

*Demand  
Quality  
22 years*

# X-Calibre

# Glorious 60 Years



## ST. XAVIER'S INSTITUTE OF EDUCATION

### Biannual Magazine

### 2012-2014



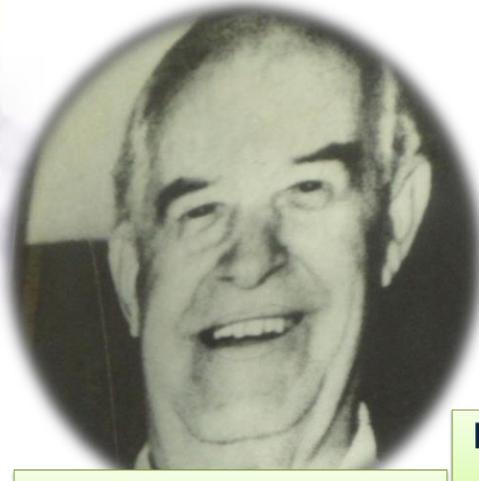
JESUITS

For the Greater Glory of God

BE, W&E,  
POONAGER-BILIMORIA-f-cp  
ARCHITECTS-f-ENGINEERS  
24-26 DALAL STREET,  
EAST - BOMBAY



**FR.DOUGLAS DIAS S.J.**  
June 1968 - Aug 1973  
June 1979 - Mar 1982



**Fr. ANGEL SOLAGRAN S.J.**  
June 1953 - May 1968



**Dr.(Mrs.)Elaine Ann Charles**  
Nov 1995 – Feb 2001



**Fr. HERBERT J. FARIAS S.J.**  
Sept 1973 – May 1979



**Theo M. Remedios**  
April 1982 – Mar 1990

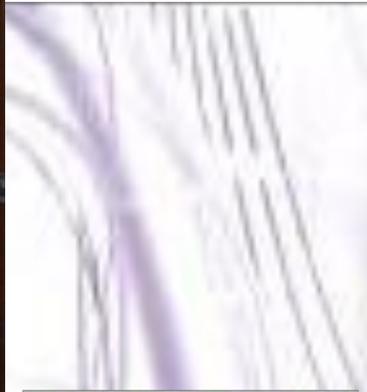


**Dr. (Mrs.) Celine D'Lima**  
June 1990 - Oct 1995



**Fr. Blaise D'souza s.j**  
Since 2012

**MANAGER**



**Dr.Sybil Thomas**  
Principal  
Since – February, 2014



**Dr.Adelaide Vaz**  
2001-2014

## EDITORIAL

The year of 2012-13 held immense significance as it was the Diamond Jubilee Year of the Institute. It was 60 years that this Institute had completed successfully and endured with pride the changes in the educational scenario. Being one of the premier teacher training institutes in the city, it shouldered with responsibility the noble task of moulding student teachers to serve the society with sensitivity and affection. This approach forms the very basis of curriculum transaction at this institute. It is based on the Ignatian Pedagogical Paradigm (IPP). The IPP has served as the backbone for the development of this institute. And therefore it certainly needs more than a mention in the magazine. The first article in the magazine is based on how the Institute has adapted it and how it has benefitted from its use at every level in the Institute.

The B.Ed. course this year also followed the semester system, and of course the theory and practicals started in full swing. The reflections of students on the various aspects of the course will shed light on the bumpy or not so bumpy ride in the college here.

The B.Ed. course at SXIE is not just about theory and practicum, which it follows with diligence, but also about the various co-curricular and extra-curricular events that it organises for the benefit of its students. The allocation of Asha, Astha & Satya house, followed by council elections and then the putting together of various events like the several cultural programs on Teachers Day, Diwali Celebration, Christmas Day, Feast Day or the Valedictory Function. Not to forget the

various indoor and outdoor games finally culminating in the form of competition on the Sports Day.

The feel of hosting an International Workshop, the rigor of scheduling visits, field trips, a day's picnic or an educational excursion, the arrangements for the College Annual Event – Prayas, all towards preparing a complete package for the teacher in making. It is no wonder then that our students are assured of a job much before the course is complete at the on-campus recruitment drive.

The Diamond Jubilee year of SXIE shone with grace at the achievements over the year and several years with the gala Alumni Nite. Several alumni, ex-staff and all associated with the institute over the years gathered as a mark of respect on this occasion for its Alma Mater.

Days pass, years fly and one after another B.Ed. batch of SXIE graduates and moves on to meet its destiny. The contribution of SXIE in shaping the destiny of teachers who would then 'shape the destiny of the country in its classrooms' cannot be expressed in words. The zeal to make a difference and the fire to set the world ablaze with knowledge & values will always keep this institute sparkling like a diamond.

*Editorial Team: Dr. Rashida Kapadia,  
Mr. Bijoy K. Thomas*

*Contributors to the Magazine:  
Staff & Students of SXIE*

## **MANAGER'S MESSAGE**



Greetings to all of you, Staff and Students of SXIE ! After one has given a message to the staff, students and parents of SXBA, I kept wondering what message I should give to the students and staff of SXIE ! If one expects to see the fruits of good education in the school, the seeds of that good education are sown in the B.Ed College. The Sacred task of forming good teachers has been assigned to the B.Ed College. Here is where the seeds of good education and of being good educators are sown !

Sometimes I wonder why, what a teacher is supposed to achieve over a space of 10 years in the school requires only a year of preparation in the B.Ed. College ! This is a challenging task that calls for a superlative effort from both the staff and the students of SXIE, if we are to turn out educators whose task it is not only to perform the role of academic educators but whose responsibility it is to nurture and form fully human persons and responsible citizens of tomorrow through the years of school education!

It is just a little less than two years since I took over as Manager of SXIE, and while I can only laud the glorious history that SXIE has had for the last 60 years, I can only still consider myself a learner of what SXIE has been trying to achieve through its Teacher Education Programmes over the last 60 years! Therefore, though my expectations are great, my own experience of formal teacher education is rather short to pass any judgement !

I must confess that the longer part of my educational experience has been in the field of Non-formal Education in the rural adivasi context of Maharashtra. NFE has been the greatest educational challenge that I have experienced over the last 35 years. The educational clientele of NFE are precisely those who have got marginalized from the formal system due to factors beyond their control. They consist of pre-school children who do not attend the regular village nursery schools and balwadis, drop-outs from regular primary schools and secondary schools

for varied reasons, rural working youth who have had no time for formal education and adult men and women who cannot think of going to formal school at their age and occupation ! Do they have a right to education or not ?

They are people who aspire to education the same as you and me, but cannot go through the formal system ! They are also people who cannot fit in the formal structure of education ! Maybe they do not see the formal system as it is, as relevant to their life and context ! These people are the biggest challenge to the creativity and innovative capacities of a teacher ! Who can force anyone of them to remain in a class that is irrelevant, uninteresting and unattractive to them ! And so these non-formal classes could be the real test of the calibre of a teacher ! If you did not measure up to the challenge, your students just stopped coming and your class folded up !

Of course I presume our students are qualifying themselves to teach in the formal system. As such they are given a formal educational structure and syllabus which they have to implement in a formal classroom environment. Exams and high academic result remain the criteria for evaluating their students. Students themselves are in the classroom because their parents want them to be there and because of the requirement of the formal school structure ! To assess their transformation and growth from a qualitative perspective is a more difficult matter ! To what extent will they become agents of social change themselves ? Much still needs to be done in this sphere. This an important area of teacher education and poses a big challenge for us for the future !

And so, as we consider the last glorious 60 years of our existence and the future that dawns before us, it is a moment for us to look back in order to look forward ! We look back to derive inspiration from our glorious history and we look forward to go beyond the present and move on the path of a more creative history for the future ! We look back to assess for ourselves, to what extent we have achieved the goals that we set for ourselves over the last few years.

Have we moved forward or have we stagnated ? Has our history got stuck and are we unable to move beyond where we were 10 years ago at the time of the Golden Jubilee of the College? We may have had great dreams 10 years ago ! Can we look back over these 10 years and say those dreams have become a reality in terms not of the quantity but in terms of the quality of the teachers that we have been forming ? Have our dreams for the Institution become a reality over these last 10 years ? Have we been able to inspire our B.Ed students with those lofty dreams which they seek to make a reality through their teaching in schools ?

