions, preferences, and behaviour to personalize recommendations and responses. For example, streaming platforms like Netflix use AI to recommend movies and TV shows based on a user's viewing history and emotional reactions to previous content.

Virtual companions: Some AI-powered virtual companions, like chatbots or virtual pets, are designed to provide companionship and emotional support. They can engage in conversations, offer encouragement, and respond to users in ways that may evoke emotional responses.

Therapeutic applications: AI-driven technologies, such as virtual reality and AI

chatbots, are being used in mental health therapy to assist individuals with emotional issues like anxiety and depression. They provide a non-judgmental and always available source of support and can help individuals manage their emotions.

AI's ability to understand and respond to emotions is limited due to its lack of true consciousness and subjective experience. AI's responses are based on patterns and data-driven algorithms, and it cannot truly experience emotions, empathy, or compassion like humans. Despite its usefulness, AI cannot replace the depth and complexity of human emotional experiences, which are deeply intertwined with consciousness and self-awareness.



SUDOKU

1	7			6	4	5		
2	5	3	4					8
6				1			7	
5	3					2	9	
6	1			9	8			
		6		2			7	
	1		9	3	2			
	8							
4			7	8	5	9	1	

How to play:

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

SPOT THE DIFFERENCE



WORD SEARCH

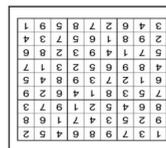
S W P M R I S Q F Y
A H A P P I N E S S
D P E A C E F U L A
N O A I E Q S S N N
E H Q K W R A M C G
S S C R I B B L E E
S T A N X I E T Y R
C O N F I D E N C E
X P G O T J D W Q C
H X G W B E L O V E

SOLUTIONS TO GAMES / PUZZLES

WORD SEARCH



SUDOKU



If we're feeling something for longer than six seconds, we are at some level choosing to recreate and refuel those feelings.

DID YOU KNOW?

The English language has over 3,000 words for emotions.

Feelings do not just appear "out of the blue." Feelings are a direct result of your thoughts and perceptions about an event, memory, or person, either in the future or the past.

Boost your EI for boost in career

Media Vibes Team



Photo credit: Jay Bijutkar

telligence) is a learnable skill, where you can develop and build on your baseline? You just need to learn EI basics and its tools and practice them. Here is how:

Recognize your feelings

Identify and understand your emotions. Marc Brackett's mood meter helps to manage emotions. This helps you to control and manage your feelings, allowing you to handle them without them controlling you.

Assess yourself

List your strengths and weaknesses realistically. Knowing them aids in effective emotional delegation. This helps in maximizing personal growth and team performance (when worked on with the team)

Use mindfulness

Developing the practice of being present in the moment while being aware of everything around us and within us always helps. Studies have shown that mindfulness is linked to improvement in professional and personal capacities.

Listen

Empathetic people can feel what others are going through. They listen carefully, are approachable, and recognize underlying emotions, making others feel acknowledged and understood.

Be curious and encouraging

Be there for the people around you in their good times and bad. Support them in realizing their dreams and goals. Help those around you, and your near and dear ones when they need you the most or when they are feeling down. Be aware of the socio-economic-political arena you've or they have been put into.

In this world, where we don't have time to listen, we have many communications lacuna while communicating to the people around us. Non-verbal communication can lead to miscommunication at times, thus creating a lot of misunderstanding and resentment.

People don't consider that communication is prone to be decoded in various ways and this leads to miscommunication. This is true for acquaintances and strangers.

Hence emotional intelligence is required. It helps in better communication of our emotions, sentiments, thoughts and feelings. Psychologist Daniel Goleman rightly said, "Out-of-control emotions can make smart people stupid."

You can build your EI.

