



ARE YOU THINKING FOR YOURSELF?

by Karah Lisa, SYBA- Mass Communication

In the hours that you could spend on social media, the rare feeling of stumbling across something worth pondering is unlike anything else. Some months ago, I came across a quote by Rega Jha, writer and ex-editor of BuzzFeed, posted on her stories: "A person is only a mosaic of everything they've paid attention to. We're each collages of small influences. The picture is unprecedented and, every time, beautiful, but every pixel is borrowed. I'm worried I'm borrowing haphazardly."

Reading this got me thinking more clearly about something that I didn't realize was nagging me. We're living in a moment in time when technology is growing at this unbelievably, rapid pace. For those of us with the privilege of having a stable, fast internet connection, our dependence on it has become borderline unhealthy, to say the least. I can definitely attest to being unhealthily addicted to all the wonders that the internet offers.

Cue 2020, the year that changed life as we know it. 2020 has changed the way we've been using the internet and also increased our dependence on it. From spending hours on video-calls to family and friends, to studying and working online, to doomsday scrolling through newsfeeds and social media, most of our waking minutes are spent across the interwebs.

Fast-track to 2022 and we're still absorbing different sorts of information from different kinds of people, from comedians to celebrities, to influencers, and activists. And it makes sense too. After all, that's exactly how the internet has been marketed—the idea of being connected to anyone, anywhere; the sharing of ideas, thoughts, and experiences, it's what we all find so attractive. So if you look at it in that way, many of us have

been working quite well with the tools we've had at our disposal.

However that also begs the bigger question: if we're spending so much time on our phones, if all our thoughts and opinions are so driven by what we tap on, swipe against or scroll down, what does that mean for us? Do we even know what our likes and dislikes are? Or is everything just a reflection of what influences us? The internet serves as a whirlwind of information, one that we're completely caught up in, disoriented by so many viewpoints, trying to keep up with everything. Hence, by battling through the chaos, trying to consume everything, it's becoming increasingly difficult to hear our own thoughts.

That, I think, is where the problem begins. For as long as mankind has existed, we have chosen to go along with the crowd, to conform to everyone else's actions. When you think about it, correlating it with prehistoric times, its apparent if

your entire group suddenly started running away from where you were camping, you would run too. Here, going with the group and choosing not to wait and think too much was a life-saver. Today, choosing to go with your group, in lesser life-and-death situations, for the simple want of being accepted and not shunned, is more than enough of a relatable reason for someone to choose to take the route of conformity.

The point is we humans have conformist tendencies. A recent study from HSE University, Russia, found that for those with different opinions from the majority, their brains note that difference and later change their opinion to match that of the group. Cass Sunstein, a

legal scholar and Harvard professor, published his book 'Conformity: The Power of Social Influences', in which he talks about how conformity is a force that is working on us all the time. From the movies we watch to the books we read, all the

of it is influenced by people's biases and prejudices.

Our identities will always be a reflection of what we know, what we experience, which is why paying close attention to the things around us, to what we

Ceaseless content and Tik-Tok attention spans has Karah Lisa wondering whether our opinions are our own

choices we make are influenced by the almost imperceptible forces pushing us towards group consensus. So when you look at it that way, none of the opinions we're forming are truly our own.

We live in a consumer-driven world. Everything out there is carefully curated by content creators. Writers, artists,

everyone is a creator now. Everyone keeps in mind how their work will impact their audience,

what will attract them, what will hook them, what will ensure the re-share value of their work. And that's okay. So long as both content creators and consumers know what's happening, looking for validation and adopting methods to attain the same are fine. But what's important for us as consumers of that content is to realize the impact that our consumption has on our identity. We get so caught up in wanting to know everything about anything that we are no longer mindful of what we're consuming, no longer able to even hear our own thoughts amid the noise. Not everything on the internet is simply information or fact. A lot

OPINION

MEET THE EXPERT

JOURNALISM THROUGH THE LENS OF A JOURNALIST

by Lisvan Rodrigues, Faculty



An interactive virtual session on 'The Field of Journalism' was held by Allan D'Cruz, Sports Desk In-charge, Herald Publication, for the First Year Journalism students, organised by the Department of Journalism, St. Xavier's College, on October 23, 2021.

D'Cruz gave an insight to the students into his

journey as he ventured into the field of journalism and told them about the points to be kept in mind while starting off as a rookie in the field.

"Sources are very important, and one must operate with an arsenal of distinct sources while covering stories," he said. He also spoke about the importance of timeliness in a story and how clarifying intent of

the story is very important for a journalist.