When I look back at my own learning process as a school student, I can see that there were teachers who made a lasting impact on my human formation and whom I cherish and remember with great affection and gratitude and others whose memory is just a mere blur ! It is my hope that in the years ahead, it will be the school students of our B.Ed students, teaching in different schools, who will give glory to St. Xaviers Institute of Education for forming teachers who have given off their best creatively as teachers and so earned the permanent love, affection and good will of their students ! This will be the permanent and lasting impact that we can always look forward to in the future !

**Fr. Blaise D'Souza s.j.**

## **Ex- PRINCIPAL'S MESSAGE**



Dear Teachers of the B.Ed batch of 2013-14 of SXIE,

I have great pleasure in addressing you as 'Teachers', because now you are at the end of your formation as teachers and ready to step into the classroom. Congratulations! You have made it through this hectic course, what with the busyness of lesson plans, essays, class tests, project work, rural camps and N number of activities. But you've come through it all and I am sure you have thoroughly enjoyed this one year, maybe more than the other years of your study.

You've come this far, and you should give yourself a hug and feel a great sense of accomplishment.

After a month or so, you will be ready to step into the school or college classroom, armed with your B.Ed degree. There are three words I want you to keep in mind....., three words that may encapsulate your needs as a teacher as you enter the classroom in June 2014: Please take a moment to reflect on these three words (remember reflection as in IPP)!!!.

**Firstly, acquire PATIENCE:** if you have it, acquire more of it. You will need quiet, even-temperedness if you want to be a good approachable teacher. Be patient with yourself and the children and others in the school. Be patient with yourself as you plan and prepare for the

days, weeks and months ahead. Remember that patience is a virtue and that, as a passionate educator, your work will always include fostering patience.

**Secondly, Be Persistent in your endeavours.** YES! Persistent in the face of restless students, anxious parents and the pressures of the school day is what it takes to be a leading teacher. As you roll up your sleeves every day, search out your lesson plans and get down to the business of delivering instruction, persistence will keep you going despite the proverbial misstep that's bound to happen in your daily work. Keeping a persistent, positive vision of the amazing things you can accomplish with your class will make the struggle worthwhile.

**Thirdly, Be at Peace with yourself and all that you do.**

Being at peace takes work . . . but it's work worth doing. As a new teacher, you may not seek peace as often as you should. You will constantly experience stress and pressure. How can you work to experience peace daily? The ability to be at peace with your decision about a student, a phone call to a parent, or the results of an observation by your principal, will be critical to your success. The peace that you work to have for yourself and bring to your teaching will spill over to your classroom environment, make for more positive daily interactions and carry you through the best and worst days of your teaching career.

As you launch out into the world of teaching, my hope is that you will pause to reflect on these three words, define their meaning for yourself and your work, and consider how you might use them to set a tone for your goals in the days ahead.

So remember the three 'P's: Patience, Persistence and Peace and you will work wonders in your class.

Fare thee well,

Wishing you God's choicest blessings in the coming examinations and in the years ahead.

Sincerely with much love and affection

**Dr. Adelaide Vaz**

## MESSAGE

**Fr. Lawrie Ferrao SJ**

**Batch 1977 – 78**

Educating the child of today is itself a challenge that few really opt for.

What greater challenge could there be than to educate teachers and educators who experience the call to educate, be teachers.

EDUCATE originates from the Latin meaning to „draw out from“. Very different from a clichéd thinking – that of filling the minds of young students with knowledge, information – much of it, irrelevant or useless. And then, we find ways and means of testing it!

In order“ to draw out the best” from today’s child requires patience, courage, tact, love and above all humility. Each child who seeks to be educated is unique. We draw out what s/he has and is – in order to allow her/him to understand and grasp what is needed in order to grow and bloom.

Over the years I have seen SXIE fulfilling its role of training young men and women to turn out good educators in whatever situation or school they land. It has been making efforts to impart what it calls, „Joyous, Creative Teacher Education.“ In a world surrounded with amazing technological wonders and gadgetry, a teacher can either get carried away just using them with no heart and soul or, can put these mass media wonders to profitable use –in order to draw out the best in every child.

May SXIE continue to meet today’s newfound challenges with courage and a joyous spirit. May all the staff teaching educators; and, all the educators emerging from this temple of learning help young minds and bodies to dream impossible dreams!! Ad Multosannos! Ruby and beyond!

## MESSAGE

St Anne Church  
Mazagon,  
Mumbai, 400 010,  
9 May, 2013.

Dr. Adelaide Vaz,  
Principal,  
St. Xavier's Institute of Education,  
Mumbai, 400 020.

Dear Dr. Vaz,

Congratulations on St. Xavier's Institute of Education completing 60 years of existence. I was happy to be associated with the Institute as Manager of the B. Ed. College. I was impressed to see its working at close quarters. The quality of the students, the dedication of the staff, the administrative ability of the Principal and overall high standard of education is amazing. We are grateful to God for the foresight of Fr. Angel Solagran, S.J., who founded the Institute 60 years ago. On the happy occasion of the Diamond Jubilee, I hope and pray that St. Xavier's Institute of Education keep up and even improve on its noble tradition and be a beacon of enlightenment and inspiration in the City and University of Mumbai.

With warm regards,

Yours sincerely,

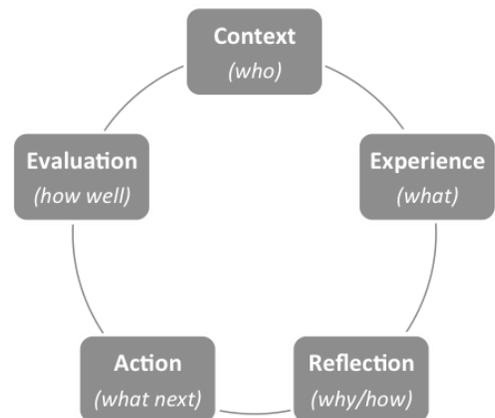
**Fr. John Misquitta, S.J.**

## The Stronghold of SXIE

The Ignation Pedagogical Paradigm (IPP) derives its genesis from *The Characteristics Of Jesuit Education* published in 1986 for presenting to the many a practical pedagogy for use in classroom interactions. Based on Ignatian values, the paradigm calls for infusion of approaches to value learning and growth within existing curricula rather than adding courses. The IPP looks at a smooth transition between cognitive and affective aspects of teaching learning, in order to support development of a society that is not devoid of conscience, compassion and competence.

The IPP is based on the *Experience - Reflection - Action* coordination. The incorporation of these in the educational context required a detailed outlining of each, which gave rise to the Ignation Pedagogical Model (IPM). The IPM considers the inculcation of value based teaching through the following five steps: *Context, Experience, Reflection, Action and Evaluation*. The *context* requires understanding the predisposition of the learners towards learning, without which complete understanding is not possible. The *experience* stage includes provision of different learning experiences to support learner development at the levels of mind, heart and will. The *reflection* stage is what

makes the IPM model unique. According to the IPM, the term reflection means a thoughtful reconsideration by which meaning surfaces in human experience. The reflection stage is rightly followed by the *action* stage which calls for mediated action after the awareness that arises at the reflection stage. The final *evaluation* stage involves measuring and estimating the intellectual growth as well as the lacunae for achieving mastery.



The St. Xavier's Institute Of Education is a premier teacher training institute that is in its Diamond Jubilee Year of providing 'Joyous Creative Teacher Education' (vision statement) to society. In its endeavour to support its vision statement, the Institute has drawn its inspiration from IPP. Based on Ignatian values the IPM has been adopted, imbibed and implemented by the Institute passionately. It is no surprise then that the Institute has been successful and won

accolades in its pioneering efforts in several ways. Year after year the Institute tries to adapt to the five stages of IPM to suit the needs of the learners, teachers, administrators and the society in the light of Ignatian values. The Diamond Jubilee Year (2012-13) has also been of immense significance in this regard. A glimpse into the events at the Institute arranged in order to exemplify the five stages of IPM are thus presented.

