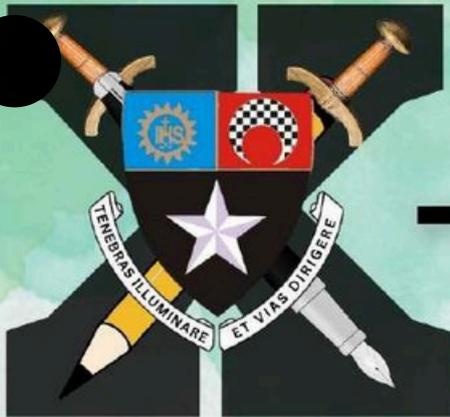


St. Xavier's Institute of Education (Autonomous)

NAAC Re-Accredited with 'A' Grade



- CALIBRE

THEME : BUILDING A HOPE FILLED FUTURE



All are welcome



Open to all
types of learners

Equity and Equality



Celebrate
differences

2022-2023

X-CALIBRE

<https://ww2.sxie.info>



FUNCTIONAL COMMITTEE

PATRON

**FR. BLAISE D'SOUZA SJ
MANAGER, SXIE**

CHAIRPERSON

**PROF. DR. VINI SEBASTIAN
I/C PRINCIPAL**

EDITOR-IN-CHIEF

**MS KALPANA CHAVAN
DR. SHADAB PALOJI**

STUDENT MEMBERS OF MAGAZINE COMMITTEE 2022-23

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MYRON GOMES, S.Y.B.ED.

SHRUTI SHUKLA, F.Y.B.ED.

ARPIT DMELLO, F.Y.B.ED.

ALEENA BABU, F.Y.B.ED.

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PRIYA COLASSO, F.Y.B.ED.

ANDREA OSWALD, F.Y.B.ED.

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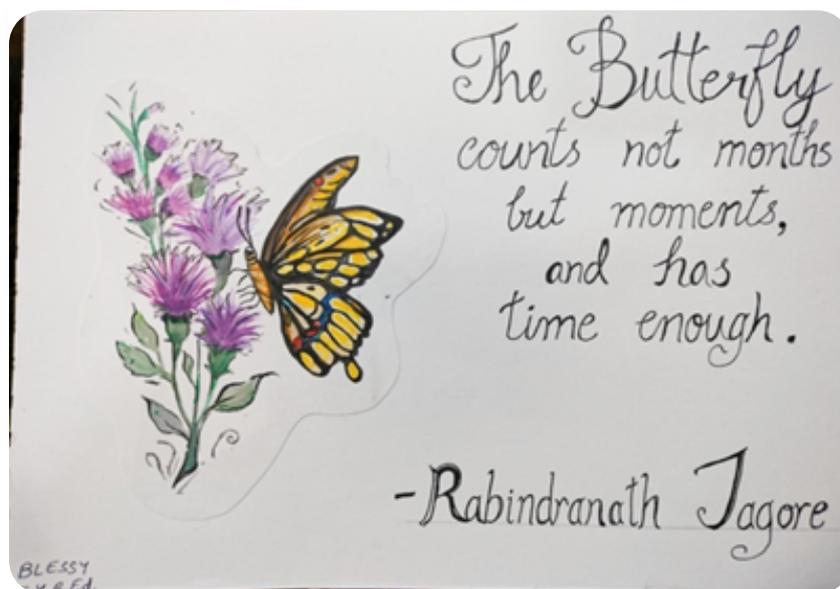
St. Xavier's Institute of Education, Autonomous *X- Calibre*

ABOUT THE MAGAZINE

**Theme: Diversity &
Inclusion**

**"Diversity is a fact,
Inclusion is an act"**

Anonymous



The Magazine X- Calibre is a repository of happenings, expressions, inspirations and dreams. Excalibur was the name of the magical sword of King Arthur, SXIE's X- Calibre is the writing pen which connects the goals, vision, dreams, inspirations and achievements of the Institute in an annual publication. It is a collection of ideas and thoughts verbally and visually displayed. The Magazine is about potentials of the stakeholders of St. Xavier's actualised in a compact way.

The students, faculty, alumni, parents, experts, alongwith the Principal and the Manager are the patrons of the Magazine X- Calibre. The students' expressions in form of art, poetry, stories, photos, digital artwork are fostered in the creative section. In the report section, the major academic and cultural activities are reported.

Both the batches are by default the contributors of the magazine, but this year we have added section for alumni and parents to add their suggestions, expressions and be even a part of organizing committee.

Objectives of the Magazine Committee

1. To provide an open platform for the students to express themselves through their writings, artwork etc.
2. To develop a repository of the annual college programs from descriptive and reflective approach.
3. To project the vision, mission and policies of the Institute through the Magazine
4. To enhance the employability skills of writing and innovative thinking.
5. To be a medium of developing hidden talents and potentials of the students.
6. To communicate the institutional dreams and goals.

Roles and responsibilities of the Members of the Magazine Committee

1. Organizing the layout of the Magazine.
 2. Deciding the design of the cover page.
 3. Collecting the articles, artwork for the Magazine from the different stakeholders.
 4. Scrutinizing for rules of copyright and plagiarism.
 5. Overseeing the artwork, design and photography for the section of the Magazine.
 6. Proofreading the Magazine before publication.
- Publication, dissemination and preservation of the Magazine.

A Magazine or a newsletter has a power to transform through its one idea, thought or viewpoint

Mechanism for the Magazine

Annual Publication- The print and soft-copy uploaded on the website in the publication section. The Magazine follows the policies of plagiarism.

The committee is formed with the student and faculty representative. The Committee meets regularly to discuss structure, organization, and the progress of the Magazine.

The Magazine plans to conduct workshops on report-writing skills, strategies for increasing creative writing, enhancing culture of reading and poster making skills.

To have a feeling of partnership with the Magazine, the students are encouraged to present their ideas and artwork for the cover page. The cover page of the Magazine for the year will be selected from the winning poster based on the designing competition.

Ms. Kalpana Chavan & Dr. Shadab Paloji
Magazine -Faculty in Charge



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FROM THE PRINCIPAL'S DESK

Prof. Dr. Vini Sebastian
I/C Principal

HOLISTIC AND INCLUSIVE EDUCATION : THE XAVIER'S WAY

We are in the platinum jubilee year and are excited about the autonomous status that we have worked for. The UGC and the University of Mumbai have recognized St. Xavier's Institute of Education as an 'Autonomous Institution'. This means that we are now free to modify our syllabus and provide the best possible education to our student teachers so that they can receive relevant knowledge and skills for their professional growth. Autonomy to Institutions also welcomes number of stakeholders to provide their inputs for enriching the curricular practices thus impacting the Quality of service in the Institution.

Our founder St. Ignatius of Loyola, in the Ignatian spirituality focuses on holistic development through the concept of cura personalis ("care for the whole person"), aiming to nurture the mind, body, and spirit to serve God and others more effectively. According to St. Ignatius 'holistic development' of individuals can happen if they ultimately connect themselves to God and realise that they are made to fulfil his mission on earth. The institution thus carried out the responsibility of holistic growth of the students through variety of activities which affected the body, mind and spirit.

