



E.H.S.A.A.S

VOICE FROM WITHIN

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YOUTH CERTAINTY OF UNCERTAINTIES

Time is what we want most but we use worst - William Penn (1644-1718)

It often occurs that time moves on, it is free flowing, technically yes it does. There is a saying 'time and tide waits for no man' - though the language seems a bit sexist but let us look at it more essence wise. Does it really? This thought keeps revolving in my subconscious. The events of this world shows that history keeps repeating, the essence of past time remains and the action carried on. I have been much of a cynic for myself and the time in which I exist and more often than not the same events keep happening - violence, deterioration of environment, deceit, jealousy, inhumanity, injustice - yet do we learn? I came to a realization we do not! We keep repeating ourselves in any given situation; old habits die hard.

There is an uncertainty for everything even in the repetition because there is no denying the world has changed and we did progress, so what if it is only in science and not humanity, so certainly the events of the past will be seen in the new form. Who would be the torch bearers for us then? The great leaders of the present world? Are we ready to follow their ways? A grave question to ponder on. But hope has not died yet. The youth of the nation have reasons far more stronger than the old to see to it that the exploitation of human and nature is not repeated because if it does then history will repeat and all that is gained will be lost forever. This remains the last chance to make friends with uncertainties and find ways to understand their occurrences.

Life teaches us to make good use of time, while time teaches us the value of life.

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YES! SHE SMILED AGAIN

Enveloped with anxiety, anger and pessimism,
While every mind condemned the pandemic to be a bane;
Did we care to pause and realize?
Now finally able to breathe afresh,
MOTHER NATURE - She Smiled Again!
As I sat in tranquil solitude,
Pondering upon this very thought;
Travelled through my mind,
Images of how much joy to mother nature,
My very own family had brought.
While vehicles and humans stopped moving,
Our winged friends now left their nests without fear and pain;
And as the tree-tops danced with the soothing breeze,
Mother Nature - She Smiled Again!
Chirping birds now conveyed the greetings of a new day,
Their daily visits helped build a new friendship chain;
And as siblings at home quarreled over who would feed their dear
birdie buddies,
Mother Nature - She Smiled Again!
Consciousness gradually germinating in carefree minds,
Waste was now being segregated without complain;
And as our green friends received undivided love, care and
attention than ever before,
Mother Nature - She Smiled Again!
A new language of love now bloomed,
As families finally got a while from daily hassles to refrain;
And as they found renewed peace in nature's company,
Mother Nature - She Smiled Again!
And as with hopes raised high,
We pray to move out of the ongoing pain;
Let's not forget the experience and message this lockdown
brought to us,
Let's together help our Mother Nature to Smile - Again and
Again!

- Renita Sequeira, F. Y. B.Ed



I was never fond of photography but with the time flying by, my pull towards nature, love for sunsets, cycling around the beaches, exploring new places, and love for mountains brought me here. The sweet smell when the first rain splashes on the earth makes me take my phone in my hand and try to click the beauty of nature! The shine and spark on nature after the drops of water from the sky just feels out of the world.

When I am unable to go for a trek, I simply walk around my garden, holding my phone, and try to capture some best nature shots. That's how it started and today, it's been a pleasure to capture some precious moments especially those beautiful sunsets, water droplets, empty roads at night and blurry vision in monsoon. Since we celebrated World Environment Day on 5th June 2021, here I am with some of the best nature shots from my Instagram handle, do check out and support!

- Saarang Tuscano, F. Y. B.Ed

Instagram handle: @photo_phacktory

MOTHER EARTH: PEAK OF BEAUTY

Whistle of the breeze,
Falling on my ears,
Blowing with an ease,
Swiping away all fears.
Blue looks the sky,
Painted with the clouds,
Tinge of Sun-Yellow by,
The border it abounds.
Pearls of twinkling drops,
Showering over the land,
Streets and fields it mops,
Scenic beauty's at hand.
Lush green flora,
Draping all the earth,
Flowers' blissful aura,
Scenting up to it's worth.
Hail the charm of nature,
Hail it's Marvel and wonder,
Gives the soul pleasure,
and little heart ponders.
Blessed be Mother Earth,
To man it does nourish,
Endless joy it gives birth,
What for ages we cherish.

-Ronica Andrew Rodrigues, F. Y. B.Ed



- Lester Frias



DID YOU KNOW !!

5G REVOLUTION AND THE ENVIRONMENT

5G is the 5th generation mobile network. As its implementation gains earlier mobile networks. It gears up to provide a momentum, 5G uses higher frequency waves than network which will connect everyone and everything virtually together, including machines, objects and devices.

5G network was announced in 2019 and many countries are feeling the urge to use 5G now, and India is one of them. While scientists, environmentalists and activists have different thoughts on its impact on the environment. Time and gain many concerns were raised of its potential harm on the living being. A study by Punjab University found birds exposed to the cell tower radiation for up to 30 minutes produced disfigured eggs.

