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# WHY TSP?

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## TSP

MAGAZINE

### **Dear readers,**

TSP short for 'THE STUDENT PRESS' is a publication that focuses on providing a platform to every student, regardless of their year and course to publish their thoughts and encourage them towards journalism and reporting and boost their confidence in writing. The magazine features articles related to different areas of interest, ranging from sports to films and travel, it covers everything and that is what makes this magazine stand out. It also features research articles written by teachers. The student press covers fests and other social interactive-intercollegiate programs. All the rights of this publication belong to M. L. Dahanukar college of commerce and hence are not to be used without permission.

## FROM THE DESK OF THE INCHARGE PRINCIPAL...

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**- Prof. Dr. Kanchan Fulmali**

"I am supporting The Student Press, for the idea that they have brought forward because everyone here is appreciated for their work. The Student Press is a place where students can write with an open mind and heart through their words. This initiative is not only for students of the college but for students all over Mumbai. I assure you of the quality from the beginning & would provide whatever you require."





# PLUVIOPHILE



Animals and birds can be seen chirping around, making their nest stronger. It's a time of contrasts, with heavy rainfall and lush greenery emerging in its wake.

The monsoon plays a crucial role in agriculture, bringing timely rains that ensure crop growth and sustenance. Farmers eagerly await the monsoon season, which promises bountiful harvests and prosperity.

The allure of trekking in the monsoon season holds a special place in the hearts of adventurers worldwide. The trekkers' passion for embarking on trails during the rainy months is a testament to their unwavering love for nature's raw beauty and the thrill of challenging conditions.

Monsoon trekking evokes a sense of exhilaration and freedom that resonates deeply with trekkers. The lush greenery, misty landscapes and waterfalls create a wonderful beauty.

Culturally, the monsoon holds a special place in many societies, with festivals and traditions deeply rooted in community life. Economically, a good monsoon season boosts agricultural output, leading to economic growth. However, it also brings challenges like floods, landslides, and waterborne diseases.

Ecologically, the monsoon is vital for sustaining ecosystems and biodiversity. It replenishes water sources, rejuvenates forests, and supports wildlife. To adapt to its challenges, communities and governments must invest in infrastructure development, early warning systems, and disaster preparedness.

As we experience the monsoon season, let us appreciate the intricate dance of nature that unfolds before us.

# YOGA DAY CELEBRATION

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This International Yoga Day was also celebrated at M.L. Dahanukar College of Commerce, and it proved to be rejuvenating and an enlightening experience for one and all. The session was conducted by the learned and accomplished yoga coach Amruta Limaye, who is a part of an organization with a noble cause.

## Yoga Session with Amruta Limaye

Amruta Limaye is a self-employed yoga instructor and a partner in Fitness Educare, having a rich amount of experience. She is an educated professional with a Diploma in Yoga Teacher Training and Yoga Therapy from Kalvyadharma Yoga Institute and a Bachelor of Education in Health and Physical Education/Fitness from Savitribai Phule Pune University. She is well versed in both theory and practical aspects of yoga. She also earned a Master of Arts in Yoga.

## The Importance of Yoga

Amruta started by defining what yoga is, a holistic practice where the mind, body, and spirit come together in perfect union. Not like the usual gym regimen, yoga is not only about a good physique; it's a means of clearing one's mind and spiritual growth. She said it was for all people of any age, anybody at any fitness level, and can be modified to suit individual requirements.

## Participant Feedback

The response was overwhelming. Most of the participants appreciated the very precise instructions of Amruta and the very calm environment she provides. It was observed by them that apart from the fact that the session was physically beneficial, it provided a break from the otherwise hectic academic routine.

## Conclusion

The Yoga Day session at M.L. Dahanukar College of Commerce was a grand success, courtesy of some fail-in teaching by Amruta Limaye. Her in-depth knowledge in the field of yoga, cluttered with connecting with trainers, made the event both informative and fun. This has spurred the college on to hold more such sessions in the future—sessions having the latent potential for the participants to learn and utilize yoga as a tool for eventually attaining holistic well-being.

Amruta made it clear that Yoga is not an exercise. Yoga is all about a way of life that cultivates Harmony and Balance. The event, therefore, acted as a reminder to the transforming power of Yoga and urged everybody to bring Yoga into their daily life.