Holistic development also means including everyone. We looked at a more humanistic way of education where all are one and no one is left behind. Pope Francis reiterated the importance of inclusion of "putting the entire person at the centre of education" and of "orienting educational work towards the margins..." It is our effort that we spread the message of inclusion therefore the college developed the theme "Holistic education for Inclusion". This theme percolated in all our activities thus instilling in the future teachers the values of service and compassion.

Being the first year of autonomy, we have invested a lot of time developing committees for our statutory and non-statutory bodies with which the Institution will be collaborating for future actions. We were also expected to conduct audits in different areas and produce reports for further reflection. Thus this year was full of active involvement of faculty, support staff and students yet enjoying the process of autonomy and looking forward to a more richer experience in teacher education. In the past years St. Xavier's Institute of Education has been a pioneering Institution producing quality teachers for the Local, National and International levels.

We believe in the MAGIS – doing the greater and more, for the Greater Glory of God - AMDG



FROM THE EDITORIAL TEAM



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.

SXIE(A) NEWS

CLASSIC NEWS IN THE AUTONOMY

WAY FORWARD

*A GLIMPSE INTO
SXIE(A)
JOURNEY IN
2022-2023*



PARENT TEACHER MEET

On January 21, 2023, St. Xavier's Institute of Education Autonomous, Marine Lines hosted a

PTM to inform parents of first-year B.Ed students about the two-year B.Ed programme. The parents had the opportunity to learn more about the course, plus it provided them an occasion to get to know the teachers as well as the other pupils who occupied their child's class.

The two hosts, Ms. Ann Miranda and Ms. Creamita Dsilva, welcomed the audience and gave

an introduction before the PTM began. The recognised principle in charge, Dr. Vini Sebastian, then made a polite speech in which she emphasised the significance and responsibility that came with achieving autonomy. Dr. Shadab Paloji subsequently addressed the many activities and educational experiences that would be taking place throughout the next four semesters of the B.Ed. programme to give the parents a preview of what to expect.

Mrs. Kalpana Chavan clearly articulated the importance of working with parents in her explanation of how teachers and parents partner up to motivate the students. Later, Mr. Bijoy Thomas took the podium to address the parents' questions and concerns on the academics. After taking care of the important matters, it was time for the pupils to let their personalities shine! They had invested their labour, blood, and tears into creating some amusing content for their parents. An emotional poem read in Tamil by Ms. Achsah Kottaidurai and translated by Ms. Analise Dias launched the event. A couple of quirky Bollywood tunes by Ms. Jesni Joseph and Mr. Akshay Rao followed after. The parents were subsequently treated to some thrilling spot prizes, which they thoroughly loved considering they won several goodies.

Ms. Rutu Valiyani delivered a Hindi poem on mother's love that was enough to make everyone sob.

An entertaining and thought-provoking quiz was eventually given, leaving the parents puzzled. The show ended with a stunning dance performance which everybody in attendance immensely adored. Fr. Blaize D'Souza, the manager, gave some illuminating remarks about the value of parental involvement and emphasised harmony until the end. Mrs. Kalpana Chavan offered a vote of thanks as the programme came to an end.

COMMUNICATION SKILLS.

Resource person: Ms. Nishi Kumar.

Place: St. Xavier's Institute of Education, 5th Floor.

Time: 10.30am.

Date: 6th January, 2023.

The Teacher engaged with the students from our own experiences of how to relate, communicate and expect in a school setting. The root meaning of the title, to the process of communication concept was brought clearly in front of the students. The importance of sign and body language was exaggerated. Demonstrated with a tongue twister how a message can be miscommunicated and misinterpreted. Madam Sensitized about the importance of communicating with the differently abled students. Summed up on tips/advices of communicating effectively to a class and how to be an active listener.

Learning derived: Communication is a two-way street; it should involve teacher as well as the student. If the student fails to interpret the message, communication is not complete. Interaction and sharing of experiences are important for an effective classroom communication.

LEARNING OUTCOMES AND THE TAXONOMY OF LEARNING

Resource Person: Ms. Kalpana Chavan
Venue: St. Xavier's Institute of Education,
5th Floor
Date & Time: 7th January 2023, 10:30 am
Session Overview

The session commenced with a thought-provoking video, illustrating how even the most complex concepts can be explained in both simple and technical terms. Ms Kalpana Chavan emphasised the importance of genuine understanding over rote memorisation, critiquing the prevalent flaw in the education system: a focus on marks rather than meaningful learning and societal impact.

Key Insights

Understanding vs. Memorisation:

The session highlighted the difference between merely repeating textbook knowledge (output) and truly understanding a topic (outcome). Ms. Chavan used clear examples and a hierarchical diagram to demonstrate how learners perceive and process information.

Interactive Learning:

The session was highly interactive, encouraging participants to reflect on their own learning processes and the broader goals of education.

Educational Impact:

Participants were urged to consider whether their learning leads to real-world action or change, moving beyond the pursuit of grades to fostering genuine growth and societal contribution.

Takeaway:

The distinction between output and outcome was made clear:

Output: Repetition of the teacher's knowledge.

Outcome: The learner's personal understanding and application of the topic. This session served as a reminder that education should inspire action and transformation, not just academic achievement.

SSC SYSTEM OF EDUCATION.

Date- 12th September 2023.
Venue- Multipurpose hall, 3rd floor.
Time- 9:00 am - 10:30 am
Resource Person- Fr. Norbert D'Souza.
Faculty Coordinator- Dr. Elvina Pereira.

Fr. Norbert D'Souza has fairly good experience with the education system and its drawbacks. He not only provided us with insights about his school functioning but also spoke about the overall scenario one should be expecting in a teaching profession.

Fr. Norbert has been doing fruitful service to the community and encouraged us as teachers to also give back to the society because of the noble profession we are into.

He provided information about what other things we could do after attaining the B. Ed degree, how to be of service to the society, respecting children coming from all walks of life and having a different method of teaching in this ever changing world. He made us aware that us as teachers have power and we are the pivot where the learning happens. So it is our duty to strive hard to become that pivot and be creative to help students understand and learn. We should be able to reach out to each and every student we accommodate in our classroom. Father's words inspired us to strive for excellence in our noble profession and contribute positively to the community we serve.



PROGRESSIVE PEDAGOGICAL STRATEGY: ROLEPLAY IN ACTION

Faculty: Dr. Shadab Paloji
Date: 20th May 2023
Venue: Multipurpose Room, 3rd Floor

Innovative teaching strategies are essential for engaging today's learners. At St. Xavier's Institute of Education, faculty members continually explore progressive pedagogical approaches to enhance classroom experiences. On 20th May 2023, Dr. Shadab Paloji led an insightful session on the use of roleplay as a dynamic teaching strategy, demonstrating its power to transform traditional lessons into interactive learning experiences.

Event Highlights

The session began with Dr. Paloji performing a roleplay with students, providing a live demonstration of how this strategy can be effectively implemented. The demonstration covered the key stages of roleplay:

- Planning: Setting the stage and preparing thoroughly.
- Orientation: Introducing students to the concept and objectives.
- Discussion: Engaging students in meaningful conversations about the scenario.
- Execution: Enacting the roleplay, with students taking on various roles.
- Reflection & Analysis: Reviewing the performance and extracting key learnings.
- Debriefing: Facilitating a discussion to deepen understanding.
- Generalization & Transfer: Applying insights from the roleplay to broader contexts.