Many articles were written on the same , however it received attention recently when actress Juhi Chawla filed a lawsuit in Bombay High Court against its implementation in India. She wishes to seek clearance of its safety for humans and other living organisms.

This is a food for thought to ponder upon whether implementation of 5G is a blessing or a curse for our nation which is still developing.

-Deepika Nayak, F. Y. B.Ed

YOU AND ME ARE FRIENDS TO BE

If you've got friendship on your mind,
But it's a trouble as to where to find.
Don't put yourself down into a grind,
Coz maybe you are just a step behind.
For good friendship there is no time,
Just like this poem might lose its rhyme.
Once you've found yourself a help in a new face,
It's time to let go of barriers and give it an embrace.

The day I found myself in this new place,
I was sure of my gloomy thoughts to replace.
I decided for each friendship to patiently wait,
Because in an extraordinary life it's never too late.
Just like a seed to slowly sow,
Let's give friendship time to grow.
Coz among all the other aspirations,
Friendship is a beautiful destination.
Laughter, care, joyous moments and fun,
I'm glad to share that we missed on none.
Righteous companions in stress and sorrow,
Preparing together for a hope-filled tomorrow.
I do cherish the chances,
I've got to meet someone new;
For the memories stayed but the friendship grew.
I wish to assure you of a friendship that is loyal
and true,
As I will strive for an upstanding experience for
me and you.

Friends are the family we choose,
And I have found some I'd not want to lose!

- Daris Lobo, F.Y.B. Ed



WILL YOU HELP AN UNKNOWN FRIEND ?

When things will go back to normal and the hustle bustle will return back to life, I request you all to bring one small change that will help many to strive. In trains, markets, railway-bridge and all such common places, you will often see people selling a handful of things like fruits, flowers, chocolates, toys or vegetables. The stuff they sell may not look significant to you, and the money they'll earn out of it is also very few. It's a request to all who are capable of buying, please buy from them, even if sometimes you don't have the need for those things. A small help from you and me will help them earn a one time meal with dignity. These people are the ones who chose to earn through whatever little means they can, instead of begging in shame. In this busy and ignorant world, let us all lend a helping hand to our less fortunate unknown friends.

- Anjali Ray, F. Y. B.E.d

10 TAKEAWAYS FROM 'FRIENDS'

*"So no one told you life was gonna be this way
Your job's a joke, you're broke, your love life's D.O.A.
It's like you're always stuck in second gear
When it hasn't been your day, your week, your month, or even your year"*

F.R.I.E.N.D.S is an American sitcom that ended in 2004 but still reigns over our hearts. If you haven't watched it, here are a few things it taught us about love, life, and everything in between.

1. Let your past make you better, not bitter

Be it Rachel's spoiled upbringing or Phoebe's dark past, we see them rise and conquer life. Don't let your past demotivate you, let it be a seed for you to grow.

2. It's perfectly fine to be silly sometimes

Being silly might have you ending up with a foul smelling turkey on your head, but it can also result in an "I Love You" so Yay!

3. Friends are your chosen family

Living alone can be scary, right? Friends are your new family, who are there to nag you, irritate you but most importantly, help you through difficult times.

4. Read the terms and conditions properly

Don't forget to read your "Eighteen pages! Front and back!" before signing any deals or documents.

5. There is no 'Right' time

Don't be a Ross and wait too long for the 'right' time or you might just miss the chance to be with your lobster. You do not want them to find a Paulo or go back to a Barry.

6. Dance (or Run) like no one is watching

Be it Ross and Monica's routine or Phoebe's hilarious run, don't let society's judgement stop you from doing what you enjoy the most.

7. Hard times turn into funny stories (Eventually)

The epic thanksgiving stories are proof that difficult times shall pass and eventually turn into memories that you can laugh at, with your friends.

8. It's never too late to follow your passion

Chandler spent his entire life being a 'transponster' until he had the courage to pursue his dream job in his 30's. Despite being older than all of his colleagues, he showed determination and finally found the job that he loved.

9. Life might surprise you

You might have everything planned but one wrong "Rachel" at the altar can change everything. Be prepared for change and who knows, it might end up with a "I got off the plane".

10. "Welcome to the real world. It sucks. You're gonna love it."

These profound words of wisdom from Monica aptly sum up our feelings towards life. Life is no bed of roses, but a maze of challenges that make us grow and be better in life.

If you haven't watched it yet and this inspired you enough, Go watch it right away! (only if you are done with your lesson plans.)