The *Context of Learning* is initiated by a personal interview of students at the time of admission that helps the institute understand its learner's strengths and areas of improvement. Every student views a mentor in his/her coaches, who help them plan their lessons and also provide support in times of difficulty. The encouragement and reinforcement from their supervisors is recorded on their lesson plan sheets as supervisors' comments. Thus each staff has 12-13 students as their mentees. – Every student, irrespective of his political, social, religious, cultural background, is provided equal attention and guidance. Through value based assemblies and theme based notice board setup, every student is provided an opportunity to air his/her views. The socio cultural environment in the society does not look very promising, with niches being formed on religious and cultural basis, it is imperative that student

teachers are given an opportunity to not only be aware of such issues but also rise above it. These value based assemblies and theme based notice board setup presented by the students do just the same. – The institutional environment is made congenial with the involvement of teaching and non-teaching staff with students at various cultural celebrations in the college; like the Teachers Day Celebration, Diwali or Christmas Celebration or coordinating colours of dresses during Navratri days or of simply enjoying a chocolate day or Saree day for instance. The fellowship meal organised by the student council makes for the icing on the cake.

Providing *Experience* in order to facilitate the development of cognitive as well as affective domain is kept in mind while designing lectures and other activities. The staff is encouraged to follow the constructivist approach in their discussions to keep students interested. It also makes the student an active participant of the learning process. – Students are encouraged to make online submissions of their project drafts/ lesson plans/ seminar drafts etc to save student time as well as paper. The staff room is made wifi for the same reason to facilitate staff interaction with students. – Students are also encouraged to use the computer lab with internet facilities to help them plan better

lessons and keep up with the times. – The cultural interaction program with the East Carolina University that spans over a few weeks provides students with an opportunity to interact with students globally. – The various clubs including the Mathematics club, English club, the Environment Education club or the Sophists circle endeavour to arrange for field visits, guest lectures or to write research based articles in their respective fields, thus supporting the ‘magis’ in the field of teacher training. - The rural camp experience which students greatly appreciate is also an initiative of only this institute. Students have been humbled, touched and have been filled with gratitude towards God after the rural camp exposure.- The election of class and house leaders followed by the execution of duties by these elected members as student council has seen leadership qualities evolve during the year. – The inter-house competitions ranging from indoor games like chess & outdoor games like badminton to cultural competitions like dancing, singing and acting endorses community living, working in groups and developing social cohesion in the class. – Encouragement to participate in various inter-collegiate events across the city provides students with wholesome experiences of growing up as talented teachers. – The organisation of sports day, class picnic and the educational excursion all groom the students with planning, and

execution skills. Besides, the students are ensured of a thoroughly educational experience at the excursion to another city in the country. – The annual event of the college, ‘Prayas’ was started with an initiative to reach out to other educational institutes in the society including schools & college and also provide a platform to our students to showcase their talents. Various inter-school and inter-college events are organized under the ‘Prayas’ banner. Thus a fuller understanding that may modify or change what had been perceived as adequate knowledge by the students is endorsed through various experiences in all spheres of education; cognitive, affective and psychomotor. – The staff meetings provide exchange of views for appropriate arrangement of experiences for the students throughout the year.

The next step in the IPM is the *Reflection* stage. As suggested in the IPM, the college endeavours to develop attitudes, inculcate values and beliefs that modify students thinking towards the ‘Magis’ or greater glory of God. The students are made to reflect and record their thoughts and views at the end of every experience. - Reflections are made by the students on completion of their practice teaching, rural camps or projects for example. - Students are habituated to reflect everyday during the class assembly that is based on any value

like trust, honesty, love etc. They are also encouraged to share their reflections with the class during assemblies itself. - And further they are persuaded to express their views by contributing to articles or poems or artwork for the college magazine. These contributions make students reflect on various issues that exist today. – Besides, every lesson given by each student during practice teaching has a reflection component which the student teacher will make her class reflect upon. This is done with a view that teachers should not only be able to reflect but also instill in their students the habit of reflection. – Reflection has been used by the college even to handle issues of indiscipline. In case of defaulters, the college insists that the student reflect on his/her behavior and write a note. Such a practice has made students realize their errors and rectify it in good time. – The staff reflects on various issues related to college functioning at the staff meetings. Each staff presents his/her suggestion which is deliberated over by all the members and finally the best alternative, keeping in mind students' benefit, is considered.

Like highlighted in the IPM, reflection would be a truncated process if it is not followed by decision or commitment. *Action* is the next step in the IPM. The college has taken efforts to drive their students to act and has been successful at various levels. –

The rural camp experience has seen several students continuing to go and teach at these centre's even after passing out from the college. – Some students have volunteered to teach at NGO's who are teaching the underprivileged. – The eagerness of students to work on a project related to teaching learning problems in the classroom show their anxiety to improve the existing conditions. – Again the various clubs in the college give students a chance to participate in social causes by organizing health camps, street plays or poster making.

*Evaluation* as the last step in the IPM is crucial and important. Evaluation of students as a continuous process is executed during the course. – Every microteaching, simulated or practice teaching lesson is observed and evaluated by the supervisor and peers. The student is benefitted from supervisors as well as peer comments. – For practice teaching lessons, subjective feedback is also substantiated with an objective outlook through a rubric highlighting several areas of lesson improvement. – The teachers at the Institute also keep a record of their initiatives throughout the year and then fill the self appraisal form at the end of the year. This ensures that teachers keep notes (reflections) of their own observations and compile at the end of the academic year. – The Principal also help the staff and

students evaluate their performance and provide constructive suggestions.

St. Xavier's Institute of Education in its Diamond Jubilee Year can look back with pride at its successful alumni and be humbled at the efforts of its entire staff over the years for adopting and imbibing Ignation values for the greater glory of God. At the same time look forward with the hope of

continuing its efforts to keep the flame alive under the patronage of our mentor St Ignatius and the IPM.

**Compiled by: Dr Rashida Kapadia  
Asst Professor**

### **The Pride of Studying at St. Xavier's Institute of Education**

St. Xavier's Institute of Education the name says it all,  
Where Dr. Ms. Adelaide Vaz helps Teacher's evolve.  
Here comes the mother figure Ma'am Geeta Shetty,  
She teaches one & all Holistic education is the key.  
Now I present you a teacher, who's brainy and quiet,  
Yess....It's Maam Priti who makes Economics a Delight.  
And here comes Maam Vini, She's a guide not a preacher,  
In one word if I'd describe her.  
Encouragement is her best feature.  
Maam Rashida knows Psychology best,  
And teaches with dedication,  
Teacher's need to be calm & she is my Inspiration.  
In order to see the best in her students,  
A teacher must know how to lead.

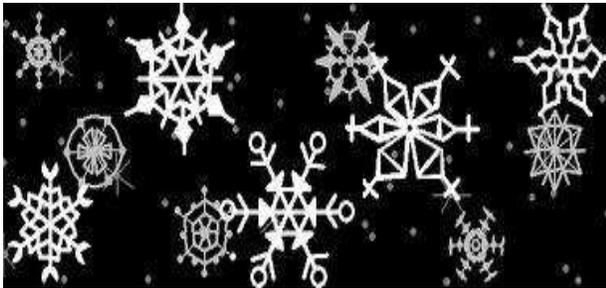
Maam Nishi is the one who teaches us to Dream, Dare and Succeed.  
Learning can be boring would her one liners,  
Maam Elvina teaches from the heart there aint no decliners.  
Wise men say "Teacher's need to teach with authority".  
But we have Maam Shadab who practices teaching with sensitivity.  
The best teacher is one, who makes learning fun,  
Any doubts on this.....We know....Ma'am Kalpana is the one.  
Last but not the least the one, who's smart and witty,  
Sir Bijoy another name for creativity.  
Our Institute is the best,  
Where teachers are made not trained,  
And for this I thank you Teacher's,  
As without you, becoming a teacher would not be the same.

**Meryl Castelino**

# Celebrate Life!

The B.Ed. course at SXIE follows the semester system as prescribed by the University of Mumbai, transaction of syllabus is followed diligently yet the process of transaction is made smooth through various strategies and teaching techniques that make the process joyful and supports the celebration of life as depicted in the following poem.

## **A CELEBRATION OF LIFE AUTHOR: UNKNOWN**



Gather 'round and celebrate the joy that has been given.

A gift of love - of flesh and blood. A tiny bit of heaven.

See the wonder of it all, and marvel at the sight,

Share the happiness we know, celebrate the life.

Make memories of the times to come, of hours and days and years.

Mark down each step, each task, each word - the laughter and the tears.

For a celebration of life is such, that one must never be

In too big a hurry to stop and smell... to feel... to touch... to see.

Yes, gather 'round and celebrate the life that has been given,

A gift of love - of hope eternal. Our tiny bit of heaven.

***Submitted by: Ms. Suneza***

## **Celebration of A Life with a Beautiful Friend**

I can't give solutions to all of life's problems, doubts, or fears.