Why Roleplay Matters

This strategy motivates students to overcome stage fright. Encourages responsibility and active participation. Keeps lessons engaging and interactive, especially when used at the start of class. Exposes students to real-life situations, fostering awareness of social values, roles, and responsibilities. Positions the teacher as both facilitator and spectator, allowing students to take ownership of their learning.

Impact and Reflections

Students benefited from the hands-on approach, gaining confidence and a deeper understanding of the subject matter. The session highlighted how roleplay can make learning more relevant and memorable, equipping future educators with practical tools for their own classrooms.

INTERNATIONAL WOMEN'S DAY CELEBRATION

International Women's Week was celebrated for a week at St. Xavier's Institute of Education, Autonomous from 1st March to 8th March. The programs were organized by the Gender Development Cell of SXIE under the guidance of staff coordinators; Principal in-charge Dr. Vini Sebastian, Dr. Shadab Paloji and Ms. Nishi Kumar. The celebrations for the entire week were kicked off with assembly presentations based on smaller themes derived from the larger theme of DigitAll. All the assembly presentations were conducted by the members of the Gender Cell and helped in creating awareness about the digital discrimination faced by women. They helped in providing information about basic concepts like how to stay safe in the digital world, female entrepreneurship, gender neutral terms, etc.

The main celebration for International Women's Day was held on 8th March, where all the students were asked to come dressed in the colour code of green, violet or white. The programs for the day included a session by Ms. Diana Dhote, street play and song, written and presented by FY B. Ed. students. The session by Ms. Dhote helped in outlining the various checkpoints in each one's life and the fact that goals do not have an age limit, they can be achieved at any point of time in life. The street play was well-scripted and was instrumental in creating awareness about the various issues faced by women in the 21st century. The lyrics of the song presented was written by the students of FY B. Ed., where each student contributed one to two lines and thus the entire song was formed, which was then given music and presented by Larissa and Aditi.

The programs for the entire week were successful in creating awareness about the issues women face in the digital world. It helped me gain an understanding into aspects of the digital world that I have neglected and helped me to be aware of those pointers.

'MOULD IT TREE' SESSION

'Mould it Tree', an art workshop was organized by Ms. Anagha Sawant on 6th May 2023 in Multipurpose Hall of SXIE. The session was a well needed break to the students as it provided a creative outlet to explore their artistic talent and develop their art-craft skills. The participants were asked to carry necessary materials and also were given colours and clay to create their art pieces. The instructor's approach was very much effective and both the instructors were knowledgeable and experienced in the art and craft field.

The engagement level of participants was quite high throughout the session. Everybody got the opportunity to observe and learn various methods such as moulding, mixing, brushwork etc. They had the opportunity to receive feedback from the facilitators and engage in discussions about techniques, concepts and artistic choices. The instructors demonstrated the techniques several times and provided individual attention.

They were also very proficient in correcting the mistakes and motivating students to do better. Apart from that, the students were given the freedom to use their own ideas too, if they had any. The session helped in enhancing skills and understanding how art and craft can be integrated in classrooms as future teachers. The session concluded with a group picture with the instructor and participants. We were allowed to take home the artwork create as a memento of this beautiful workshop! It was an enlightening experience to attend the 'Mould it Tree' session.

UNIVERSAL APOSTOLIC PREFERENCES

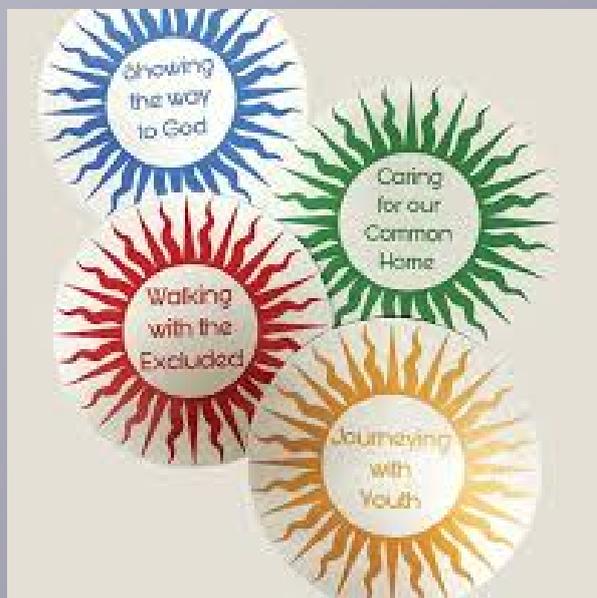
The St. Xavier's Institute of Education organized a session on Universal Apostolic Preferences for the SY.B.ED. students by Manager Rev Fr. Arul John Bosco. The session was on 14th October 2023 from 10:40 am to 12:40 am. Around 40 participants were present for the same.

Fr. Bosco started the session by asking the students how they came to know about a Jesuit Institution like St. Xavier's and connected it to how legacy played a vital role in doing so. He also made sure to make the audience well aware of the meaning of each of the terminologies 'Universal', 'Apostolic' and 'Preferences' to make understand the whole concept.

The Universal Apostolic Preferences are a vital component of the Society of Jesus discernment process, providing a strategic framework for Jesuit ministries and apostolic works worldwide. Fr. Bosco also substantiated the idea of being sensitive to the world around us and responding to the need of time.

The primary focus of the session was to explore and discuss the four Universal Apostolic Preferences: Showing the Way to God, Walking with the Excluded, Journeying with Youth and Caring for Our Common Home. He explained how the UAPs were both preferences as well as a signpost. Father also touched upon the concept of transcendence- going beyond oneself for others. Another important aspect of the session was 'Heart work over Headwork'

Overall, the session was a very enlightening one as Fr. made an unknown topic feel connected to us and how UAPs should be a part of the life of a teacher-right from implementing them in our lesson plans to using them in our own daily lives. It was a platform for fruitful discussions and commitment to concrete actions in alignment with the UAPs. The participants left the session inspired to continue their work in fulfilling the mission of the Society of Jesus- a way to lead themselves and others to God.



CELEBRATING DIVERSITY: CO-CURRICULAR ACTIVITY



Date: 11 March 2023 | Time: 10:30 am-3:10 pm
Venue: Multipurpose Hall, 3rd Floor
Coordinators: Dr. Bijoy Thomas & Ms. Priti Sivaramakrishnan

Our co-curricular day explored the theme "Holistic education for valuing diversity." These activities, beyond regular classes, help us grow intellectually, emotionally, socially, morally and artistically. On 7 February 2023, our teacher coordinators guided us on why these experiences matter in the B.Ed journey and how they shape us into inclusive, well-rounded teachers.

Formation of groups was done randomly. 8 groups of 6-7 memberseach formed. Studentswere asked to pick the chits to assign a non-bias topic to each group. The topics were as follows: Cultural Diversity, Occupational Diversity, Inclusivity, and Holistic Education. All these topics were drawn with respect to the main theme of "Holistic Education for Valuing Diversity".