He further stated that one has to come up with a new perspective and a unique angle while covering stories. He urged the students to do research, file RTI's and find the right people to talk to. The hour-long session ended with students asking various questions trying to get an glimpse of the media industry.

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St. Xavier's College is a full-fledged multi-faculty college and the Department of Mass Communication and Journalism offer market oriented programmes at the Undergraduate level.

I am greatly excited to announce the release of the Newsletter XaviersPost- edition 1, by these Departments during the academic year 2021-2022.

On account of Pandemic situation, education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms. We at Xaviers have also adopted the release of Departmental Newsletters as e-Newsletters.

I express my deepest gratitude to the faculty and students for their dedication and hard work towards the release of this newsletter. Hearty Congratulations to the Editor, Mr. Dinesh Nirawdekar and the Editorial Team.

God Bless all your future Departmental endeavors too.

Dr. Blanche Mascarenhas
Professor and Principal.



At the outset, let me say a word of gratitude to all the staff members of the Mass Com., and Journalism Departments as well as all the others for, in spite of the tiring times, they didn't shirk from their duties and commitment to their students. Even though the students were not there on the campus, the teachers travelled daily to the College and went about their duties without fail.

For this, the modern means of communications proved of great help. We have been able to keep in touch with the students, not only for their academic needs, but also in other areas, though sometimes there were connectivity hiccups. The world of communications has taken a leap that is staggering and is still surging forward like a hungry wolf. We have now overcome the days of jet-lag, but I wonder whether they have been replaced by sleepless nights spent in front of the computer-screens, and may be, ears hooked on to the earphones, leaving people red-eyed and minds blurred! Hence, while Mass Communication, and Journalism are the important fields today and this College has been training youngsters in these fields with a high degree of efficiency.

I congratulate the students for all their achievements in the fields of Mass Communication, and Journalism, and I hope that the years spent in this College will equip them for the world of opportunities that lie ahead of them. And to the staff, I would like to appeal to them to give their best to their students.

God bless you all.

Fr Tony Salema
Administrator



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FIELD DAYS AT INTERNATIONAL SCIENCE FILM FESTIVAL OF INDIA

by Sanskriti Gavade, FYBA- Journalism

Students of the Departments of Journalism and Mass Communication of St. Xavier's College, Mapusa- Goa, attended the 7th International Science Film Festival of India (ISFFI) as a part of India International Science Festival, held at the Entertainment Society of Goa and Inox, from December, 10-13, 2021.

The film festival was incorporated with competitive and non-competitive film screenings, panel discussions, workshops and masterclasses spread across the 3-day event held in commemoration of the 75th year of independence.

A few notable films screened during the festival were: *SOLO – Wonder Herb Of Ladakh* – directed by Mitun Shrotriya and produced by Vigyan Prasara, *Research Efforts at IISER Pune Against COVID-19* – directed and produced by Vivek Kannadi, *The Covid Warrior* – directed by Arjun Bhagat, Mradul

Gupta, Puneet Keswani and produced by Vigyan Prasara.

Post-pandemic filmmaking: Quark workshop was one of the highlights of the event, the workshop challenges faced during the new era that came to light since the beginning of the pandemic. The workshop that enlightened the students on the world of filmmaking was conducted by Senior filmmakers, Nandan Saxena and Kavita Bahl and cinematographers, Sidharth Saxena and Rahul Rajoriya.

Other workshops such as Photography and digital workshop, Storytelling and science communication (Masterclass), Scope and structure of science, Environment and Health Communication in Mass Communication, Films and Journalism studies (Panel discussion) were also attended.



BATCH
2020-2021
WITH LOVE FROM
DEPARTMENTS OF JOURNALISM AND MASS COMMUNICATION

STUDENT, ASST. PROFESSOR FROM XAVIER'S REPRESENT GOA AT WAD

by *XaviersPost News Desk*

Student of SYBA Mass Communication Mr. Sanidhya Korgaonkar along with Asst. Prof. Ms. Freda Tavares represented Goa at a National event organized by National AIDS Control Organization (NACO) and Ministry of Health and Family Welfare, Govt of India, on World AIDS Day 2021 at New Delhi. Mr. Korgaonkar and Ms Tavares (Nodal Teacher-Incharge, HIV, TB and Blood Donation Awareness) were selected to represent Goa for their noteworthy contribution to the NewIndia@75 program.

(SACS). Mr. Rajesh Bushan, Union Health Secretary, Health interacted with participants with regard to their contributions towards HIV, TB and BD awareness.