- Cliona, Prerna, Madhulica, Malvika and Sukanya, F. Y. B.Ed



SEMESTER 1 AT A GLANCE - LEARNING THROUGH REFLECTION

A long awaited degree. A tedious admission process. Eagerness and curiosity growing with every day put to test. And there comes the first day of college - Illuminating our minds and directing our paths by embedding our '*spirit*' with the Vision and aligning our '*passion*' with the Mission.

Each day dawned on us to '*Be, Think and Act Critically*' with Gandhi, Freire and Dewey striking their wand. Community work fostered living in communion with the society because as an individual we can do a bit but as a union we can perform plentiful deeds. The cheer, the laughter, the gleaming eyes and sparkle in the teaching learning process streamed into joyous experiences. Every assignment came our way not just as a task to be completed before the programmed deadline, but aimed to foster engagement with our growth and development. Class tests and essays added fillers in our musical life with CCA becoming our '*Musical Reality*'. Not forgetting Cunningham, provoking us all to be '*ARTISTS*' and act based on our ideals.

As the journey continues, we strive to dig deep in the ocean of ourselves, reflecting on our thoughts, acts and deeds. To build newness and resilience is a key by setting our road free. Well!! It is not just a Degree, It is a Life we foresee.....

- Chantelle Mascarenhas, F. Y. B.Ed

THE HEMLOCK

Socrates drank the hemlock,
Rather than watch the youth turn to be a dumb flock.
His sacrifice was futile, as the society prefers to be guile.
For even today the 'wise judges' present the verdict,
In favor of the majority who regulate and predict

Like a midwife, once the newborn was delivered,
The hope of a dynamic future was to the society bundled.
But was the society ready to answer the questions,
Which examined its very existence.

The silence of the Whistle-blower
Was the scream of the ivory tower
For we can adore the philosopher
But to emulate him is a danger

Let the Socrates of all the eras die,
And unpleasant voices be made to choke and cry.
Let the truth be told as hypocrisy,
And facts be sold as convenience.

The system does not want any disturbance,
The crusaders have to face the consequence.
They can be chained and strangled,
Called Infiltrators of the peace in one's own region.

Socrates, wish, had lived, but his death was of dignity,
From the cowardice life he would have to lead.
But there will be new Socrates, surviving the hemlock
Will sow the seeds to harvest the new crop

- Kalpana Chavan

Kalpanic Kamp
July 2021

RECOMMENDATION CORNER

MOVIE- FATHERHOOD- (*A portrait of paternal devotion skewed by Kevin Hart, Netflix*)

WEBSERIES- FAMILY MAN (*An Indian espionage action thriller depicting Srikant Tiwaris' family life, Season 2*)

PODCAST- [JAY SHETTY](#) (*Monk & Motivational Speaker*)

BOOK- [IKIGAI](#) (*The book touches the various aspects of life which can help us achieve a long happy life. It is based on ancient, well practiced Japanese technique called – IKIGAI. Only staying active will make you want to live a hundred years.*
– Japanese proverb)

EATING RIGHT - A 10-POINT PLAN

An Interactive talk was organized by the Health Cell of St. Xavier's Institute of Education on 11th May, 2021 for all the B.Ed. students and teachers. The resource person for the day was Ms. Vibha Hasijia, a renowned dietitian and professor.

The aim of the session was to create an awareness among students about the healthy eating habits and various nutritious foods.

The resource person guided the students on the different metabolism levels during the day and night. The students were also made aware of the various processed food products, how we can be good consumers and avoid adulterated food products.

The students were also made aware of the present educational system where children are taught about nutrition and health from classes 4 to 10, but there is hardly any impact or changes in their eating patterns and health improvements. A lot of guidance on improving eating habits was given in the session.

- HEALTH CELL



A WEBINAR ON LAWS AND POLICIES FOR WOMEN EMPOWERMENT

The 5th of May, 2021 marked the day when the inaugural session of 'Potentia' - The Women Development Cell of St. Xavier's Institute of Education, was held, ushering in an eventful and enriching academic year ahead. The session was held online and '**Laws and Policies for Women Empowerment**' was the topic of discussion for the day.

Advocate Audrey D'mello, Director at 'Majlis' - A legal centre for women and children, was the keynote speaker for the day, whose long list of credentials and heroic contributions towards liberating and empowering women and children, were truly inspiring. Not only did the speaker acquaint the attendees with the gory reality of today's world through testimonies witnessed first-hand, but she also educated us about the intricacies of the different laws and policies surrounding the protection of tortured women and children. Some astonishing and heart-wrenching statistics were also revealed by the speaker, which served as an eye-opener, leading us to introspect upon what kind of a world we are actually inheriting !

The session was indeed an enriching one, which not only educated us, but also motivated us to always be vigilant, and work at our individual level to curb violence; and if possible, join hands with any NGO, and work towards the cause we believe the most in.