We were given a total of ten hours for practices and each group had a teacher in charge. On the first practice day we sat in our groups and brainstormed ideas as to how we could go about our themes. The planning stage was the crucial one for us as well as time consuming. With each passing practice day our ideas would get filtered and creatively enhanced. These practice days brought a lot of the students close to each other and a good bond was formed between us all, we learnt to be compassionate and understanding towards the difference with our respective group members. We learnt the skill of how to incorporate each team member's ideas and to mould it according to the theme and topic allotted.

On the day of our Co curricular activity we were performed in the presence of our manager Fr. Blaise D'Souza, our principal in-charge Dr. Vini Sebastian, our staff members and our senior year students. Each group had a time limit of 20 mins to perform.The event was carried out in a systematic way, all thanks to our in charge teachers- Dr. Bijoy Thomas and Ms. Priti Sivaramakrishnan. Each group was disciplined to the time limit given as well as other specifications. For the smooth functioning of the event, Our SY Peers helped us with the technological difficulties.This Co curricular Activity was a good way to learn about holistic development as well we learn how to work together as a team. It helped us build our

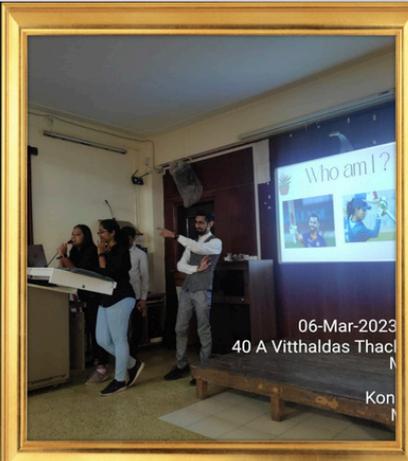
self-confidence and showcase our talents. Reflection: This activity has helped the students understand that in order to be a successful and an efficient teacher, the teacher should have a holistic experience since it will then help the

teacher to approach the students and train them accordingly. Importance of teamwork was very well understood by all the students through this activity.

A YEAR FULL OF SMILES, STORIES, AND SHARED MOMENTS



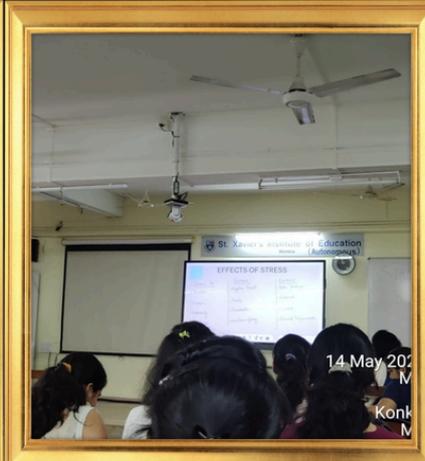
MOMENTS FROM OUR LEARNING JOURNEY



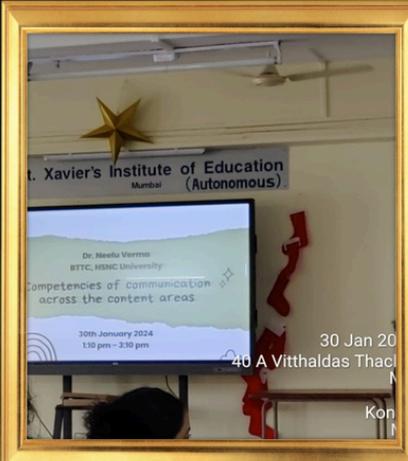
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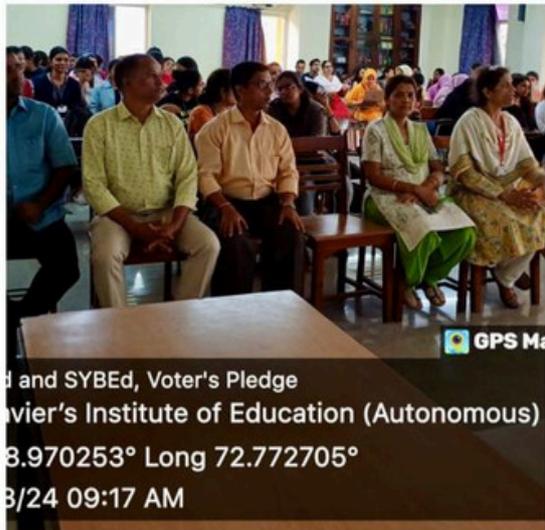


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A LOOK BACK AT OUR INSPIRING SESSION FILLED WITH IDEAS, SMILES, AND PARTICIPATION.



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INDIA: FROM PAST TO FUTURE

In the past, brave folks did rise,
For freedom, reaching the skies.
Kalam Sir's dreams and Sarojini Naidu's might,
Showed us how to shine so bright.
Bhagat Singh, strong and bold,
Gandhiji's peace story, widely told.
Rani Laxmi Bai's battle grand,
Nehru's logic guided the land.

Ambedkar fought for justice's say,
Tilak's acts paved the freedom's way.
On Independence Day, we stand proud,
Inspired by heroes, we say it aloud!
As the lens shifted from the past to the present
The vigour was in its best embodiment
In internship schools, assemblies ignite,
Promoting patriotism with hearts alight,
Through patriotic singing competitions held,
Students' love for their nation swelled.
Aware of duties, they stand tall,
Learn from rigorous sessions, enthralled,

An inclusive curriculum, balanced and sound,
Nurtures values that truly abound.
Singing anthems together, a powerful scene,
State and national, a unity gleam,
Dressed as freedom fighters, they feel the past,
Connecting history to their roles amassed.
An enthusiastic generation, so keen,
That will lead the nation to 100
Yet, patriotism's roots can't be forced,
True love for one's country should find its own
place.

However, as visions lead actions,
India leaps towards technological advancement
Making education accessible to everyone,
While ensuring that the learner is amazed and
having fun
Ek Bharat, Shresht Bharat can be a goal we can
achieve soon.

We have already left our prints on the moon.
From technology to economy, we will grow,
All the social problems in the bin we will throw.
Preserving India's rich cultural heritage is our duty
In unity and diversity lies its beauty.
Having a dream of an inclusive nation,
A manifestation, soon a reality.



BEAUTY IN SOLITUDE

There's a dusk around
where the crescent moon is me-
A glimmer of hope,
that can make darkness flee.
I ascend the hill with staff on foot,

I love being alone at my own space,
hermit for life;
The speech is silver, the silence is golden.
I am an angel, don't bother me;
Life in heaven is eternal and boundless;
I'll let my dreams be my wings.

CANDICE FALCAO



THE MONSTER WITHIN

Madness creeps in
Wishes to spill out.

Try as you may
The madness stays.

Why me, I say.

Fear me, loathe me,
You may never understand me.

Darkness engulfs,
The lights go off.

The monster you fear,
Is not out there,
Within me it resides.

My eyes give me away,
To the secret hidden within.

It overwhelms me,
Strikes down my functionality.

Sanity leaves me,
Trouble seems to find me.

Try and help,
I drown as I smile.

GLORIA CAROLINE

HUES

We always look for someone
To match our hue and light
The one with same preferences
The one that shines just as bright.