Do you know that unlike IQ, EI (Emotional In-

LENS SCOPE

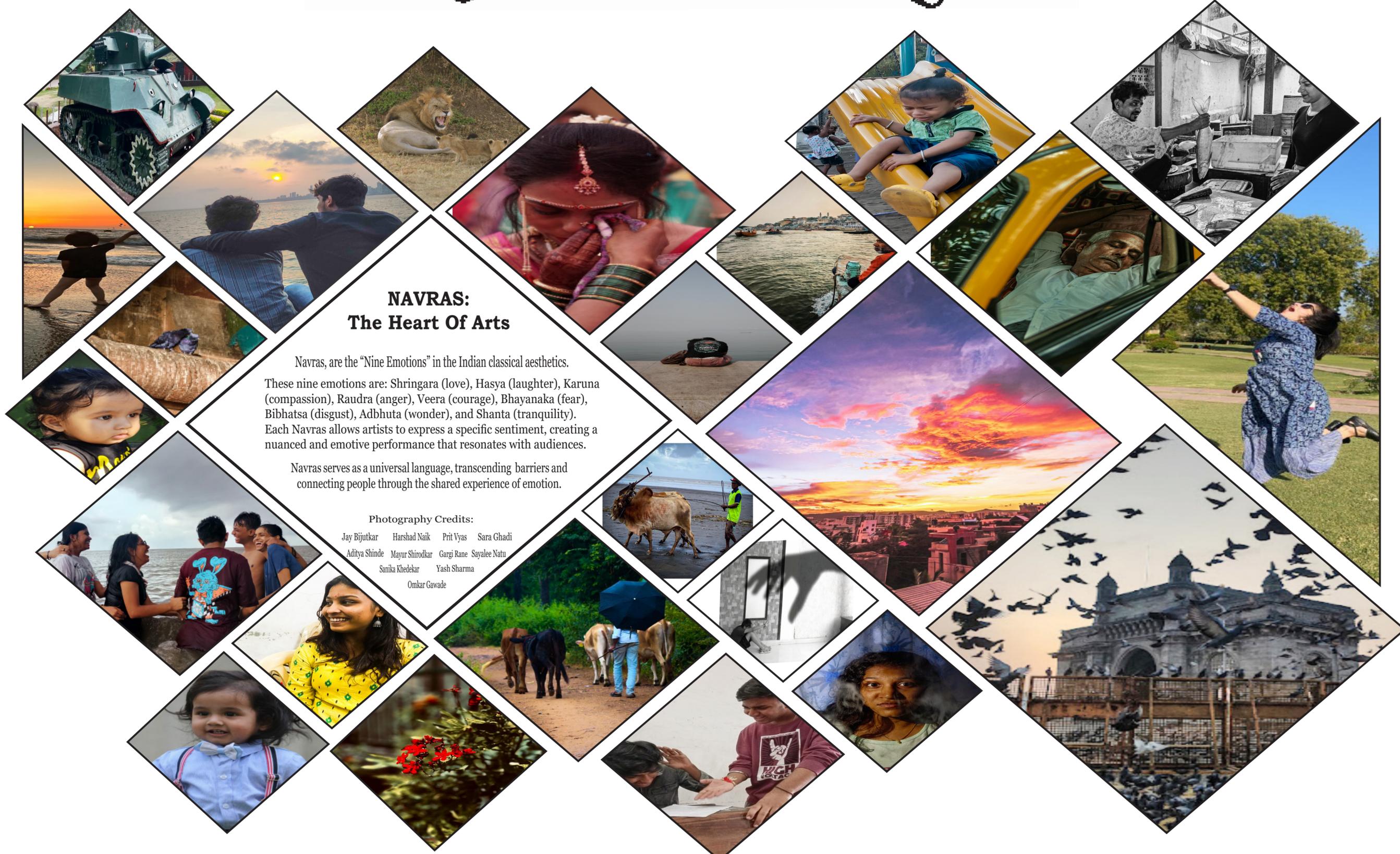
NAVRAS: The Heart Of Arts

Navras, are the "Nine Emotions" in the Indian classical aesthetics. These nine emotions are: Shringara (love), Hasya (laughter), Karuna (compassion), Raudra (anger), Veera (courage), Bhayanaka (fear), Bibhatsa (disgust), Adbhuta (wonder), and Shanta (tranquility). Each Navras allows artists to express a specific sentiment, creating a nuanced and emotive performance that resonates with audiences.

Navras serves as a universal language, transcending barriers and connecting people through the shared experience of emotion.

Photography Credits:

Jay Bijutkar Harshad Naik Prit Vyas Sara Ghadi
 Aditya Shinde Mayur Shirodkar Gargi Rane Sayalee Natu
 Samka Khedekar Yash Sharma
 Omkar Gawade



Nostalgia: Treasure chest of memories

Supriya Kulkarni

Nostalgia is like a grammar lesson: you find the present tense, but the past perfect!
~Owens Lee Pomeroy.

Nostalgia is a journey that takes us back to moments etched in the canvas of our lives, a powerful emotion that transcends time, allowing us to relive the joy and warmth of days gone by.

The echoes of laughter and the murmurs of friendship that we hear as we go past our school, **Photo credit: Gargi Rane**



and who can forget the simple joy of sharing lunch boxes with friends, swapping stories and snacks, each morsel containing a piece of friendship!

A vivid picture of the freedom and adventure of the summer vacations, the train ride to the village with relatives, and constructing sandcastles and forts while basking in golden sunlight.

As we manage the challenges of adult-

hood, memories from those days become a source of comfort. Photo albums serve as time machines, transporting us to gatherings filled with love and togetherness.

The first taste of independence is a unique nostalgia, blending excitement and uncertainty, making it a memorable milestone in our journey. Sometimes, simple things like the smell of a particular street food, the sound of waves crashing against the shore or even sitting peacefully on your terrace makes you very nostalgic.

Sensory triggers like rain, favourite songs, and childhood dishes can also transport us back in time, evoking emotions across the spectrum. It is not about yearning for lost moments but rather a reminder of the importance of embracing the past and embracing growth.