# EMPOWER YOURSELF



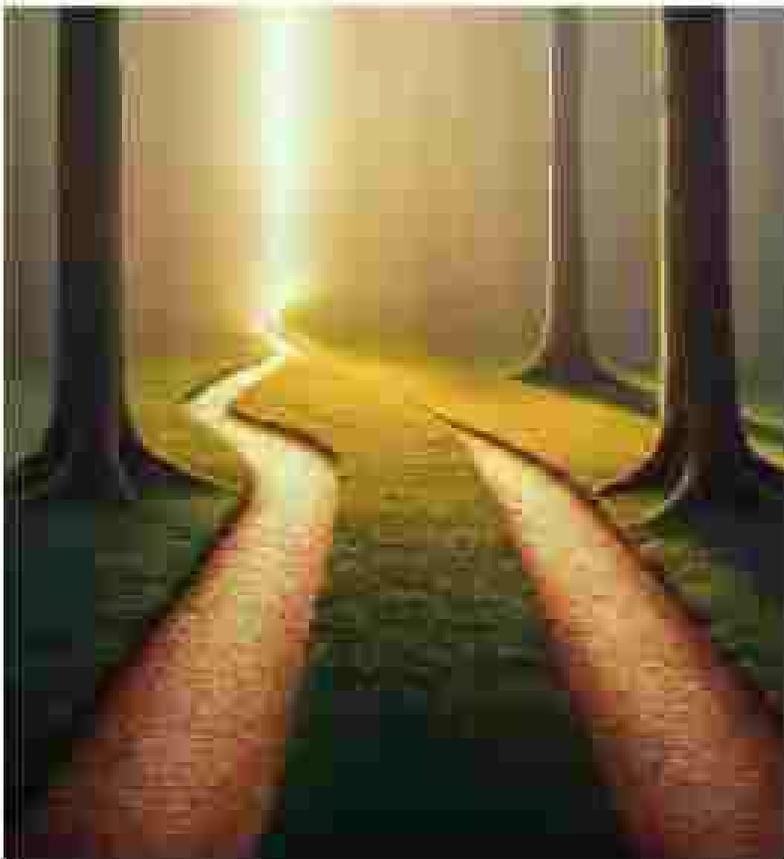
Not everyone crosses that sea... The one who's stuck with Insecurities, always hides and flees. Remain downtrodden by feeling okay, crude. Successful are those who mastered being shrewd. Remain calm, pity yourself, and continue feeling agony. Or get aware, heal the trauma, and love yourself, and break the tragedy. It's all up to you to make a life through. Get control of yourself and unlock the best version of you.

We live in a world where everyone wishes to escape and is in pain, desiring to disappear and never be found again. Everyone seems to suffer from low self-esteem. Teens in the aisles are found being their beam. Self-doubt, intimacy issues, Depression is creeping in. The world is a cruel place. Indeed! Stillless, cowardly and mean. Uncomfortable with our wounds and scars and venting tears like sin. Uncomfortable with our wounds and scars and venting feel like sin. And the audacity to advise happiness to such a wretched being. Surviving the set standards.



TRANJAL HOLKAR  
TYBCOM B

# LOST



I am walking in a cold  
desert...  
Maybe I am lost to find  
myself again...  
The path I am walking  
on seems to be  
endless...  
But still going on, that's  
what I can do...  
I saw many Mirages on  
my way...  
A little hope and a little  
disappointment...  
Will I ever be able to  
find myself?  
Or will I be forever lost  
here?  
Who knows?

Now the moon is my  
only ally...  
Shining brightly up  
there...  
Tempting me to  
reach him...  
Tempting me to  
follow his ray...  
Maybe it's time to  
lost once again  
And another silly  
attempt to find  
myself again...



# GENTLEMAN

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Have you ever considered the unseen struggles and invisible battles that men face every day? Let's delve into a topic that is often overlooked and bring it to light.

The need for security and stability is a natural part of being human, as noted by philosophers. Insecurity is a fundamental aspect of the human condition.

In ancient times, as humans evolved, men and women divided their roles. Men took on the responsibilities of providing sustenance, acting as a defensive shield, and fulfilling their masculine duties. However, as time went on, some men began to monopolize power, leading to the rise of misogyny.

Many men suppress their emotions out of fear. It's important to remember that feelings are not facts; as the Anxiety and Depression Association of America has found that 77% of men suffer from symptoms of common mental health breakdowns.

Men often face obstacles such as social pressure to conform to stereotypical notions of masculinity, which can make it difficult for them to communicate. They also struggle with work-life balance and are less likely to seek help for mental health issues, which can worsen over time and have a profound impact on their overall well-being. It's essential for men to practice self-care through activities like meditation, deep breathing, and engaging in hobbies, as well as maintaining a healthy lifestyle with a proper diet. Creating a supportive environment should be a top priority.

Society has taught men to mask their emotions, but there is nothing "unmanly" about taking care of oneself. It's time to change the narrative and encourage men to prioritize their mental health.