But I can listen to you, and together we will search for answers.

I can't change your past with all its heartache and pain, nor the future with its untold stories.

But I can be there now when you need me to care.

I can't keep your feet from stumbling.

I can only offer my hand that you may grasp it and not fall.

Your joys, triumphs, successes, and happiness are not mine;

Yet I can share in your laughter.

Your decisions in life are not mine to make, nor to judge;

I can only support you, encourage you,  
and help you when you ask.

I can't prevent you from falling away from  
friendship,  
from your values, from me.

I can only pray for you, talk to you and wait  
for you.

I can't give you boundaries which I have  
determined for you,  
But I can give you the room to change,  
room to grow,  
room to be yourself.

I can't keep your heart from breaking and  
hurting,

But I can cry with you and help you pick up  
the pieces and put them back in place.

I can't tell you who you are.

I can only love you and be your friend.

***Steffi Ann D Souza***

### **ReSpEcT YoUr PaReNtS.....**

When i was born that was the happiest  
moment of life for my parents,  
When I was a little baby,  
They took extra care of all my necessities,  
When i was totally dependent on  
them..needed them at every second of my  
life,  
They were always by my side to help me  
out,  
When i was growing up, they especially took  
the responsibility, to see

what are the things I needed..without me  
saying anything,

When I always threw up tantrums without  
any reason,

They bore it all with a wide smile on their  
face.

But today when I am a grown up,

And my parents are growing old,

Am I taking good care of them?

Am I trying to do things which really make  
them happy?



Am I really helping them when they need  
me d most?

They just want to talk to me,

But I am too busy to spare a moment for  
them!!

When I was young they helped me in every  
situation..

When everybody left me alone in my worst  
time,

They were the one who stood firmly besides  
me!

But today...

When they are expecting from me,  
Hardly 1% of all the deeds they have always  
done for me,  
Am I even trying to give it back to them  
selflessly?  
Today I say when they sacrificed their days  
and nights for me,  
It was their responsibility or rather a duty!  
I speak to them so rudely that every time  
they are on the verge of crying..  
I have thrown them into one corner of my  
house...  
Because they are nothing but a burden  
upon me!!  
But do I really think that they are the one  
who introduced me to this world?  
They happily went through all the difficulties  
of life,  
Just to protect me and keep me safe and  
sound from all the hardships of life!  
They always taught me what is good and  
what is bad..  
They are the only supporter of mine who  
were and will always remain by my side,  
To encourage me everyday..  
Now its my turn to do little bit for my  
parents,  
Who sacrificed their life only to bring smile  
on my face.  
I now must try to do things,  
which can bring smile on their lovely faces,  
Because parents are the most precious gift  
of our lives,  
Parents are the "True treasure house of

love" in our life..  
We must obey them,  
respect them,  
and must try our best to never ever hurt  
them..  
As they are that precious gift,  
Which we get only once in a lifetime,  
We must take care of this wonderful gift  
given to us by God,  
Or else we will know its worth when it will no  
longer be with us..  
And then nothing will remain for us,  
Except regretting it later!!!  
We should never forget that whatever we  
are today,  
It is only because of our parents..  
Therefore...  
Respect your parents,  
Control your anger,  
And always try to make them happy...  
As it is truly said....  
"Beneath the feet of our parents....there lies  
a heaven."

***Azima***

## VALUE EROSION

Till date we have heard about soil erosion,

But today in our society we are facing  
value erosion,

Instead of learning sharing is caring,

We are learning sharing is scaring!

Parents are saying "only think of yourself"

Or else you will be pushed in a corner of a  
shelf!!

Mummy is saying don't befriend "That  
boy"

Or else people will tag you as a poor  
guy!!!

There is no word called equality,

Instead it has changed to duality!!!!

Be nice with people if you have any work,

Or else leave them simply because they  
are not worth!!!!!!

Siblings are turning into each other's  
competitors,

Instead of becoming a good motivator!!!!!!

We are not doing any good deed,

By not helping a person very much in  
need!!!!!!

People are saying don't help a person,

Because then you might go directly to  
prison!!!!!!

Cooperation is seen nowhere today,

Instead of getting its lesson  
yesterday!!!!!!

There is no sign of brotherhood and love

today,

Simply because we don't have time to

make that relation stay forever!!!!!!

These values will be inscribed in the texts,



Which will be imbibed by generation next,  
Better we think of values that are best,  
Which will help everyone to live life to the  
fullest.

**Azima**



**A**im of any educational institute is to develop in its students the ability to manage and utilise time to its optimum. Developing in students the use of leisure time is equally important in today's scenario, where young minds go astray with no proper guidance for use of leisure time. To achieve this aim, it is essential that future teachers understand the effective use of leisure time. In order to develop several habits of mind and of limbs that support the development of skills to sustain constructive use of leisure time, SXIE endeavours effectively. The following

article by Prachi Vartak on leisure, reflects her views about the same.

Leisure does not mean that we should just sit and smoke away our time or wander about aimlessly. Leisure does not mean idleness It is not to be spent in a round of noisy amusement or in a restless rush of exciting pleasures. It is not to be spent in playing cards gambling, drunkenness and idle gossips. It is an abuse of leisure.

Leisure should restore our energies and so make us fit for work again. A change of occupation is also rest. Reading good book like biographies of great men in our leisure hours is very good. Teaching the illiterate in our leisure hours is the greatest good that we can do to our illiterate brethren. A good action is its own reward.

If we waste time, time shall waste us. In our leisure hours, we can take a long walk. We can go for hiking. We can have a picnic. We can go to a club. We can go to a public library. We can practice swimming.

We learn a bit of carpentry so that we may make small articles for our household use. We may practice painting and photography. We can collect stamps, nests, flowers, match-box labels and photos of smiling faces or we can collect old coins. They are all very educative. Our album of smiling faces shall make us happy and cheerful when we feel sad and

melancholy. We can learn music. It gives the best diversion.

In brief, leisure is a necessity in the interest of health and efficiency. It prolongs our life and makes it worth living. We don't feel bored.

**Prachi Vartak**

## CORRUPTION IS HERE, THERE, EVERYWHERE



Corruption is here, there everywhere .people in high political and bureaucratic positions have been systematically looting the country. The contagious disease of corruption has been eating into the vitals of the nation; the democratic values have been eroded. Corruption is a pest, and affects all those who come in its contact. And today nobody seems immune, nepotism, favoritism; scams, scandals, cheating, bribery, money, and muscle power have become order of the day. Consequently honesty, morality, values, and ethics have become casualties. In today's India there

is hardly any department or segment of life where corruption is not found.

The definition of corruption for any one society holds much of the answer to the question on whether or not a corrupt free generation is an illusion or can be made a reality for our generation. For the gains that have been made against corruption to succeed, the old must pass on the baton of good governance to the young. "Duty of youth is to challenge



Today's youth will one day lead societies, build their economies, and make decisions that will have an impact in their lives and those of future generations. Being a leader challenges young people to start learning through questioning, expressing their perspectives and having their opinions taken seriously. It is through this that many young people develop skills, build competencies, acquire confidence, and form aspirations. "If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher." says Dr. A.P.J Abdul Kalam.

Each one of us should understand the cause, impacts, effects and magnitude of corruption in addition to

each individual taking up a delicate and deliberate stand against corruption . Rightly quoted by Dr. Abdul Kalam "My message, especially to young people is to have courage to think differently, courage to invent, to travel the unexplored path, courage to discover the impossible and to conquer the problems and succeed. These are great qualities that they must work towards." Hence, the involvement of youth in the fight against corruption is likely to bring in new and fresh ideas that can replace older and out-of-date policies. It will also combine the high energy level from young people with the professional skills and experience from the older generation to create new levels of enthusiasm and productivity. With significant amounts of energy, vibrancy, vision and passion, the youth are critical stakeholders in the fight against corruption in India.

As Dr. Abdul Kalam in his poem, I am the Indian ocean says,

Now you have a mission, enlightened youths, now you have to sweat for making thy people prosperous and happy For ye are the greatest hope, for this part of globe

Its high time the youth play their role in the elimination of corruption in our country. It cannot be dealt unless there is strong desire and will to stem the root on the part of the leaders and the public in

general. We need to stop paying bribes to get our jobs done in any walk of life .We need to be honest with ourselves and try to be loyal to the community we live in. We need to teach youngsters in your community to observe traffic laws. Youth can arrange awareness programmes to increase wages of their employees at stable level and lower their basic commodity bills so that people may avoid getting involved in corrupted acts.