As we grow older, we may also feel nostalgic for a time when we felt more certain about who we were. As we experience the world, we may also lose our sense of innocence. This can lead to feelings of nostalgia for a time when we were more carefree and less aware of the harsh realities of life.

Nostalgia is a thread that connects the past, present, and future in the vast fabric of life. It serves as a reminder that the special times in our lives can change us in ways we might not completely understand. So, let's embrace nostalgia as we go through our life, allowing it to enrich our experiences and increase gratitude for the memories cherished till now.

Purrfect love

Jay Bijutkar

In a world of complex human connections, the emotional attachment we share with our pets is the purest form of companionship. From the wag of a tail to the soothing purr, they have the ability to touch our hearts and provide solace.

The bond between humans and animals can be seen with the release of oxytocin, a.k.a the "love hormone". Studies have shown that gazing into the eyes of our pets can trigger its release as a parent looking at their child. This response paves the way for a deep emotional connection that transcends language barriers.

Our love for pets is rooted in their unwavering loyalty and unconditional love, as dogs, known as "man's best friend", have evolved alongside humans for thousands of years. Co-evolution has evolved human emotions, providing comfort during distress. Cats offer independent yet affectionate companionship, alleviating loneliness and isolation with their presence alone.

Sharing thoughts and concerns with a pet that listens attentively without judgment offers



a comforting experience in a world of constant chatter. Many find solace in vocalizing their feelings, knowing that their pet is a silent confidante who will never reveal their secrets. Pets offer emotional attachment and therapeutic benefits, particularly dogs, for mental health challenges and disabilities, showcasing the practical side of the human-animal bond.

The loss of a beloved pet can evoke profound grief, akin to losing a family member, highlighting the deep connection we have with them. The absence of pets serves as a reminder of their joy and comfort, with memorials and pet cemeteries highlighting their emotional impact.

Pets foster an emotional attachment that transcends biology and culture, based on mutual respect, trust, and companionship, transcending biology and culture. Our furry companions provide a comforting abode during our journey through the intricacies of human relationships. Pets provide emotional comfort in our everchanging world, offering companionship and a sense of welcome at the end of a long day.

Dogs have long been regarded as among humankind's best and closest friends. Dogs provide the largest range of functions among domesticated animals, including friend, helper, protector, and lifesaver. Dogs have been people's best friends for generations since they are such amazing companions. There has long been a close bond between people and pets.

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Can friendship be... toxic?

Shreya Kini

We all have special connections with our friends. But sometimes, negative aspects or behaviours can certainly have a detrimental influence on friendships. It's important to be aware of these negative factors to avoid them and maintain healthy relationships. It's also essential to recognize and address these negative aspects if they arise in your friendships. Open and honest communication, setting boundaries, and seeking resolution when conflicts occur are crucial steps in repairing and maintaining healthy friendships. Sometimes, it may also be necessary to distance yourself from toxic or harmful relationships for your own well-being. Certainly, friendships, like any other aspect of life, can have negative aspects or influences as well.

While friendships are generally positive and fulfilling it's important to be aware of potential challenges and issues that can arise. It's important to remember that not all friendships will experience these negative aspects, and many can be navigated successfully with open communication and healthy boundaries. Additionally, recognizing when a friendship is becoming harmful or detrimental to your well-being is essential, and it may be necessary to distance yourself from such a friendship.



Photo credit: Jay Bijutkar

Toxic behaviours, such as manipulation, control, or emotional abuse, can be extremely harmful to friendships. These behaviours can be emotionally draining and damaging.

Friends can sometimes exert negative peer pressure, encouraging you to engage in harmful or risky behaviours, such as substance abuse or risky activities.

Talking negatively about a friend behind their back, spreading rumours, or sharing their personal information without consent can destroy trust and hurt feelings.

Holding grudges or refusing to apologise when one has made a mistake can create ongoing tension and resentment.

Over-reliance on a friend for emotional support or other needs can lead to an unhealthy dependency, which can hinder personal growth and self-sufficiency.

Friends who consistently prioritise their own needs and desires over their friends can strain the relationship. Selfish behaviour can lead to feelings of neglect and resentment.

Khari biscuit: Rivals you can always team up with

Vaishnavi Sarnobat

'Sibling' is not just a word, but has emotions attached to it, which is bound by unconditional love and support. The first born, by default, is expected to be mature, while the youngest assumes the title of a brat.

It is a bond that is forged in childhood and strengthened over time. From fighting as children at the drop of a hat to being together through thick and thin. Growing up with siblings leaves us with nostalgia for lifetime, be it fighting for the remote or signing each other's grade cards; we all have been there, haven't we?

But it's more than just a collection of fond memories. Sibling relationships cast long shadows over our lives, influencing how we navigate the intricacies of interpersonal connections. A healthy rapport with our brothers and sisters plays a pivotal role in shaping our mental well-being, emotional intelligence, and social adeptness.