But it's not the same shade
that catches your attention
It's the opposite, the contrast
That gives your hue definition

It matches you in weird ways
But contradicts you more
It's always unexpected
Never knocking at your door.

But don't give up your search
Keep finding your hue,
But trust me when I tell you...
You'll find your contrast, or your contrast will find you.

बचपन की यादें

ख्वाब थे उड़ने के आसमान में
किताबों से दूर किसी जहान में
दोस्तों की यारी सब पर थी भारी
खेलते थे हम गुली डंडा और रंगो की पिचकारी

याद हैं वो
गिरना गिराना, चलते चलते यूं ही लड़खड़ाना
भरी भीड़ में फिर भी ना शर्माना,
वो बीच क्लास में डब्बों का खुलना ,
खाने की छुट्टी में दोस्तों से मिलना जुलना ।

वो अनगिनत किस्से ,हंसना और हंसाना ,
स्कूल न जाने के रोज एक नए बहाने बनाना ।
वो नुक्कड़ का मेला, गुड्डा और गुड्डी का खेला ,
मैदानों में बीता वो शाम का बेला ।

आमचस्का, अनारदाना और इमली की गोली
मानो यही थी मेरी सच्ची सहेली
हर पल सबको यूं ही सताना
डांट की डर से फिर खुद ही आँसू बहाना

पारले जी के बिना चाय थी अधूरी
मां के हाथ के लड्डू और कचौरी
कहीं से भी आना मां को पुकारना
पूरे दिन का किस्सा रोज सुनाना

वो
बारिश की छप छप,कागज़ की नाव,
पानी से भरे गढ़ों में लंबी छलांग
गर्मी की छुट्टी , नानी का वो घर
कड़ी धूप में खेल कर भी, न चकरा ता था सर

दूसरो के घर की घंटी बजाना ,
दो रुपए में मानो दुनिया जीत जाना ,
वो छुपन छुपाई और पकड़म पकड़ाई ,
मानो इन्होंने ही तो हमारी बचपन सजाई ।

मट्टमेले थे कपड़े पर वो सच्चे इरादे ,
नए कपड़ों में हम अलग ही इतराते ,
बालों में तेल और आँखों में चमक थी ,
मन में चंचलता और दिल में मासूमियत थी ।

हसी, ठहाको और चुटकोलो में अलग ही सुकून था,
कागज़ की जहाज का अलग ही जुनून था ।

आज मन नहीं मिल रहा ,
कुछ सवाल है जिनका कोई हल नहीं निकल रहा ।
शायद इसलिए बचपन याद आया है,
अपने साथ वो बरसो बीतें किस्से लाया है ।

UNLIMITED GOALS

In the realm of possibilities, I wander,
Where goals stretch like infinite horizons.
Unbound by limitations, I dare to dream,
Unlimited in scope, my aspirations gleam.

With each step forward, the world expands,
My heart beats in sync with life's demands.
No box can contain my boundless spirit,
Unlimited goals, I'm ready to inherit.

The universe, my canvas, vast and wide,
Invites me to explore, to never hide.
I wander through the landscapes of my mind,
Where inspiration and purpose intertwine.

In this journey of discovery and might,
I'll keep pursuing my dreams, day and night.
For in the realm of possibilities, I find,
The power to shape a future so kind.

So, with unwavering hope, I dare to dream,
For in my heart, an unlimited gleam.
And as I wander through life's vast expanse,
I'll seize each opportunity, take every chance.

SHRUTI SHUKLA

MASK-ERPIECE

She dances in the sunshine,
And sings with all her might.
But when the night comes calling,
She weeps herself to sleep at night.

Her eyes twinkle with mirth,
Her laugh rings out so loud.
But it's all just a disguise,
To hide her grief, her shroud.

No one knows the pain she feels,
The turmoil in her heart.
She keeps it hidden, never reveals,
Her true self, her broken part.

But the mask can get heavy,
And her heart aches with the strain.
She wonders if anyone knows,
The depth of her hidden pain.

SHRUTI SHUKLA

ONLINE CAN BE A DANGEROUS PLACE

Online can be a dangerous place
Trolls and bullies ready to chase
But don't you worry, you can take control
Here are some steps, let's rock and roll

Chorus:

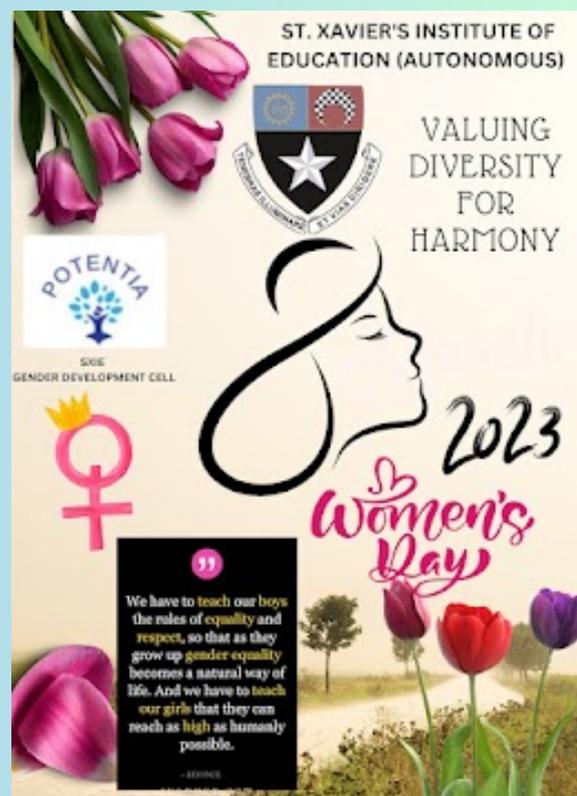
Step 1, don't hesitate
Report the hate, don't take the bait
Step 2, don't be afraid
Save the proof, don't let it fade
Step 3, don't be alone
Get some help, don't do it on your own

Remember, you're not alone
There are people who care and have shown
That they'll be there for you, every step
Just follow these, and you'll be okay.

(Chorus)

Step 1, don't hesitate
Report the hate, don't take the bait
Step 2, don't be afraid
Save the proof, don't let it fade
Step 3, don't be alone
Get some help, don't do it on your own

STUDENT COMMITTEE OF WDC- POTENTIA



UMAR KI SHAYARI

"Ustaad"

Ye duniyawi lagzishoon se garz nahi
hame
Woh apne pan ka ehsaas laao tum
Nahi chahiye asman hame
Zameen pe apne koi khaas laao tum
(Woh mere ustad laao tum)
Mana ke naujawan ho tum
Khoon ka hai tumhare andar ubaal bohot
Magar 'ustaad' ki izzat-o-ehteraam ko Dil
k apne paas laao tum.

'Tum na the'

Meri ulfat k zamane me tum na the,
Naraz jab bheed thi manane me tum na
the,
Sunai hai humne bhi kahaniyan bohot
Yakee mano ek bhi fasane me tum na the,
Dukhaya hai dil aur bhi humne apni
tehreer se,
Kasam hai khuda ki nishane pe tum na
the.