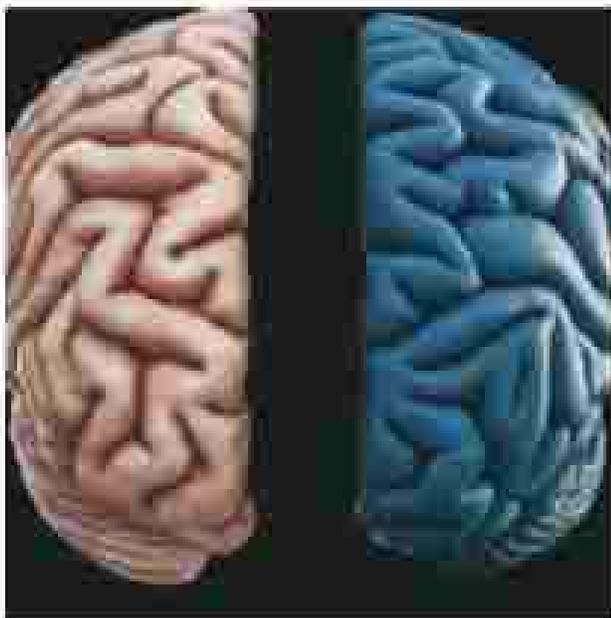
Seeking help is a sign of strength, not weakness. Let's break the stigma and support men in their journey towards emotional well-being.

# LET'S FREE OURSELVES FROM CAGE OF PREJUDICE

Humans are amazing creatures with both feelings and intelligence. Over time, we've made incredible changes to our world. We've redirected rivers, cut through mountains, flown into the sky, and even reached the moon. We've tamed wild animals and turned our dreams into reality. These achievements are well-known and celebrated.

When we compare our world today to the past, we see many differences. Nature, cities, towns, and countries are all rapidly changing. This is what we call development. Along with our surroundings, we ourselves have changed. Our thinking, opinions, and appearances are different from those of past generations. However, one thing that remains is prejudice.

Many people still have biases against certain countries, castes, religions, and more. These prejudices often come from how they were raised. While issues of caste, religion, and nationality are long-standing, there's another important aspect to consider: the LGBTQ+ community.



This brings us to the significance of Pride Month.

Pride Month is celebrated every June as a testament to the resilience, diversity, and vibrancy of the LGBTQ+ community. It originated from the Stonewall Riots of 1969, a series of protests in New York City that marked a significant turning point in the fight for LGBTQ+ rights. Over the decades, Pride Month has evolved from a grassroots protest into a global celebration of identity and equality, highlighting key moments such as the first Pride March in 1970, the declassification of homosexuality as a mental disorder by the American Psychiatric Association in 1973, and the landmark Supreme Court ruling on same-sex marriage in 2015. Each June, communities around the world come together to honor this history, celebrate progress, and continue the fight for a more inclusive future.



## So, What is LGBTQA+?

LGBTQA stands for Lesbian, Gay, Bisexual, Transgender, Queer, and Asexual, representing a spectrum of sexual orientations and gender identities.

Gender refers to how individuals perceive themselves, encompassing their appearance, actions, expressions, and reactions. Common gender identities include woman, transgender, man, and queer. Sex, on the other hand, is a biological attribute, defined by one's physical body, and categorized as female, intersex, or male. Sexual orientation describes how individuals feel attraction towards others, be it towards the same sex or gender, different sex or gender, or both. Types of sexual orientation include homosexual, bisexual, heterosexual, and asexual.

Queer is a term used for individuals who do not conform to traditional gender norms, identifying as neither strictly male nor female. Transgender individuals have a gender identity that differs from their biological sex.

For instance, a person assigned female at birth who identifies and behaves as a boy.

Intersex people possess biological attributes of both male and female sexes, such as a male born with female reproductive organs.

Homosexuality is characterized by attraction to the same sex or gender, with lesbians being women attracted to women, and gay men being attracted to men. Heterosexual individuals are attracted to a different sex or gender. Bisexual individuals experience attraction to both the same and different sexes or genders. Asexuality describes a lack of sexual attraction to any sex or gender.

By understanding these definitions and distinctions, we gain a clearer insight into the diverse experiences and identities within the LGBTQ+ community.

All those mentioned above, like everyone else, have accepted themselves for who they are, which is admirable in our society. Despite their differences, don't we all share the same heart and mind? We all enter this world from our mothers' wombs or, as Hinduism teaches, are created from soil by God. We have the same emotions, feelings, and intelligence. So why do we divide ourselves by caste, gender, sex, sexuality, religion, and more? Shouldn't we treat each other simply as fellow human beings?

Let's free ourselves from these divisive thoughts that cause hurt and disrespect. Just as we develop our cities, states, and countries, let's also grow our thoughts, opinions, and ourselves.

JANVI PARDHE  
TYBOOM C

## CONTACT US

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**If you are interested in writing for the publication, please contact us. To submit articles, FAQs and doubts, you can reach out to the numbers listed below:**

Isha Gaikar: 8928208305

Atharva Namjoshi: 9167983875

**All articles should be sent in word or text using WhatsApp or The Student Press Email.**

Our Email address:

[thestudentpress21@gmail.com](mailto:thestudentpress21@gmail.com)