Older siblings often advise us on what

is right and wrong, guiding us through the tough times, and telling us how to deal with the challenges thrown at us.

Being the youngest in the family has its



Photo credit: Prit Vyas

own set of privileges as everything in life seems easy when you are around them. But at times, they step up, helping us out. We all once in our life have enjoyed a very memorable incident or nightout with them. Siblings, with their shared laughter, ar-

Yeh dosti, hum nahi todenge

Apurva Kamble

The word friendship is filled with a lot of feelings and emotions. Friendship is a faithful and loyal relationship between two or more people living anywhere in the world. We need a loyal friendship with someone to live happily, as we cannot spend our entire lives alone. Friends have close bonds and can always rely on one another.

It is said that friends are that family that you got to choose. They love you, respect you and take care of you just like a family. They also scold you when you are wrong, and even fight with you like they are your brother or sister.

When I was three years old, I made a friend called Prerna. Our first encounter was in a dance class. She was very polite and helpful, so I liked her behaviour. She always helped me out with my work, and was there for me no matter what the situation was. Prerna and I both went to the same school. Once, when we were in the 7th standard, an incident happened with me at school. Some of my classmates started bullying me about my weight. It was happening continuously, which disheartened and demotivated me. But she was always with me in that difficult situation. She told me to just ignore those people and focus on my future goals.

She gave me that confidence to pursue my dream while also being confident in myself. And I did it. Now I am pursuing my dream. Thanks to her support, I had the courage to follow my heart without any worries. She made me realize my own potential which boosted my personality. I am still in touch with her and we meet occasionally and reminisce about our school days. The most beautiful discovery one can make is finding true friends who grow separately from us without growing apart.

"We all need a safe space to rest our tired feet and set down our weary hearts. We all need a friend who welcomes us in and reminds us that we don't have to be perfect to belong." - Liz Neuman

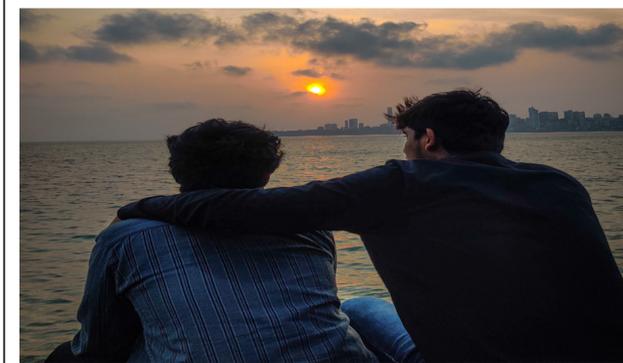


Photo credit: Prit Vyas

If I have to sum up my friendship with her, I would simply say,
*Iss bedhangi duniya ke sangi
Hum na hote yaara
Apni toh yaari atrangi hai re
Kar berangi shaamein hud'dangi
mast-malangi yaara
Apni toh yaari atrangi hai re*

Emotional stress: Corporate challenge

Aman Sharma

Often times, students are struck with cultural shock when they step into the corporate world. The immense amount of emotions and stress takes them by surprise and they find it hard to tackle it. Mr Sarvottam Rege, the coordinator of BFM and BAF has many years of professional experience in the corporate arena. Our student Aman Sharma had the opportunity to put down some questions to him. Excerpts: -

In today's fast-paced corporate environment, dealing with emotional stress has become a prevalent concern. The pressures of deadlines, targets, and the workplace dynamics can take a toll on employees' emotional well-being. However, with the right strategies, it is possible to manage and mitigate these challenges effectively.



Firstly, self-awareness is key. Recognizing and acknowledging your emotions is the first step toward managing them. Understand that it's okay to feel stress, but also know when it's time to seek support. Time management plays

a crucial role. Prioritize tasks, set realistic goals, and break them down into manageable steps. This approach can help reduce the feeling of being overwhelmed.

Communication is another vital component. Many companies now offer employee assistance programs (EAPs) that provide resources for dealing with stress, including counselling services. Don't underestimate the power of self-care. Regular exercise, mindfulness, and adequate sleep are essential for emotional well-being. Make time for activities you enjoy outside of work. Lastly, consider seeking professional help when needed. Therapists and counsellors can provide valuable coping strategies and support.

Emotional stress is a common challenge in the corporate world, but it's manageable. By fostering self-awareness, effective time management, open communication, self-care, and seeking professional help when necessary, employees can navigate this stress and maintain their emotional well-being in the workplace. Remember, a healthier and happier you also contribute to a more productive and positive work environment.

Emotions play a role in organizational life. Understanding these emotions helps individuals to manage them. Emotional labor can be taxing on individuals, while emotional intelligence may help individuals cope with the emotional demands of their jobs.