The Chief Guest present for the World AIDS Day event was Hon'ble Union Minister, Health and Family Welfare, Dr. Mansukh Mandaviya. The Hon'ble Minister of State, Health and Family Welfare, Dr Bharati Pravin Pawar was the Guest of Honour.

Mr. Korgaonkar along with a team of students from SYBA Mass Communication, created an HIV Awareness video which won the First Place at a State level One Minute Video Competition organized by Goa SACS under the NewIndia@75 program.



The team from Goa comprised of Mr. Korgaonkar, Ms. Tavares, a student and counsellor from Kala Academy Goa's College of Theatre Arts, and Ms. Jeunesse Fernandes Asst. Director (Youth Affairs), Goa State AIDS Control Society



Inter-college elocution championship organized under the banner of Election Commission of India

by *Ashish Yadav, TYBA- Journalism*



The Office of the Chief Electoral Officer along with Govt. College of Arts, Commerce and Science organized an elocution competition on the topic "Strengthening Indian Democracy Through Electoral Participation" for the undergraduate students of colleges throughout Goa, as part of the Special Summary Revision of Photo Electoral Rolls in the Multipurpose Hall, Ground Floor, Sanskruti Bhavan, Patto, Panaji Goa on 25th November, 2021.

I spoke assertively representing our college St Xavier's, Mapusa highlighting insightful opinions towards an inclusive gender participation in electoral politics and how young leaders can bring dynamic changes towards our society if a rightful chance is given to them. I also enlightened the audience on importance of parties to open

up political space to youth by giving them active roles. We need to analyze the fact that prominent leaders from Indra Gandhi to Narendra Modi, started their career in politics from young age. Its high time, we give chances to the youth without political backing instead of those leaders who sit in luxurious cabins, promoting nepotism and halting development.

Our College secured 2nd Runner up position among brilliant orators who put up a tough fight. The event concluded with streaming of two short films, covering the topic at hand.

It is essential that such events be organized more often, as they allow many youth orators to come and listen to varying view points, thus enabling them to partake in healthy, constructive discussion.



FOOD FOR THE SOUL

by *XaviersPost News Desk*

As part of the subject Art Appreciation, students are expected to learn about appreciating food. This component not only covers theoretical concepts, but to make it interesting and to give students a hands-on experience of reviewing food, identifying ingredients, understanding flavours, method of cooking, etc, there were two food tasting sessions organised for the students.

As part of the exercise, students were divided into two groups. On the day assigned they had to get a dish to class for a food tasting session and discuss the way it was prepared and critic the dishes. Ratatouille a dish made of sliced colorful vegetables arranged over a garlic-infused tomato sauce and baked.

While the members of the group contributed for the same, Saanya Lotlikar prepared this dish for the first time. It had slices of zucchini, squash, tomato, and potato finely sliced and arranged in a baked dish

over a flavourful light gravy that was baked.

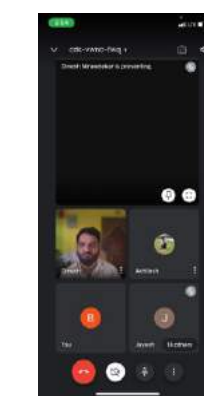
On the following day, the other group, prepared a lovely north Indian meal. The comfort food jeera rice, chole was served piping hot to students present. The chole was prepared by Adityakrishna Malhotra. There was a no bake cake, made of marie biscuits dipped in a coffee concoction, covered in chocolate butter cream, and topped with some strawberries.

The food tasting sessions, brought the best in students who took initiative to decide on a dish, come together to prepare it and serve it to the class. Students and teachers present gave constructive feedback and spoke about the importance of certain ingredients, taste, texture, variations in the dish, etc, as part of the exercise.

ONLINE SESSION ON 'COMMUNICATION SKILLS'

by *XaviersPost News Desk*

With the objective of imparting good communication skills at school level, Mr. Dinesh Nirawdekar, faculty member from the department of Journalism, St. Xavier's College delivered an online session on 'Communication skills' for 30 students of 9th & 10th standard of Government High School, Alto-Betim, on 19th of January 2022. The lecture was held to



inculcate communicative skills among the young minds and importance of how to read, write, speak and listen well in order to communicate properly in future, as communication skills are important for students personal growth, collaborative skills and academic success. During the session a brief understanding of Media courses offered at St. Xavier's College was also given by the resource persons as the students showed an inclination towards media courses. The session ended with a Q&A session where students were answered to their satisfaction. The lecture was scheduled by Ms. Bhagirathi Redkar, IT/TeS Instructor, Govt. High School.