I would like to conclude with a poem by Abdul Kalam ‘Song of Youth ‘

As a young citizen of India, armed with technology, knowledge and love for my nation,

I realize, small aim is crime. I will work and sweat for a great vision, the vision of transforming India into a developed nation, powered by economic strength with value system.

I am one of the citizens of the billion; only the vision will ignite the billion souls. It has entered into me; The ignited soul compared to any resource is the most powerful resource on the earth, above the earth and under the earth. I will keep the lamp of knowledge burning to achieve the vision - Developed India, if we work and sweat for the great vision with ignited minds, the transformation leading to the birth of vibrant developed India will happen. I pray the Almighty: "May the

divine peace with beauty enter into our people; Happiness and good health blossom in our bodies, minds and souls".

**Larisa Carvalho**

## **THE ROLE OF YOUTH TOWARDS CORRUPTION FREE SOCIETY**



*Youth is a spark which can either burn  
or lighten the country.*

The most important role of the youth in any society is to renew, refresh & maintain a civilization. Nigeria Youth Policy stated that

*Youth are one of the greatest assets that any nation can have. Not only are they legitimately regarded as the future leaders, they are potentially and actually the greatest investment for a country's development. They serve as a good measure of the extent to which a country can reproduce as well as sustain itself. The extent of their vitality, responsible conduct, and roles in society is positively correlated with the development of their country.*

Youth, the powerhouse of the society is easily influenced by corruption. The word corrupt comes from the Latin word ‘corruptus’ which means to abuse or

destroy but when used as an adjective literally means "utterly broken. It can be also defined as deviation from an ideal or spiritual or moral impurity. Corruption is considered to be one of the root causes of social evils that exist in the society.

David Garrik clearly mentioned that *"Corrupted free men are the worst of slaves"*.

Corruption was prevalent since the ancient times but these day's bribes are paid for getting right things done at the right time. It's a big problem which becomes internalized in any culture and wherein becomes nearly difficult to eradicate. There is not one section of the society that is spared from it. Corruption is weakening the political body and damaging the supreme importance of the law governing the society. Moreover wrong practices and shortcuts for work are adding to such instances.

According to Herbert Hoover, *"Older men declare war. But it is youth that must fight and die."* Minimizing the instances of corruption has become the necessity of the hour. In today's world corruption is spreading like wild fire, which not only erodes the basic faith in Democracy but also leads to the violation of Human Rights.

*"The duty of youth is to challenge corruption"* as per Kurt Cobain. The power of the integrated youth of nation who is

future of the country and whose efforts are decisive for country's progress should be viewed as indispensable unit. Youth is referred to as dynamite and powerhouses of infinite energies that can do great good when used in a right way. 'Corruption free society' requires active participation of youth. In any society emphasis and implementation of anti- corruption laws is possible only if the building blocks of society i.e. youth are actively involved.

Self - centeredness and greed for money has killed humanity by a poison called corruption. Creating a corruption-free society is not an easy task but for developing any society it becomes an essential attribute. Only honest, intelligent and good thinkers like the young population in a society can overcome this problem. Youth are the most powerful weapons which can be used for the fight against corruption.

The dream of Anti – corruption in any society can be achieved by role and relation of youth with Politics. Young Politicians can serve as effective measures in order to minimize corruption in a society. Their divergent thinking for the benefit of the society can bring about changes in the political system making it although more 'honest system'. Corruption being a barrier to development can be overcome with the help of young politicians.

Media plays a very important role by influencing the young minds. This can be either positive or negative influence. As corrupt system only fears from media, young journalists may play a strategic role alongside youth organizations in promoting good governance. Sharp investigatory and analytical reporting by the youth can serve as a medium for promoting anti- corruption. Thus, by providing unbiased perspectives through any forms of medium like television, print press, radio, blogs, virtual press corruption can be minimized.

The social movement will unite the high enthusiasm of young people with the professional skills and will influence more young people as their fellow youth act as ambassadors of good governance. For instance, more advertisements enactment of youth in **Tata Tea's** advertisement can help to conquer corruption.

During his fast over the Lokpal Bill, social activist like Anna Hazare raised his voice against corruption. Anna Hazare's campaign could have been more successful if young people would actively participate in such anti- corruption activities. 'Preach what you do' is very much important as far as young minds are concerned.

Society needs youth which are educated and not merely literates to create necessary changes. Corruption is

like a rotten fruit which spoils every other fruit which comes in contact with it. Educating young minds will not only prevent the cases of Corruption but will also come up with the effective measures to uproot the same.

As the Latin proverb says "*Corruption of the best becomes the worst*", the youth should not only be considered as the future of the country but should also be given a chance to be an active participant in the system. A modern approach of including the youth as a key of democratic operation needs to be followed. The dark clouds of bribery can be lighted by the positive initiatives taken by the youth.

**Princely Manbhat**

### **THE EARTH I LONG FOR...**

It was beautiful,  
It was green and clean.  
The smell of fresh air,  
The sound of river flowing.  
I love everything happening there,  
I pinched myself to see if it was real,  
That was when I realized I was dreaming  
Couldn't it be real!!!  
Now all wasted,  
The color is just awful,  
The smell of pollution is killing me,  
The sound of traffic is giving me headache,  
I wanted my perfect dream to come through,  
But again I was dreaming!!

**Martin Fernandes, Avinash  
Shrungarpure & Ajay Jaiswar**

## MY ENVIRONMENT

- E-** Empathize with nature
- N-** Nurture the earth
- V-** Value resources of the planet
- I-**Inculcate habits to save our home
  - R-** Respect the creation
  - O-** Open hands to hold it
  - N-** Navigate new horizons
  - M-** Mould our vision
  - E-** Enjoy its beauty
  - N-** Nevertheless
  - T-** Treat nature with love and dignity

*Steffi Ann D'souza, Magzina  
Martin, Fatima Godad &  
Mumtazbegum*

## BIRDS PARADISE, IS IT ??

Summer's almost here and while we find it tough to stay cool and hydrated, for birds this is even tougher. Birdbath is a great way of lending a helping hand to these birds in our city. In summers especially, they desperately need water.

In a city like Mumbai, where water, especially clean water is a precious commodity, keeping some water aside for birds is a boon for them. There are at least dozens of birds who suffer due to the heat, every summer. Birds are by and large very delicate creatures, weighing just 100 to 200g and they cannot bear the heat, needing to have water several times a day. As all these birds fly throughout the day, they get more tired and distressed.

A small step can add up to be a blessing for numerous birds in our own vicinity. Just installing a few water-proofed cement bowls can quench the thirst of these stray birds in your vicinity. But it is a good idea to have a birdbath that only works for the present and to create and maintain the natural habit in the city, If you want birds in your area, the primary thing is to have more trees, more of these need to be planted, and that too of the native variety. And the other thing is to have a good soil surface.

Experts say that about 250 birds die of heat stroke and dehydration in Mumbai each year. So, making a provision for your feathered pals with a birdbath- a small pond or a basin is a great idea. Birds like to cool down by splashing water on them. Hence using different kinds of birdbath would be an amazing idea:

- Using a sink or tray
- Using a large terracotta saucer that you use for flowerpots
- A large stone bowl
- Readymade birdbath

Placing these birdbaths near plants can instill confidence in the birds to take shelter among the greenery when they want. Keeping a birdbath in a garden placing it partially exposed to the sun, will make the birds feel pleasant.

**PHEW!!!WATER RELIEF!**

In summers, it is important to do this as birds like sparrows, bulbuls, mynahs and babblers are dying out in the city. Little fountains, plastic bowls or tiled areas in a garden or indoors can serve as a 'water relief' for the birds in this season.

So let us take little steps to save our feathered pals!!!

*Valency, Samina, Komal,  
Prathiba, Bhagyashree & Elza*

## **Cleaning Oil Spills with Paper**

### **Mill Sludge**

Once I was reading the news paper I found this article very interesting which caught my attention towards Eco-innovation which I would like to share with you all.

Eco-innovation is at its best when the waste of one industry becomes the raw material of another. This is precisely what a project called CAPS is attempting to do with waste sludge from the paper industry. Its objective is to convert it into a highly absorbent material capable of cleaning up oil and chemical spills.