"Mulaqaat hoti hai"

Chaliye phir kabhi sahi mulaqaat hoti hai,
Ankahi, ansuni, Adhoori si ye baat hoti hai
,
Beshak tumhare Jane k baad tumhari yaad
hoti hai,
Aur fhir Zara si bonda-bandi nhi zoron ki
barsaat hoti hai.

"Zindagi"

Din nikle hafte nikle mahine nikle saal
nikal gaye,
Zindagi me peeche mud k dekha jaise
saare malaal nikal gaye,
Zindagi ki tapish se jo nikle kamaal nikal
gaye,
Aur hum! Hum toh be misaal nikal gaye.

UMAR SHAIKH

THE RISING PHOENIX

As she stood there gazing into the everlasting
source of water
A wave from the ocean crashed into her
Bringing her back to reality
Reminding her of her losses

Just when she thought she had a companion
for life
Her world came crumbling down
Shattering into pieces just before her eyes
With the 'always and forever' no longer
existing
And the promises no longer there
Only a void that will never be filled

Days will pass by
And the seasons will change
Only for the void to remain in its place
Open to the chances of being filled again, just
in case
Though the damage done was irreversible
Hope was hanging on delicately

But the roaring waves that came crashing
Reminded her of the battles she had to win
Of the path ahead that seemed tricky
And the struggles that she was yet to face

So she rose as a phoenix from the ashes
Because giving up was not an option

CHERUVATHUR ALEENA BABU

THE SILENCE OF THE CHAOS

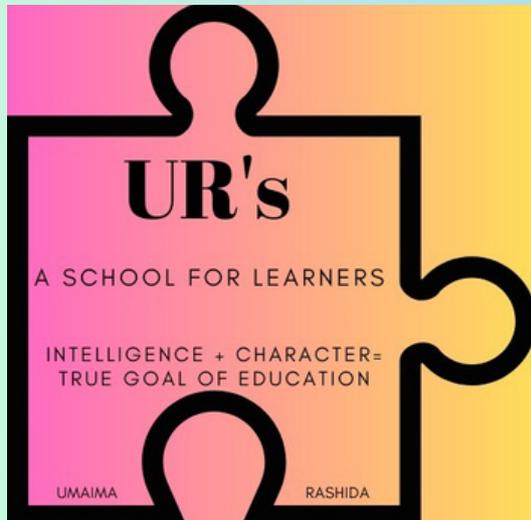
Surrounded by people,
Yet the loneliness crept in to embrace her
Laughs and smiles roared into her ears
But there she stood impervious to everything,
As what she craved was not extant there
Words travelled across the room
Smiles were served on a platter
Yet she managed to return home hungry
As food lacked the ability to satiate her
hunger

CHERUVATHUR ALEENA BABU

UR's School

“Tell me and I forget, teach me and I may remember, Involve me and I learn”-Benjamin Franklin.

This famous quote by Benjamin Franklin is literally the root of our vision to create a school.



My aim in life has always been to choose a profession that will help me help others and give back to society. The idea of having our own school connected with me because it will enable us to have our own curriculum and not be bound by others.

As B.Ed. students, Umaima and I have been learning about why the education system came into existence and why it needs to evolve. For the time being, higher authorities are only planning about this change, but it has not been implemented in the majority of the schools, apart from IB schools, which are not affordable to the masses.

To change the system, we have to be in the system, and to make that possible, we made a plan to start a school of our own, which will help the children learn in ways that will help them create and not just remember and understand according to Bloom's Taxonomy. We want the upcoming generations to have high-order thinking skills (HOTS) and not just become mere puppets in the hands of the industrialists.

Our main goal is to help children become independent learners, where we, as teachers, will be available to guide them and help them overcome their obstacles

Each time we reveal our plan to others, they react as if we are dreaming about something that is not possible. But our determination and trust in each other is much more than the doubts and questioning looks of people that we receive when we speak about it.

Every day that we spend in SXIE, we learn a new concept, a new technique, a new goal, a new methodology, and much more to add to our school. We couldn't be more grateful for being in St. Xavier's Institute of Education (Autonomous), Mumbai, and for having such amazing professors to believe in us to do our best.

Vision:

A Transdisciplinary Learning Environment

Mission:

To Provide Conceptual Knowledge And Help In The Overall Development Of The Child

The seed of this idea, to start a school, with Rashida came into existence after attending Ms. Diana Dhote's session on Women's Day of all days. After the session, we were given a sort of vision chart to make as "homework", for lack of a better word. I didn't take it seriously even then. Later, while I was in a lecture, the paper slipped out of my book, and I decided to actually write something on my vision chart. It started as doodling, but as I was drawing it out, it didn't look quite impossible, and then Rashida.

Quite literally, my right hand, for a quarter of this academic year she has sat on my right side and never once called any of my business ideas stupid. Since the initial weeks of college, she and I had joked about the idea of opening our own school, so when she saw me drawing the vision chart and then writing her name in the name of the school, I think she believed a little more in that idea. This, in turn, gave me confidence that we can start and manage a school. Summer school plan:

- Teach by concept
- Field trip twice a month (related to concept)
- 1 master class
- Fun learning strategies
- No heavy bags required.
- Students will be encouraged to maintain an experiential journal
- No dress code (initially)
- Project based evaluation
- NO COMPULSORY ATTENDANCE
- Weekly trip to Turning Pages Library
- Art and Craft
- Teachers (Umaima & Rashida) will do all the activities with the students.
- Activities like- Writing with their non-dominant hand, Yoga at the beginning of school

ARE WE TRULY FREE? A FILM REVIEW

REDISCOVERING LIFE'S ESSENCE THROUGH 'YEH JAWAANI HAI DEEWANI'

Amidst my mindless scrolling through Instagram, trapped in the never-ending loop of reels, I stumbled upon a post that deeply resonated with me. It was a heartfelt tribute to the timeless masterpiece of cinema, "Yeh Jawaani Hai Deewani," crafted by the visionary director Ayan Mukherji. This film has come to symbolize youthfulness and classic storytelling, and despite being over a decade old, it continues to feel fresh and relevant. It has left an indelible mark on our hearts, not only for Madhuri's unforgettable "Ghagra," the unseen "Delhi wali girlfriend," Naina's iconic "Chashma," "Aditi's grand Udaipur wedding," and the "adventurous treks adorned with short skirts," but also for the profound wisdom it imparts.

At its core, the film revolves around Kabir Thappar, or as he likes to call himself, Bunny. Just like his audacious life goals, his famous line, "Main udna chahta hoon, daudna chahta hoon, girna bhi chahta hoon ... bus rukna nahi chahta," has resonated with countless souls, inspiring us to pursue our passions and confront life's challenges with unwavering determination. Bunny embodies the spirit of adventure and the willingness to take risks that we all secretly yearn for. In many ways, he was the hero we looked up to, someone who followed his passion, crossed borders, and lived the life he had always dreamed of. Who among us didn't want to be Bunny at some point in our lives?

Another treasure we unearthed in this movie is its enchanting music. The irresistible beats of "Delhi wali girlfriend," "Badtameez Dil," and "Ghagra" pull us onto the dance floor. "Ilahi" finds a place on every road trip playlist, "Subhanallah" makes us think about that special someone, and no Holi celebration is complete without "Balam Pichkari."