An Inter-Religious Dialogue

by *Alethia Rose Braganza, TYBA- Journalism*



On 25th November 2021 the AICUF Unit of St. Xavier's College, participated in the inter religious meeting organised by committee for the Apostolate of the Inter- Religious Dialogue Archdiocese of Goa and Daman that was held at the Basilica Bom Jesus, Old Goa. A group of our 12 students partook in a mime that enveloped the theme of unity among our community. They were accompanied by Sir Worell DeSouza, Fr. Ramero Luis as well as our Principal Dr. Blanche Mascarenhas.

"As a nation consisting of various backgrounds, we need to be more liberal and acceptable of various cultures and perspectives around us. Unity in Diversity is effective in solving social problems." Abishikth Matta, TYBA Mass communication student at St. Xavier's College.

INSIGHT INTO THE WORLD OF PHOTOJOURNALISM

By *Neha Pandey, TYBA- Journalism*

On 24th November 2021, the Journalism Department of St. Xavier's college conducted a workshop on Photography. Mr. Rosario Estebeiro, leading photojournalist for O Herald, was invited as the guest speaker for the workshop. This was the first offline workshop conducted post lockdown. The students of TY journalism seemed passionate and eager to learn about Photography.



Mr. Estebeiro began the workshop by discussing the exposure triangle and teaching the students his techniques for portrait and product photography. After composing a few shots himself he handover the camera to students. Their interactions and laughter echoed around the room indicating the process of fun learning. The speaker showed some of his fine work in terms of framing and editing images. A remarkable image that amazed students was 'the star trail'. The image was a compilation of 300 images taken over 3-4 hours. "As photojournalist, we provide visual perspectives hence it's necessary to show the impact of an incident." following this he displayed the difference between images for photography in general and images of photojournalism.



He explained the importance of planning an image before capturing it. "What are key points to keep in mind as a photojournalist?" Shayal Devi - student, to which Estebeiro said "first protect your gear then yourself, the rest will fall into place" he made the students aware of the risks involved in the field. Examples of his photojournalistic journey stuck interest among students. This led to the final session of the workshop; outdoor photography.

The students were taken outdoors to understand and experiment with shutter speed. Rosario asked the students to each practice what they learned. A token of thanks was given by the students followed by group photography. The organizer asked the students what they grasped. To which a student Alethia Braganza says, "it helped us look beyond the subjects or objects. Understand the environment while composing an image is what I learned". The workshop ended at 1pm.



Perks of Internship

by *Larissa Vas, Denisa Noronha & Evander Da Costa, TYBA- Journalism*

We all know that practical experience is the best, and internships give students that hands-on experience they need as quality internships are essential to develop key skills that you can't get in a classroom. Skills such as multitasking, communicating, learning to deal with diversity, and dealing with deadlines are different when you are working for someone else, not yourself like you do in college. Internships are also a great way to network with people in

the industry. The students of the department of journalism from St. Xavier's College, Goa had the privilege to intern at Herald TV and got an opportunity to cover the 52nd International Film Festival of India held in Goa. Their work experience was filled with fun. Students got to learn a lot from socialising with the public to getting courage to fix their flaws in this particular field. Having to meet and interview great film makers and artists was one of their favourite parts of this

internship. This job helped them improvise their working skills along with which they were taught to value their own work, and most importantly to work together as a team. One thing that they look back to this experience is that never doubt what a small group of thoughtful and committed people can do. They would love to thank the Herald Team and Journalism Dept. for giving them the opportunity to work on field. Nonetheless, our students couldn't have asked for a more rewarding experience.



BOOK LAUNCH BY ALUMNAE

by *Sheena Pereira*

My first book, "No Title, Please," is a collection of illustrated poem that mirrors my thoughts on community, psychological well being, and a variety of other topics that we rarely discuss. Social issues, mental health, love, and raw emotions are explored in this collection of poetry and prose. Each poem has its own genre, which is accessible to everyone and anyone which is best part of the book and it's relatable to

everyone's lives.

The second book, "Fonts" (2021), was released a few months after "no title, please." The genre is open to everyone, just like the first, but I see this book as being heavier because it spills out dark side of political, social, as well as psychological needs. "Fonts" can be contrasted to a bold poem book; again, it is from individual to individual, and each will have their own interpretation, and this is the beauty of poetry. Whether you are a regular reader of poetry or not, it is still relevant today.

Though it's almost certain that you'll flip to poetry at some point in your life. Most people turn to poems when they are going through a difficult time. Birthdays, funerals, and weddings are examples of happy or sad occasions. At times when emotions are overwhelming and burdensome, poetry can provide a clear expression of emotion.