By cultivating self-awareness, emotional intelligence, effective communication, and stress management skills, you can navigate the emotional landscape of the workplace with confidence and grace. Remember that emotions are a natural part of the human experience, and when managed effectively, they can be a source of strength rather than a hindrance in your career.

Conflict is a natural part of corporate life. Emotionally intelligent leaders approach conflicts constructively. They acknowledge differing viewpoints, seek common ground, and work toward win-win solutions. This reduces tension and maintains a harmonious workplace.

Anxiety: unwanted, constant companion

Photo credits:Yash Sharma

Vedha Kadam

Anxiety, an unwelcomed companion, a puzzle with missing pieces, the feeling of not being in control, Even the most mundane tasks feel daunting as the constant fear of judgment engulfs us, leaving us vulnerable and isolated.

Waking up, having to socialize, ask for help, and halter our schedule to the slightest bit, becomes an uphill struggle when anxiety tags along.

A constant battle of “what if” and having to stay in our little bubble amplifies the sense of isolation, leading to sleepless nights of over analysis of every interaction, and gesture.

In this era, one always feels the need to compare and create a paradox of online existence causing one to seek validation, acceptance, and unrealistic expectations as it leads to FOMO (fear of missing out), which forms intricate patterns that entangle you and feel nearly impossible to escape.

The constant comparison to curated lives intensifies the feeling of inadequacy. Cyberbullying and negative comments create the pressure to fit in, intensifying our anxiety. Online and offline worlds are becoming increasingly intertwined. Pettiness is made worse by the pressure to keep a flawless online reputation. The exhilaration and uneasiness that come with the notification bell.

Due to the conflict between the security of familiarity and the fear of the unknown, anxiety might even be confided in one's own home.



The echoing silence of the room can occasionally turn into a prison of ideas since worry is an emotion that cannot be described.

The first step for conquering anxiety is its acknowledgement and acceptance. Do not worry, as eventually things will sort out when you calmly understand them.

Taking pride in even the slightest successes aids in developing self-compassion. Embracing and accepting one's imperfections, forgiving setbacks. Engaging in activities that trigger anxiety will gradually desensitize.

Anxiety is a challenge that many of us face at some point in our lives. It is very much important to remember that anxiety is not a sign of weakness. It is a very normal human emotion and experience.

By openly discussing anxiety with your closed ones and seeking help from professionals, we can reduce the stigma surrounding mental health issues and work towards a healthier, more balanced life.

Holding boxes of strangers' secrets

Siddhi Sawant

It only takes one chat with a stranger to change a few things. Kind of friends that you've never known. They seem to be intentional but meeting them indeed happens unexpectedly.

Their small role in life helps individuals realize their worth and helps them believe in themselves when they were unable to find themselves. You have discovered that you are not inferior, and a realization check was necessary to appreciate your worth. They meet us for quite a few minutes or seconds sometimes to make a beautiful change.

Strangers, sometimes depicts dangers but you all know not every stranger is a danger some are the best bringers. Despite roots and upbringings being different, regardless of any religion they just see us as humans whose mind is out of their way. Strangers who begin to interest us at first sight somehow suddenly give back the same we get.

Some encounters foster unexpected friendships, while others transform into beautiful connections, leaving you with confidence and memories, while others leave you as a stranger with newfound friends. Emotions are just some swings we get into throughout our being.



Unknown individuals often provide relief and a tension-free mind by sharing their experiences, as they are always unfiltered and willing to share their truth. The transparency we get while talking with them in that situation, we become bad liars of what we are going through and tell the truth without giving a second thought of being judged.

Traveling with strangers can be a transformative and enriching experience that allows you to explore the world while connecting with people from all walks of life.

It's a chance to embrace the unknown, learn from each other, and build relationships that can last a lifetime. So, the next time you plan a journey, consider the adventure of traveling with strangers – you might just find it to be one of the most rewarding experiences of your life.

It's something we get comfortable with when in the moment. People mostly prefer the identities to be anonymous because when there is a reveal of identities people get scared of the interaction which happens naturally. This differs from person to person as everyone's comfort level is very different. It will also depend on the distance that we have between a stranger and the interaction! Period!

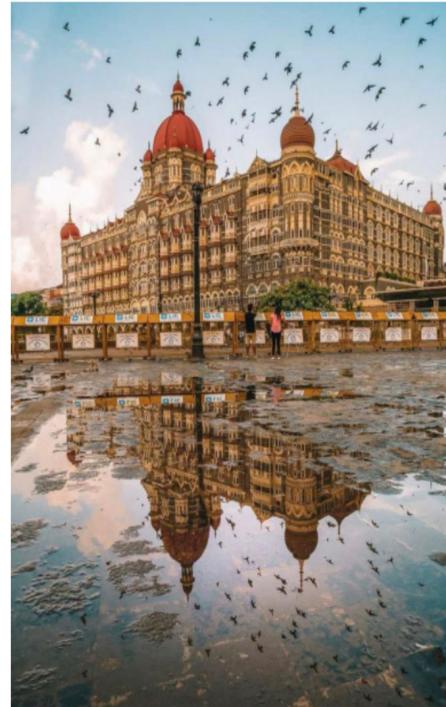
In embrace of Mumbai's heart

Sakshi Mahadik

Mumbai is one city from all the cities in India that has enchanted everybody with its charm and liveliness. Mumbai is everyone's love. She accepts everyone. She doesn't know the caste, creed, and financial status. Mumbai is a city of dreams because it offers limitless opportunities to everyone no matter whether you are Indian or a foreigner.