There are about 18 million tons of paper mill sludges produced each year in Europe alone. Most of its is disposed of by burning it. This could soon change. Franc Cernec, project leader at the Technological, Environmental and Logistic Center in Koper, Slovenia came up with

an innovative idea to reuse this by-product of the paper industry. Petrol stations, car parks, laboratories and harbours could all soon use the new absorbent. It is not only capable of absorbing any oil or fluid spilled on hard or water surfaces, but it is cheaper to produce as well, more cheaper than any synthetic absorbent currently in use.

## **Pregnant Mother transmit stress through placenta**

I was shocked to read that stress can pass through placenta which I would like to share the article

A Pregnant mother may pass on damaging experiences of stress to her unborn baby through the placenta, a new study has found. Researchers from the University of Pennsylvania School of Veterinary Medicine found that if a mother is exposed to stress during pregnancy, her placenta translates that experience to her foetus by altering levels of a protein that affects the developing brains of male and female offspring differently.

The findings suggested one way in which maternal-stress exposure may be linked to neurodevelopmental diseases such as autism and schizophrenia, which affects male more frequently or more severely than females. "Most everything experienced by a woman during a pregnancy has to interact with the placenta in order to transmit to the foetus." said Tracy Bale, senior author of the study

published in the proceeding of the National Academy of Sciences.

The study builds on previous work by Bale and her colleagues which found that female mice exposed to stress during pregnancy gave birth to males who had heightened reactions to stress

Further research showed that the



effect extended to the second generation: The sons of those male mice also had abnormal stress reactions.

***Martin Fernandes***

### **Go Natural**

Back to nature!" is what the great philosopher, Jean Jacques Rousseau, said. Well, he may have had his reasons to say that but it does seem to have a lot of relevance today.

So, why go natural? OK, one thing definitely is that our schools have become some sought of jails. As in, where do children learn what trees look like? Or what birds sound like?

Another thing, it seems that our schools are kind of isolating the children from what's happening out there. It's only studies, studies and more studies. But, are the children able to connect what they apparently study to the outside world?

Also, do we want our children to be stuck in a place for like hours? Sit there and listen! Therefore, let them out. Let them breathe the fresh air outside. Let them know how wonderful our world really is and let them just devour the beauty of their surroundings.

Allowing children to enjoy the nature around them will help them in a number of ways. Imagine how many concepts of Science, Geography, and other subjects they would learn just like that.

Being out there will even help the children move around – walk, run, skip, jump, roll – they would be free. No restrictions! How nice would that be as compared to the discomfort of sitting on one seat the whole day?

And, of course, considering that they would develop an eye for the natural beauty around them, it will, importantly, help them care for the nature, to take care of it, and actually make plans to protect the very reason for their existence.

And, although it is really difficult to have our schools in natural surroundings, can we not take our children out there once in a while? Can we not allow them to be free and just learn from whatever is around them?

It has become important that the children at least know what the nature around them actually consists of – the plants, the animals, the birds, everything! They need to learn to respect the nature around them.

Yes, schools are important but there is no harm in *going natural* once a while . . .

- **SandyChris Inchiparamban**

## **Judge Me by the Footprints I Leave Behind**

A story is told about a soldier who was finally coming home after having fought in Vietnam.

He called his parents from San Francisco.

“Mom and Dad, I’m coming home, but I’ve got a favor to ask. I have a friend I’d like to bring with me.”

“Sure,” they replied, “we’d love to meet him.”

“There’s something you should know the son continued, “he was hurt pretty badly in the fighting. He stepped on a land mined

and lost an arm and a leg. He has nowhere else to go, and I want him to come live with us.”

“I’m sorry to hear that, son. Maybe we can help him find somewhere to live.”

“No, Mom and Dad, I want him to live with us.”

“Son,” said the father, “you don’t know what you’re asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can’t let something like this interfere with our lives. I think you should just come home and forget about this guy. He’ll find a way to live on his own.”

At that point, the son hung up the phone. The parents heard nothing more from him.

A few days later, however, they received a call from the San Francisco police. Their son had died after falling from a building, they were told. The police believed it was suicide. The grief-stricken parents flew to San Francisco and were taken to the city morgue to identify the body of their son. They recognized him, but to their horror they also discovered something they didn’t know, their son had only one arm and one leg.

The parents in this story are like many of us. We find it easy to love those who are good-looking or fun to have around, but we don’t like people who inconvenience us or make us feel uncomfortable. We

would rather stay away from people who aren't as healthy, beautiful, or smart as we are.

Thankfully, there's someone who won't treat us that way. Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are.

Tonight, before you tuck yourself in for the night, say a little prayer that God will give you the strength you need to accept people as they are, and to help us all be more understanding of those who are different from us!!!

There's a miracle called -Friendship- that dwells in the heart. You don't know how it happens or when it gets started. But you know the special lift It always brings and you realize that Friendship Is God's most precious gift!

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their hearts to us.

**Elza Varghese**

### **It's Up to You**

One song can spark a moment,  
One flower can wake the dream.  
One tree can start a forest,  
One bird can herald spring.

One smile begins a friendship,  
One handclasp lifts a soul.  
One star can guide a ship at sea,  
One word can frame the goal.

One vote can change a nation,  
One sunbeam lights a room,  
One candle wipes out darkness  
One laugh will conquer gloom.

One step must start each journey,  
One word must start each prayer.  
One hope will raise our spirits,  
One touch can show you care.

One voice can speak with wisdom,  
One heart can know what's true,  
One life can make the difference,  
You see, IT'S UP TO YOU!

**Elza Varghese**

### **FOOD**

**Nuts** – Eating nuts helps your overall brain functioning due to being high in omega fatty acids. Whether you like cashews, walnuts, pecans or peanuts, they are all also high in iron, which helps to oxygenate the blood and therefore the brain, helping your memory.



**Onions** – For generations in India, people have eaten onions to help boost their memory and

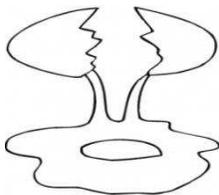


concentration, as well as their overall brain function. Onions contain anthocyanin and quercetin, which not only boost your memory, but are also effective in Alzheimer's treatment.

**Chocolate** – One of the best things you can do to get through that all-night study session is to eat some chocolate. Chocolate helps boost concentration as it contains high amounts of epicatechin, which has been shown to boost blood flow to the brain. Chocolate is also high in caffeine, which will help make you feel more awake and alert.

**Apples** – Eating an apple while you study can do more good than you might think, as apples contain the antioxidant quercetin that we mentioned previously. The good stuff is in the skin, so buy organic apples and do not peel them!

**Eggs** – Rich in choline, and of course protein, eggs have long been linked with improved memory capacity; so if you have exams coming up, start cooking up more eggs.



**Fish** – Full of protein and omega-3 fatty acids, eating fish is one of the best possible ways to boost your brain function. It is



recommended that you eat fish three times a week.

**Ginkgo Biloba** – From one of the world's oldest species of tree comes one of the most amazing brain-function-improving foods. Ginkgo is thought to work by increasing the blood flow to the brain, and is described by many as a 'miracle food'.

**Ginseng** – Coming from a Greek word that means 'all knowing', ginseng is an extremely well-known



Chinese herb that has been used for thousands of years. Ginseng helps with memory retention and overall brain function.



**Water** –

Studies have shown that dehydration can cause your concentration to

drop by as much as 13 per cent, and your short term memory by around seven per cent. Keeping your body hydrated will make it easier for every aspect of its functioning, as well as make it easier for your brain to stay on top of everything.

**Coffee** – Full of caffeine and packed with antioxidants, coffee does wonders for



a person's alertness, concentration and ability to retain information. However, like many drugs, the more you take it, the less effective it becomes.

## **Food for the Soul**

***“There is no sincerer love than the love of food.”***

***George Bernard Shaw***

Food is closely connected to that central power of the human soul – the memory. The mere smell of food can send you back in time to an earlier part of your life and give you that nostalgic feeling for the past. Specific recipes and their aromas connect with specific places and times. Food serves memory, which deepens experience.

Pleasure is a natural desire of human beings, and for some of us, food can be the fulfillment of that desire. Food involves all five senses. Think of all the times we've eaten a pizza. The tantalizing aroma of steaming hot pizza creeping into one's senses is simply to die for. The sight of the chicken chunks, slivers of salami, mushroom, olives, bell peppers, jalapeno, and of course, the melted cheese coming close makes the anticipation all the more sweeter. The dusting of chilli flakes and oregano lends a spicy scent to the air around making one drool like a baby! And finally biting into the juicy slice of heaven, while the taste buds quiver, anyone's eyes

would close reveling in the feeling of ecstasy. If one gives up taking pleasure in food, he/she will lose a part of their soul.