However, there's another gem in this movie – the song "Kabira." Its lyrics, "ban liya apna paigambar, tar liya tu saath samandar, fir bhi sookha man ke andar," beautifully encapsulate the idea that even in the deepest love, there can be an unquenchable emotional thirst. It's a poetic reminder that profound connections, while fulfilling, may not entirely satiate the innermost desires of our hearts. This song reflects the complexity of human emotions and relationships, conveying the notion that even profound love may not completely satisfy the innermost desires of the heart.

These two contrasting ideas form the heart of the film's message. One urges us never to stop running, to experience life to the fullest, and to chase our dreams relentlessly. The other gently reminds us that it's okay to take a moment to breathe, find solace in stillness, and reflect on our innermost longings. This duality mirrors the movie's thesis – that ambition alone cannot navigate life's intricate journey.

Companionship, friendships, and quality time with loved ones are equally vital. Bunny wanted to have it all, while Naina had a different perspective. As they explored the town of Udaipur, he had a checklist of things he wanted to tick off, while she yearned to live in the moment. This underscores the importance of striking a balance between pursuing our dreams and appreciating the beauty of the present moment, making it a beloved coming-of-age Bollywood film.

Naina Talwar epitomized the quintessential model student – the class topper and the sweet girl whose shoulders bore the weight of towering expectations.

Initially, an introvert of the quietest order, Naina embarked on a journey in search of something profound. She was the type who cherished moments and experiences more than the destinations they led to. For her, the impromptu trip to Manali represented an opportunity to break free from her customary reserved self. It was a chance to embrace life in its unscripted glory, to seize each moment as it unfolded, and ultimately, to unearth her true self. She needed that break, that deviation from the predictable, to unearth and discover her authentic self.

In a world characterized by relentless ambition and ceaseless hustle, the film's wisdom gains greater resonance as the years pass. We come to realize that external adventures and interludes, while exhilarating, are mere threads in the intricate tapestry of life. True fulfilment springs forth from introspection, the journey of self-discovery, and the nurturing of meaningful connections. Our existence often feels like a relentless machine, perpetually churning through the same cycle - from school to college, to the confines of the office cubicle, perhaps ends within the sterile walls of a hospital ward. We appear to live lives of perpetual repetition, waking before the sun, chasing buses and trains, and immersing ourselves in the chaos of academic institutions. The question looms: Are we ever truly free?

Occasionally, it becomes imperative to shed it all, to distance ourselves from the clamour and find solace in the simplicity of our existence. Whether it's a brief nap, a stolen glance at a mesmerizing sunset, a heartfelt conversation with a friend, or merely gazing out of a window - doing nothing should not be met with guilt.

We must resist the urge to work tirelessly, to the point where we forget the essence of our journey. Saint Francis of Assisi's poignant words, "What does it profit a man to gain the whole world, yet forfeit his soul?" resonate deeply in this context. They serve as a stark reminder that material wealth and worldly success lose their significance when they come at the cost of our inner values, principles, and spiritual well-being.

We must resist the compulsion to fill every moment with productivity. Life's rhythm should encompass intervals of rest, introspection, and appreciation for the present. While it is crucial to strive for tomorrow, we must remember to live for today. Life's unpredictability demands that we savour the essence of the present moment, to cherish the gift of the now. It is vital for our overall well-being, mental health, and the quality of our existence.

Bunny, who chose to dine on dal chawal for life, there is a profound reason behind the decision. It signifies his realization that there is more to life than the relentless pursuit of adventure and freedom. Love, friendship, and the yearning for a deeper connection emerge as compelling motives for him to tread a different path, one that involves settling down with Naina and embracing a life marked by balance and fulfilment. While Bunny embarks on exhilarating escapades and quests, Naina's pursuit is more subtle, centered on the discovery of herself and the profound beauty of life's fleeting moments. Their stories serve as a poignant reminder that, in the end, it is not just the destinations or adventures that define us but also the wisdom we glean from our unique journeys.

PRIYA COLLASO

ONE DAY ?

The waves pass over,
The generations go by,
But the restrictions for us will always be the
WAY...

Just be like u are,
The words won't come ahead
But behave yourself,
You are the one u should change
Are the words which follow me Ahead...

Is it reel that it will change for the same,
OR, Is it real that every generation has to
suffer the same

Remember you are a girl, are the tags that we
got ,
Remember you are a girl, are the words that
we CAUGHT,
Why just can't be Me one day
Live a life to the fullest a day....
Why just can't be we one day,
Who has dreamed about her own one day....?

Why is it for us ?
Why can't we be ourselves ?
Why can't we oath to be fine one day.....?

BE

Even if the peaks pass by you,
Be yourself
Even if the hurdles strike by you,
Be yourself
Wear out the crown babe,
YOU,RE gonna make it your's yourself
Be out the way you want to be
Style out the way you care to be
Be confident enough the,(thee)
To lay out the world to be

Passing by the way thinking you can't be,
But be fair enough for yourself,
To become the one to be
Wear out the crown,
YOU,RE gonna shine yourself
Wear out the crown babe,
YOU,RE gonna make some change
Be the way you want to be
Style out the way you care to be
Be confident enough the,(thee)
To lay out the world to be



FAMILY

Family
That leads us to a destination
Family
That makes us grow towards the proclamation
Family
That bind us together again and again
Even in this chaos I think about them
Even in this tribulations I try to reach out for
them
I m happy that I have them
I m blessed that I have them

BELIEVE IT YOU'RE GONNA MAKE IT

Believe it you're gonna love it,
Believe it, it will be worth it

Everything's going to be ok
Everything's going to be fine,
It will be down but it will be ok
No need to bother
No need to surrender
As It will be ok

Yes, it's not too late
Yes, It's not too early
Be the way u are
Everything's going to be ok
In your vivid dreams in the wildest ways
everything's going to be ok
Believe it everything's going to be ok

IN RETRO, WITH PURPOSE



CARPEDIEM

Prologue

This issue invites reflection—not for nostalgia’s sake, but to understand how we’ve grown. The path from then to now is marked by courage, collaboration, and faith in what education can do.

Autonomy has opened doors to innovate while staying rooted in our values. You’ll see it in fresh initiatives, renewed partnerships, and the everyday care that holds our community together.

As you read, consider how your story threads into ours. May these pages spark pride, gratitude, and momentum for the work ahead.



"I DREAM MY PAINTING AND I PAINT MY DREAM"- VAN GOGH'

ART BY
ZARAH NEKOO HONOZE

BLOODLINE

The walls of the house he lived in
were painted deep red
They tell him that he is full of wrath
that he takes after his father in that way
He must be an alcoholic too, for
Wasn't his father one as well?
They say he is irresponsible and
messed in the head
all thanks to his mother, who was
schizophrenic and kept making a huge mess
a difficult conversation...