Mumbai has a rich history. Mumbai is known for its lively and cosmopolitan atmosphere as well as its big culture. She is a friend of every needy person. That friend never sleeps. If we are alone, the city like a friend silently protects us, laughs with us in our best mood, or comforts us when we are not in the right frame.

Photo credit: Jay Bijutkar



Yash Chopra said, “Mumbai is an infectious city. Once you start living in Mumbai, working in Mumbai, you will never think you can never think you can live anywhere else” I totally agree with him because Mumbai has given everyone a chance to earn money. In Mumbai, vada-pav wala makes more money than an engineer. Mumbai is always a safe place for a girl who loves to move around at late night.

Mumbai always shares a helping hand with old people to cross the road. In Mumbai, all festivals are celebrated and given equal importance.

Mumbai is always a great emotion to every resident here. Mumbai's every part is precious. Mumbai has a coastline Marine Drive which is also called “Queens Necklace”. Mumbai has so many aesthetic places, cafes, book stalls, Street shopping centers, hotels, and gardens that all things are emotional for youths. Mumbai is everyone's.

Each and every person has a specific relationship with Mumbai. Sometimes she is a friend to help, sometimes she motivates to be inspired, and

sometimes she comforts like a mother. Mumbai is heart, Mumbai is precious, Mumbai is emotion, Mumbai is peace, happiness, and beauty. Mumbai is everything and we are proud to be Mumbaikar, we were proud of Mumbaikar, and we will be proudest of Mumbaikar.

Fostering stronger, happy family

Veekat Parpolkar

Whenever we talk of emotions, family always comes first in our mind. It is our family that gives us unconditional support, love and is there with us in joys and sorrows.

A joyous family represents a sanctuary brimming with love, laughter, and unwavering mutual support. The bedrock of a serene household is meticulously constructed from the essential elements of trust, communication, and unity.

In a world replete with intricate challenges, a straightforward yet exceptional formula paves the path to familial bliss. The cornerstone of this familial structure is communication, which can take the form of both spoken words and nonverbal cues. The act of sharing thoughts, emotions, and dreams reinforces familial bonds. A nurturing ambiance, where all viewpoints are cherished, cultivates a profound sense of belonging.

Indispensable are the moments of quality time shared together, etching indelible memories. Whether it's the sharing of meals or embarking on shared adventures, these collective experiences forge connections that endure the rigors of time.

The distinctive traits of each family member add vibrancy to the family's collective canvas, transforming it into an extraordinary masterpiece.

Since each team member contributes to choices, flexibility and the ability to compromise are essential for peaceful coexistence. Celebrating accomplishments, regardless of their scale, fosters an atmosphere of positivity and bolsters self-esteem.

In times of adversity, unity shines brightest as challenges are confronted collectively. Laughter, the universally understood language of joy, reverberates through the walls of joyous households. It serves as a balm for tensions, creating an environment in which hurdles become surmountable.

Kindness and empathy become the norm, rendering the family a refuge of solace and comfort. Ultimately, a jubilant family thrives through its willingness to embrace



change and evolution. As individuals grow and transform, so does the family unit which in turn further improves the overall relations between everyone.

The art of giving and receiving love, understanding, and forgiveness fuels the engine of happiness. In essence, a joyful family exudes warmth, radiates positivity, and stands as a testament to the strength of unity. It is not about achieving perfection, but about embracing imperfections to craft a tapestry of happiness that uplifts each and every member.

Bonding over travelling together

Photo credits: Omkar Gawade



Harsh Dubey

Traveling in our day-to-day life contains an emotion which creates a bond between strangers. People try to help others and make them feel comfortable around them. It gives others a zone where they can express their emotions freely.

Mumbai's local trains are the lifeline of Mumbai. One may find different kind of travellers in trains and hear different stories daily. Sometimes we can really relate to those stories. People use their travel time for their entertainment to make their journey exciting. Groups start singing songs, by which they feel energetic and connected with each other. People listen to, understand each other's problems and give their suggestions and help them. Political discussions can be easily found in trains. People perform different activities with the group of their common interest to make their journey entertaining. There is a famous group which perform Bhajan's during the journey and

it helps them to engage with each other in an aspect of sharing a spiritual bond and hence it creates a friendly environment where people feel much comfortable.