Food also brings people together by filling their emotional lives. Whenever we need to catch up with a friend, where do we meet? Mostly at a restaurant or café! When we need to unburden our sorrows and pains...we do it over a cup of coffee! It is then safe to say that food brings people closer together.

Food fills our soul in various ways. While it brings happiness when shared with a loved one, preparing that food brings all the more pleasure. Cooking is definitely an art, and the process is nourishing for the soul. It provides us with an opportunity to experiment and be creative while throwing in that extra ingredient called love to make the most delicious meal, also giving us time to be contemplative when peeling a potato or stirring a sauce. There have been so many times when we have we cooked for our family...and haven't we enjoyed every minute of it? And the joy of sharing that part of yourself with your loved ones at the dining table is tremendous!

We live in a face-paced world where people don't even have time to enjoy their meals. Every day we might notice a man rushing to work with a briefcase in one hand while chewing on a hotdog held in the other. Or a woman

standing in a crowded train gulping down the remnants of a vadapav. Some of us can't even remember the last time we sat at a table with our family just enjoying the food while relaxing and having a good conversation. What makes food great is not only the culinary skills involved in its preparation but also the company in which we share the food.

Trying to keep up with all our daily pressures, somewhere along the way we have failed to give food its much-needed importance in our lives. So let's vow to pay more attention the next time we have a meal so as to make it a memorable one. In the words of JRR Tolkien: "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

**Sephora Noronha**

## **IMPORTANCE OF HEALTHY FOOD**

Healthy means having or indicating good health in your body or mind. Being healthy means feeling good. Being healthy is one of the better things in life. When a person is healthy, that person would be able to do or achieve anything in his or her own way. A healthy person is a happy person.



Even if a person is healthy, they could still become ill. Being healthy is everything dealing with you in body and mind. In body, the person could be strong and healthy. In mind, the person has a feeling of goodness and achievement towards themselves. They feel good about themselves and people can see a good change in them. The person will have positive thoughts and not negative thoughts. Eating the right kinds of food keeps your body healthy and makes you feel good. When a person is healthy, they tend to feel good about themselves and their body.

Eating healthy, being active, and feeling good about you are the key ingredients to having a healthy lifestyle. When a person eats healthy food, like one of their daily food groups in the food pyramid: grain, poultry, dairy, and etc. they will be able to have enough strength and energy to last them a whole day.

When you keep your body strong, well and clean, you are being healthy. In order to be healthy, the person will have to eat the right kind of food, exercise daily, take a shower, keep him/herself clean, and stay well. People who are healthy are likely to have the background of being and staying drug free. Junk food is not one of

the things people eat to be healthy. Eating junk food affects your body and can make you sick.

In order for a person to be healthy and stay healthy, they have to exercise daily, eat the right kinds of food, staying clean, and that person would feel good about themselves in the inside and outside. In the inside, they will feel good about themselves. That person won't be worrying about their weight or how their appearance may look like because they feel beautiful in the inside just by staying healthy. In the outside, the person will feel good and strong. They will have a positive self-esteem about themselves. They can be able to do or achieve anything that comes into the person's way without having negative thoughts.

If a person were to eat a lot of junk food, drink a lot of soft drinks, and do things that could destroy their health, they are destroying their body. If they don't eat the right kinds of food, exercise daily, and stay clean, they could kill themselves faster and they could easily catch a sickness and die from it, because they don't have enough strength to fight the sickness. In their mind, they will have negative thoughts and not positive thoughts. They will put themselves down and also everyone around them, including their loved ones. They won't have the strength to do anything, except just sleep, eat, and talk. In other words, they will

become very lazy, because they won't have enough energy to do anything.

So, in order to stay healthy, we have to eat the right kinds of food, exercise daily, and stay clean so that we can feel good about ourselves inside and outside. If we don't eat healthy and stay healthy, we might become lazy or catch a sickness really fast and die. So, I leave you with this quote " Healthy Me, I Feel Good".

- ***Mithila Tambe***

## **HEALTH TIPS**

- Drink water mixed with jaggery to relax the muscles, nerves and get rid of fatigue.
- Eat oats regularly to lower the blood cholesterol level.
- Build up reserves of calcium and strengthen you bones, especially before you turn 35.
- Wearing heels throws your balance off centre, makes your walk unnatural and lead to back problems.

***Martin Fernandes***

## **FRIENDS**

We start making relationships with others since birth. Each relationship has taught us something and has added meaning to our life. Relationships play an important role in shaping our character and personality. This relationship could be

with our parents, relatives, siblings, teachers, etc. The most cherished relationship is the one we share with our friends.

I totally agree with Jim Morrison. According to him, "A friend is someone who gives you total freedom to be yourself". A true friend is one who accepts, appreciates, and understands you for who you are. There is no need for pretenses. One has the freedom to be oneself only with a true friend. There is no doubt or misunderstanding between true friends.

In having friends differences like gender, age, religion, color are not considered. Your best friend could be a parent, sibling, spouse, relative, elderly person or your pet. Best friends need not necessarily be your age mate or classmate. If someone understands you and accepts you for who you are and makes life worth living, then that person can be considered to be your friend.

Friends make our life meaningful, interesting and enjoyable. I would like to end this short narrative on friends from a quote by Douglas Pagels, "A friend is one of the nicest things you can have, and one of the best things you can be".

**Radhika Warriar**

## JOY

"Joy was in my heart"

Joy was in my heart but I did not share

Joy was in your heart  
But you did not share

Joy remained in our hearts

It never grew...

Joy was in our hearts

We sat and shared...

Both you and I looked in awe how it now grew.

**- Avril Fernandes**

## Our children"

Each new day, bright and dear teaches love.



The setting Sun gives joy to some, yet some cry in pain.

They have nothing to lose yet their tender hearts choose.

Nature's foster children Kin have disowned.

Seeking hope that flickers like a flame of a candle amid a storm.

Such a pity.

Our own children have no place to call their home.-

**Avril Fernandes**

## Is English fading in2 Younglish?

Yessss!:-) Thanks to the new means of communication and technology, that is relentlessly polluting, popularizing, enriching and globalizing English.

Today, the debate between English and Younglish has almost become a contest between the sacred and the profane. In the lingua shrunk-a of SMS, email and messengers, where punctuations are used to create words, letters create sentences and words are becoming paragraphs, is English being guillotined by the upcoming mass media and new means of communication like cell phones and messengers? Well, in the era of wireless, it's true that language is turning lean and slang is constantly polluting the syntax but if there's anything one's losing in all of this then it is the hegemonic and tyrannical control that grammar has always boasted of.

Right since the language purity argument has begun, it has been characterized as 'racist' in many quarters because it often militates against the poor and the marginalized. For instance, the 'pidgin' – mixed language – English was an invention of the colonial world as new cultures encountered the White Man's language and it was considered a language of the lesser people. While South Asians

raced to learn better and purer English, the pidgin learners everywhere were marginalized and became the less socially accepted part of the hierarchical framework of colonial privileges.

Today, however, speaking and writing Younglish, as rightly said, "is not an act of spurious concoction but a genuine decoction." It has come to symbolize expressions that are naked and feelings that are transparent. Not only has it become an extension of the mind but a revolutionary act "determined to create a fraternity out of mobility!"

To conclude, language must be generally left to build itself... I accept language as a natural product of time and space. In its own space language has a right to exist along with pure language expressions. It has the right to be imagine-native! I believe using several languages to make a point is universally accepted if the language is understood by the recipients of the words. :-  
P

*Jayna Punamiya*

### **MEDIA**

We come across this word everyday

And as humans, on this topic, we have both good & bad things to say.

It initially started off small and spread quite fast,

The newspapers keep us in touch with the present, future and past.

Filled with advice columns & comic strips,

It provides us information from movie reviews to health tips.

We are never alone, thanks to the radio & music on the go,

Available 24/7 tons of stations, beats so that you're never low.

Some call it the idiot box but for our generation television rocks.

Channel surfing from news to sports, we settle finally on reality shows.

Celebrity drama or movies galore, the TV is on even when whilst we doze.

Then the gadget glued to our hand, connecting to those across lands.