His father abandoned him when he was 13
His girlfriend believes the same about him
So she turns and walks away
Closing the curtains on a year spent
together and all the beautiful memories
made But little do they know that he left his
old house
When his mother died of an overdose
He bought himself a small house by the sea
and painted the walls gold

CREAMITA DSILVA

PRE-AUTONOMY STORIES UNSAID



ENVIRONMENT

**FROM THE
ALUMNI**

FROM THE BATCH 2021-2023

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 FYB.ED

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 quarrelled over who would
feed their dear birdie buddies,
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 quarrelled 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 FYB.ED

NATURE, THE NURTURER

I was never fond of photography but with 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!

Instagram handle: photo_phacktory



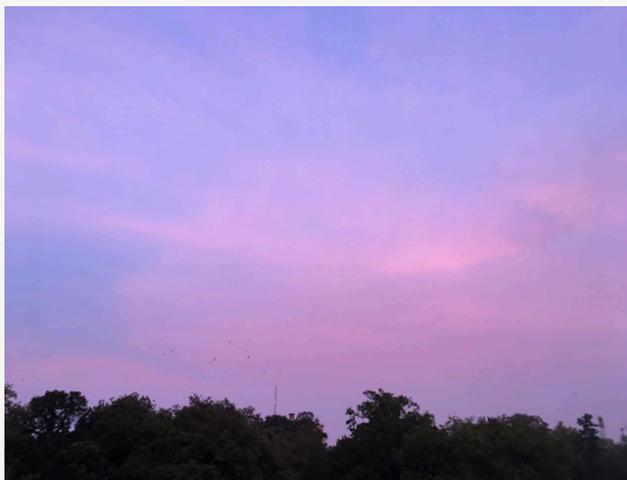
NATURE, THE NURTURER



**Written & Photographed By
SAARANG TUSCANO**

ON YOUR MARK, GET SET, STOP!

ON YOUR MARK, GET SET, STOP!



It is 7.13 am in the morning. The first lecture starts at 7.30. My college is one and a half kilometres from my Pg. Hurriedly, I get out of my bed and say to myself, "If I don't bathe, skip my breakfast and run as fast as I can then I might actually be able to make it on time for the lecture. In fact, I don't have any other option since it's the last day to submit the assignment."

I wonder how many days or months or even years of my life I spend in a rush, mindlessly. But there are times when I pause, to see the birds fly, to admire the purple sky, to get mesmerised by the mangoes hanging from the tree, to drench myself in rain and these moments might not make the pain go away, but these moments of stillness help me to simply live and not just exist in this beautiful world that keeps on moving and might sometimes be a cruel place. So, seize the moments of stillness while you still can.

**WRITTEN & PHOTOGRAPHED
BY SHRESHTH DUA
F.Y.B.ED**

DID YOU KNOW !! 5G REVOLUTION AND THE ENVIRONMENT

5G is the 5th generation mobile network. As its implementation gains momentum, 5G uses higher frequency waves than earlier mobile networks. It gears up to provide a 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 again 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 upto 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
FY.B.ED**

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 upto 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 RODRIGUES³⁰
F.Y.B.ED**



FRIENDSHIP





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 bewitch 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 30s. 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

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 aspiration,
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

MELODIES EVOKE MEMORIES.

Our pandemic lives have made us miss our friends like never before; here are some songs that unlock the treasure trove of memories we garnered with our friends! Hope it's relatable.

With a little help from my friends - The Beatles.

The Beatles never disappoint when it comes to melodies that tug at your heartstrings, and rightly so, this song defines the significance of having friends who take the front seat with you on this bumpy ride of life, who will teach you how to just relax and enjoy your 'nimbu pani' everytime life throws lemons at you. Be it asking for a two minute summary of a 30 page long chapter just before you enter the examination hall or asking for advice on some major life decisions, who hasn't got by with a little help from your friends!

Lean on me- Bill Withers

Lean on me ,When you're not strong, And I'll be your friend, I'll help you carry on.

Friendships are much more than fancy parties and occasional trips, it's about calling up that quiet friend to know about their day, it's about meeting that friend whose struggles no one realizes.

Knowing that you've got someone who cares for you even when you're miles apart is the best feeling and is exactly what the world needs at the moment.

You've got a friend in me- Randy Newman

"There isn't anything I wouldn't do for you, we stick together and see it through" This song is about that one friend who will play several roles in your life only to become your best advisor and your greatest confidante, even if it turns out to be 'the blind leading the blind'. It's the moments when dialogues like 'You've got this!' and 'We're in this together' become our strength and the best words of reassurance. If you've got a problem then you've got a friend too, together "Our friendship will never die". From Canteen talks and morning walks to monday blues and saturday afternoons.

Thank you for the gift of friends.



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 little. 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 in 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

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.

RENITA SEQUEIRA

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 realised 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 realised that this has happened with everybody. Until I realised that my religion could be reason I'd be asked to leave this country. Until I realised 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 Qur'an, 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.

POSTER - NATURE / ENVIRONMENT



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.

PENNED AND ART BY
BONITA JACOB MASCARENHES

"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.**



THE WORLD NEEDS YOU...

The world needs you,
You as a human.
The one who loves,
the one who cares.
The one who breaks
social barriers.

The world needs you,
You as a human.
The one who stands,
the one who fights.
The one who learns,
and learns to unlearn.

The world needs you,
You as a human.
The one who is literate,
the one who is intelligent.
The one who tries,
and the one who applies.

The world needs you,
You as a human.
The one who imparts values to children,
the one who thinks about reformation.
The one who understands their stake in society,
the one who does not live just for popularity.

The world needs you,
you as a human.
There is a lot to do;
the vulnerable are waiting for you.
Go and be a good citizen,
Let's welcome this new year with great happiness,
let's spread positivity and goodness.
Let's help everyone without any expectations,
but remember, that's not a favour but your
contribution.

I KNOW YOU WANT TO LIVE YOUR LIFE

I know you want to live your life,
With full of comfort,
But remember, you are relying on me
And my existence.

You know! You are building
Cement Jungle across,
With the demand for fancy buildings,
But in return You are killing trees and flowers.

I You know! Your fancy lifestyle
Generated how much plastic,
Your ignoring attitude towards nature
Inviting so many calamities.

I heard!
You simply forget closing tab,
Switching off fans and light,
But do you know?
There are the people
Who just die without it.
I have seen you throwing,
Garbage on the floor,
Food in the dustbin,
Buying excessive resources
Without their needs.

You know?
I can't breathe nowadays because,
Emission of gases and excessive pollution,
Habitat loss and species extinction.

I am scared nowadays
By seeing nature,
With passing time
You are killing your future,

This is the small urge from me!
Think about the future generation,
Don't ignore the warnings, get up, please wake up,
Read it calmly,
Understand deeply,
Writing this letter from the bottom of the heart,
From mother nature to you all.
Have a easy and healthy life. Life is like water,
if someone blocks one side,
it takes other turn to continue its journey.
So don't stop the journey with failure!
Keep trying.
Sometimes you will never know the value of a
moment, until it becomes a memory.

A seed grows with no sound, but a tree
falls with huge noise. Destruction has
noise, but creation is quiet. This is the
power of silence. Grow Silently !



FACULTY'S EXPRESSION

Faculty's Section



Heartiest Congratulations! to Prof. 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.

SXIE(A)

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

TRAVEL DIARIES: MANALI EXCURSION

A PICTURE SPEAKS A THOUSAND WORDS