Popularly known as the Island City's lifeline, local trains bring to us stories of people from different walks of life. When traveling by trains, we often meet people of different temperaments and find stories which inspire us.

One can find a variety of groups while travelling via trains. Some people play mobile games like candy-crush, while others play various card games. There are some groups who enthusiastically sing many songs and bhajans while commuting via train to pass their time which makes them happy. There are also some ladies who open their own mini-salon in the train, where they like to shape and paint their nails, do eyebrows, some make-up and also exchange beauty tips. We can even find ladies who peel & chop veggies in train as it saves their time.

Sometimes during the journey, we get some visuals which really shows us the reality of the life. As per some travellers between the age of 45-60 years when they see children playing in trains with their parents actually makes them to memorize their childhood. There are a lot of emotions related with traveling. Sometimes it makes us happier while sometimes we feel bad. One of the magical aspects of traveling with strangers is the opportunity to meet people who share your passion for exploration. Whether you're trekking through the Himalayas or sailing the Mediterranean, you'll likely encounter fellow travelers who are just as enthusiastic about the journey as you are. These shared interests can lead to lasting friendships and unforgettable memories.

Harmonizing Emotions: Magic of Ragas

Pragati Karmbelkar

Emotions and Music are intertwined, with emotional expression regarded as one of the most important criteria regarding the aesthetic value of music. The arrangements of melodies, harmonies, rhythms, and lyrics bring out emotional responses, creating a deep connection between the listeners and the music.

In Indian classical music, ragas are unique combinations of tonic intervals designed to elicit specific emotions. A raga composition is traditionally divided into two modes: Alap, a slow-paced exploration of the raga note by note, and Gat, a faster, more rhythmic rendition. Ragas hold a special place in the world of Indian classical music, with a rich tapestry of 72 Melakatha ragas, or parent ragas, that give birth to numerous Janya ragas. These ragas are not just musical entities but also carry a deep cultural significance, often classified based on the time of day they are best suited for.

Imagine the morning sun casting its golden rays, and you have ragas like Hamir Kalyani and Durga evoking the freshness of dawn. On the other hand, ragas like Kurunji and Nilambari come to life when night descends. Yaman is one of the first ragas learned by budding Hindustani classical music students. Its romantic melody transcends into a sense of peace and tranquility.

Raga Bhupali also soothes, bringing calm and serenity to the listener. But ragas aren't limited to just tranquility. Some, like Shubhpanthavari and Kadanakuthukalam, express melancholy and sadness, while others, like Mohanam and Kadakuthukalam, fill

hearts with happiness and joy.

Ragas go beyond emotions; they're believed to have healing properties. Raga Bhairavi is thought to help patients with various ailments, including tuberculosis and cancer. Rag Darbari can reduce stress.

The power of ragas goes further in Indian classical music by aiming to lead listeners into solitude, touching their souls with emotive sound. Recognizing this connection between music



Photo credit: Jay Bijutkar

and emotions, music therapy seeks to enhance emotional regulation through its power.

So whether you're a young enthusiast or discovering the wonders of ragas and music therapy, remember that this world is a captivating journey that can speak to your soul, offering solace and joy. The ability of music to transcend language barriers makes it a universal medium of emotional expression. A simple melody can convey feelings that words alone may fail to capture.

Mumbai's culinary emblem of unity, resilience

Manswi Kadam

If Mumbai is the city of dreams, then Vadapav is the food that people turn to when they want to fulfill theirs. Deep-fried, wrapped in a fluffy pav, and served with three types of chutneys, vadapav is best enjoyed when piping hot, especially during monsoons. It is one dish Mumbaiers just can't get enough of. Representing the city's welcoming spirit is the paav's softness, with the fiery chutney and flavorful soda symbolizing its resilience and vibrant energy that flow through its bustling streets.



Photo credit: Yash Sharma

What started off as an experiment to help satiate the mill workers hunger has today become a dish people associate the city with. It bridges the socio-economic gap effortlessly, because irrespective of their age or strata, people can be seen savoring this dish. The differences between a millionaire and a rickshaw driver are blurred by their shared love for Vadapav. Amidst Mumbai's ever-changing landscape, the one thing that remains constant is Va-

dapav. However, with its neighborhoods giving rise to regional variations, you might encounter a spicy Schezwan Vadapav in one corner or a cheese-loaded Vadapav in another, showcasing the city's culinary innovation. By holding it in your hand, you hold the city's unspoken language of togetherness.

Embodying Mumbai's diversity, unity, and resilience, as well as its unique ability to turn the ordinary into something extraordinary, makes Vadapav not just a dish but an emotion that binds together the people of Mumbai, paying ode to its indomitable spirit.

As you navigate the streets of Mumbai in search of this iconic snack, make sure to visit these six famous Vadapav stalls:

Ashok Vadapav: Serving mouthwatering Vadapavs for generations, the secret chutney recipe of this historic landmark adds a unique flavor to their delectable creations.