- POTENTIA

**TOWARDS A GREEN LIFE!
BEST PRACTICE - WASTE MANAGEMENT**



Shantala Bhat

WE GO THE COMPOST WAY, WHICH WAY DO YOU GO?

Daniella Pinto



Daniella Pinto



Drishya Reghu

DON'T DISCARD, MAKE DISC ART!



Blythe Gonsalves

**WE STRICTLY BELIEVE IN BYOB!!
(BRING YOUR OWN BAG)**



Suzan Pereira

PLANT A GOAL!



Olisa Misquitta

DON'T THROW IT, MAKE IT PLANTASTIC!



Patrisia Lobo

TOO GOOD TO WASTE!



Patrisia Lobo

IN THE PIPE GROWS A NEW LIFE!



Olisa Misquitta



As a human, why is 'being humane' a choice among the various choices we make? Why isn't humanity a part of our thoughts, actions and deeds.

Groove into listening, a thought-provoking and nerve-wrecking poem

'माणुसकीचा दुष्काळ' by Payal Bhatar (Alumnus).

BEING A MUSLIM IN INDIA

I have become overtly publicly a practicing Muslim. I remember being in school and getting the weirdest of the stares from every random classmate when the words "Muslim ruler" would be read in class. Being stared at when spoken of Aurangzeb or Shah Jahan. Being asked if I am somehow related to those rulers (??). I have been made to feel that I belong to an alien community which by the way is obviously an "intruder".

I remember celebrating Diwali and Christmas in school but never Eid. Always being asked the most bizarre questions - if my mom wears a colorful burkha or the black one, if I know to speak Arabic, is it allowed to swallow your "spit" while you fast(???) I am sorry but I don't remember asking people what their moms wore to cover themselves or if they know to speak Sanskrit or Latin or what are the things they can swallow while they fast.

The feeling of being different from everyone else, of feeling that my faith is alien to others, that me being religious would mean that I come from an orthodox background made me suppress my faith and keep it limited to my house.

I never greeted anybody with a Salaam but a Namaste would do. I made myself different from a "typical Muslim" in order to be accepted by people and not be eyed at. I found peace in knowing that people did not associate me with Islam the moment they looked at me. Until I realized that people around me have driven me far from my faith. Have made me live in a way that would be acceptable by 'them'. Until I realized that this has happened with everybody. Until I realized that my religion could be reason I'd be asked to leave this country. Until I realized how ingrained this thought of Islam being an alien community is in the minds of everybody.

That's when I decided to be overtly publicly a practicing Muslim. I decided to share the teachings of Islam, to share the greetings of Ramadan, to share photos with my prayer mat, to share pictures of Quran, to not let go of my prayers even when I'm at a friend's house, to talk about how faithful and religious of a person I am. As a way to make my presence felt. To break the awkwardness that surrounds the community. To be just like anybody else in the society.

- Bazela Hawa (Alumnus)

Congratulations



Heartiest Congratulations! To Dr. Vini Sebastian on completing 25 years of service at St. Xavier's Institute of Education.

Thank you for your sincere efforts and for being an important member of the SXIE family. May you continue this journey of success and achieve many more milestones.

 THE ONE WITH MAY 
BIRTHDAYS!!!

** Faculty **

26th May- Dr. Bijoy Thomas

09th June- Dr. Geeta Shetty

** Students **

13th May- Olisa Misquitta

24th May- Sukanya Iyer



- Madhulica Sharma (F. Y. B.Ed)

INTERNATIONAL YOGA DAY 2021 - COMIC STRIP

<https://healthyheartss.blogspot.com/>
and poetry on Yoga Day.

- HEALTH CELL

*"The earth is like a beautiful bride who needs no man made jewels to heighten her loveliness."
- Khalil Gibran*

Earth is like our home and we must make efforts to keep it clean and green. let us stop harming nature, let us stop polluting it. Let us join hands to bring a positive change to make planet Earth a much healthier, greener and happier place to live. We must join hands to save our beautiful planet as there is no other place in the universe so beautiful, so vibrant and so lively. The best that we can do for our coming generations is that we save the environment for them.

- Nisleema Nazareth Almeida, F. Y. B.Ed

The Environment or mother Earth is the primary home of us all and it's our collective responsibility to protect it. Thus, it is essential to sensitize people about the impacts of environmental degradation and the measures that need to be taken to stop it. This poster is my small step towards spreading awareness. I drew this poster by taking inspiration and reference from the famous painting *'The Scream'* by **Edvard Munch**. The painting signifies despair and thus it was a perfect reference to depict the horrible consequences of environmental degradation. This poster is a screaming reminder that if we don't safeguard our mother Earth now, our future will be in jeopardy. So, my dear friends, think and remember that every small step you take today will save our environment for tomorrow.

- Bonita Jacob Mascarenhes, F. Y. B.Ed