Shivaji Vadapav: Celebrated for its crispy vadas and spicy chutney, this Vadapav stall located in Dadar, where locals flock, embodies the essence of Mumbai's street food culture.

Aaram Vada Pav: Famous for its soft pav and flavorful vadas, Aaram Vada Pav, near Chhatrapati Shivaji Maharaj Terminus (CSMT), is a must-visit spot for those wanting to explore Mumbai's culinary delights.

Graduate Vadapav: Located near the J.J. Hospital, this place is known for its mouthwatering Vadapav and nostalgic spot, making it a must visit stall for all the food lovers.

Anand Vadapav: Renowned for its chese Vadapav and innovative additions to the traditional dish, the Anand stall in Vile Parle has become popular among locals.

Mangesh Vadapav: The last venue on this list is Mangesh Vadapav in Borivali, which has gained its reputation for serving tasty vadapavs with a unique blend of chutneys, making it popular among the locals in Borivali. This spot is so iconic that you will find locals flocking to it almost everyday.

Beyond those 22 yards: India's emotional odyssey



Photo credit: Yash Sharma

Kshitij Mirikar

"Dhoni finishes off in style! A magnificent strike into the crowd! India lifts the World Cup after 28 years!"

Every Indian was at the edge of their seats, biting their nails. All the eyes were fixated on Nuwan Kulasekara's ball. A full-length ball comes crashing off Dhoni's bat and the entire nation absolutely erupted in joy, pomp and celebration. Kohli and Harbhajan lifted Tendulkar on their shoulders, as Dhoni lifted the World Cup trophy. One billion Indians collectively roared chants like there is no tomorrow.

Despite the colonial roots cricket quickly rose to become a national obsession. We Indians aren't just passionate about cricket, we follow it as if it were a religion.

Vijay Merchant, Sunil Gavaskar, Sachin Tendulkar and now Virat Kohli, have all succeeded India in their respective eras. They took up the baton of carrying on the Herculean task of carrying the mountain of expectations from a billion eyes watching these eleven prodigies play with the hope and love in their eyes.

It is not very easy to carry the weight of a billion expectations. But ask them if they feel like it is a load, and I'm sure they will deny, because while there are expectations, there are lamps lit, every prayer offered and most of all, the good wishes of this cricket loving nation that supports them unconditionally.

Complexities of human emotions in Bollywood cinema

Ketki Lembhe & Nikhilesh Bendre

Hindi cinema, known for its vibrant colours, catchy songs, and larger-than-life characters, is also a medium that explores the full range of human emotions.

Ashwiny Iyer Tiwari's "Nil Battey Sannata" is about Chanda and her daughter Appu. Contributing to the depth and complexity of the film's narrative are love, sacrifice, pressure, generational differences, and the pursuit of a better future. Chanda's determination to prevent her daughter from ending up like her is rooted in the desire to break the cycle of poverty and provide opportunities for a brighter life.

Shyam Benegal's "Mammo" and "Man-to" by Nandita Das have presented the suffering caused by partition from a different angle, which is more personal than universal. Longing and alienation are two of the many emotions we see in both of these stories. Based on Khaled Mohamed's grandaunt Mehmooda Begum, Mammo is torn between two countries, once part of India and now Pakistan; she no longer feels a sense of belonging in either. This isolation and alienation evoke a deep emotional struggle within her character, whereas



Photo credit: Yash Sharma

Manto loved Mumbai with all his heart, and yet, in several instances, post-partition forced him to leave the city. Moving to Pakistan was not something he had envisioned. We can see them struggle, trying to find a place there. It is the same land, except now it is divided by borders. Their deep yearning to return to the place they once belonged to conveys a strong sense of longing.

Directed by Aamir Khan, "Taare Zameen Par" touches on themes of fear, separation, loneliness, empathy, self-acceptance, and the transformative power of a caring mentor.

These emotional elements make the movie a poignant and impactful narrative.

In both "Sardari Begum" (Dir. Shyam Benegal) and "Darmiyaan" (Dir. Kalpana Lajmi), the central theme revolves around children yearning for their mother's acceptance. In Sardari Begum, the strained mother-daughter relationship between Sardari Begum and Sakina sheds light on the issue of ageism faced by women in the cultural sphere. Sakina longs to call her mother "Ammi" but must address her as "Aapa Bi" to maintain appearances.

In Darmiyaan, the title itself signifies being in-between, much like the protagonist Immi, born with physical differences. Immi's desire for this mother's acceptance and his struggle to fit in drive the film. Zeenat Begum, Immi's mother, grapples with her child's condition, torn between love and concern for her public image.

Both these films convey emotions of longing for acceptance and the complexities of mother-child relationships.

Offering a glimpse into the complex and varied emotions, these films remind us of the power of cinema to connect with our emotions and to help us understand the human experience.

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