It's now with a built in camera and flash, so people click photos even of thrash.

Panic sets in when the battery dies or network goes,

Is the cell phone also a lifeline to God, who knows?

For answers to life's toughest questions, Google is your saving grace.

Homework was never this easy, some finish before Usain Bolt wins the race.

People no longer visit stylists or doctors, they just post their problems on Facebook,

Like should I colour my hair blue or what tablet to take if I have the flu?

Our forefathers fought the World Wars – they were tough and brave,

But the influence of the media on Gen Y would surely make them turn in their graves.

***Janice Rego***

## MEDIA TODAY

The word 'media' refers, in the plural form, to a means of communication. It could be any means of communication which communicates to the public all important events taking place anywhere in the world.

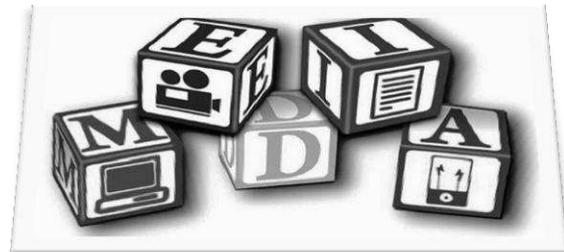
Thus, the media communicates news, views and criticism through either the newspapers, television or radio.

In common parlance, the media refers to the newspapers. Today there are a

wide range of newspapers to choose from, right from the modest Marathi local 'Loksatta' to the well known and beloved, 'The Times of India'. 'Loksatta' tells the Marathi literate section of Maharashtra society all that they need to know about world or national affairs, but a large section of it is devoted to 'Aamchi Mumbai' and the affairs of the state and its state government. The Times of India on the other hand, visits every home in the morning. The main newspaper contains pro- government news along with plenty of national, international, business and sports news. But the additional supplements like 'Bombay Times', 'Times Classifieds ', 'Education Times', etc have relevant news only on one half of the page and large size advertisements on the other. Media, today, has an iron grip on at least half the power of the government. The right to freedom of speech and expression, a fundamental right backed by the Constitution of Independent India, may have certain restrictions but newspapers are certainly permitted to let the truth be known to their readers. The pro-government newspapers may choose to simply highlight main news and praise the government in power, but it is the newspapers of the opposition and the newspapers that believe in justice, fair play, truth and honesty which really make the people aware of their birthrights and the unjust policies of the government. the revealing articles are

published by such newspapers, the very next day or within a short span of time. The newspaper is a necessity and without it, we, ordinary though unique citizens will be left in the dark.

The television is, in some ways, a better form of media than the newspapers. Live, animated pictures with news read out are more enlightening than a small picture and a foot long article of black-and-white, printed text below it. The 24-hour news



channels immediately inform the viewer of catastrophes and bad weather along with victories and defeats in an array of different sports. Reading the news updates at the bottom of the screen immediately enlightens one on the status of things from A to Z. The radio also provides relevant as well as irrelevant news interspersed between songs. Media has a great deal of power , especially in an independent and democratic country like India. There may be certain restrictions but these are to discourage absolute power as absolute power corrupts. The media must use the power meted out to them judiciously and in

the best interests of all the diverse communities of India.

**Krystle Vaz**

### **The Media**

Our eyes are wide open  
But we never really see  
what is in front of us  
what our world has come to be  
The media is a circus  
always the people to please  
forgotten is the world's morals and  
values our country's original creeds  
The welfare of our people  
pitted against creative expression  
truth is, the way we use this idea  
borders on obsession  
Immorality pumped through the airwaves  
almost too much to bear  
the scary thing is that not everyone cares  
that loss of innocence is everywhere

*This poem by Mollie G. of Lexington, KY, 13 Years is a true description of how the media has come to be more of a dictator rather than mediator. And it is none other than we the spectators who have contributed to the media becoming so. A clever metaphor of the circus used to highlight the biased face of the media that hides itself under the garb of creative expression, which justifies the unjust. A simple yet powerful appeal – If we are responsible for the change, we ought to change it!*

### **My Tryst with Harmony**



Sound without, silence within.  
Movement without, peace within.  
Stretched my lids, to see my dreams galore,  
Than waking up every day with a grumpy snore.  
Oh how would I know I was expected to call,  
Or when and how to avoid a freefall!  
In times low it made me miss the blue feather,  
Yet endure with grace, the concrete and leather.  
Be it music or melody,  
This is what harmony did to me-  
It made me reach where I was chosen to be!  
And taught me without a fee-  
It isn't music that brings harmony,  
But harmony that creates music.

**Trinette. F. Carvalho**

### **WOMANIYAS OF INDIA**

India, a land considered rich in culture.  
India, a land considered to have fought for

its freedom. India is referred to as a feminine gender. One of the biggest question that arises here is that

### **WHAT IS THE STATUS OF WOMEN IN INDIA TODAY???**



India has one of the most interesting histories. Since the discovery of the Harappa Civilization till date is a series of captivating events. But what was the position of women amidst these events?

Women had an immense significance in the Vedic society. However, as time passed by the condition and status of women deteriorated. Women were now a victim to “Man Created Traditions”. These so called traditions curbed the women into a closed cell. In many instances women were just a puppet. Their life revolved around three important people – Father (before marriage), Husband (after marriage), Son (after becoming a mother). These three entities ruled over a women life.

Nevertheless there is an ancient saying *History always repeats itself*. There

came a moment which not only revolutionized the status of women but created a new nation – INDIA.

The so-called villains in the freedom struggle of India- Britishers, were a notable contributors in bringing about westernized education to India. In addition to this, the learned Indians who emerged as the heroes of the Indian freedom struggle also added to the empowerment of women. The status of women thus, began to change. Mahatma Gandhi, the most eminent leader of the Indian freedom struggle always approached women to lead freedom movements. Prior to this many social reformers like Raja Ram Mohun Roy, Jyotirao Phule had already sowed seeds for the development of women in India. Some of the noteworthy women during this period were Savitribai Phule, Annie Beasant, Sarojini Naidu, Pandita Ramabai. Even in the medieval epoch, Jijabai, Razia Sultana, Tarabai, Meera etc. were some of the women who left a immense trademark in history.

What would one describe a women of 21<sup>st</sup> century? Are they free? Do they have rights? Do they still face certain restrictions? Are they allowed to make a choice? Are they victim to any kind of crime? Are they capable of being successful? Or are they still considered inferior to men?

When put across these questions in front of a 21<sup>st</sup> century person, what do you think would be their answer?

It's a confusing question. In India where we had a woman who was the first lady Prime Minister in the world; at the same time we have women who are burned in the name of dowry. Many successful women are the pride of India. Be it Shobha De or Aishwarya Rai, Sunita Williams or Barkha Dutt, Medha Patkar or Sheila Dixit. India has been a true mother to these daughters. But at the same time Mother India is questioned about her other daughters who were victims to the horrifying act of a human – Bhanwari Devi rape case or Imrana rape case or the most recent gruesome Delhi gang rape case. Why so much of difference? Why can't every woman in this nation live a life of dignity and self-respect? Why women are always blamed or made a victim to the "Man Created Traditions".

India is a country known to be a religiously devout nation. Then a question to all the religions in India – *In which religion does a god permit rapes? In which religion god permits to treat a woman like a slave or an object?* There is no religion where it has given that rapes are allowed or women could be treated like an object.

Respect women. They are the chosen creators on this earth. If they can give birth then there is something known as abortion. Its her life let her live it. Or else there will be a time where there will no women or possibly no men. In conclusion to the article there is a poem by Jeline Loh .....

### **She Is A Woman!**

Woman is made great in gentleness  
Woman is tender and soft in her acts  
Woman speaks with deep sincerities  
Woman expresses herself in kind ways  
Woman assures everything is alright when it is not  
Woman stands for her poise though there is doubt  
Woman loves passionately like there is no end to it  
Woman comforts even when a situation turns worst  
  
Woman always stood for her precious  
Woman always choose to be generous  
Woman never point fingers at her betrayer  
Woman never says no to a pleading stranger  
She is a woman who remains anonymous  
She is a woman who is indeed magnanimous!

**Verisha Remedios**

## Woman of the World

In an age where there are no straight answers on feminism and sexualities, today we seek to explore a challenging interplay between Chastity & Modern India.

A famous French philosopher, Marquis de Sade (Marki du saad) once said,

“So long as the laws remain such as they are today, employ some discretion: loud opinion forces us to do so; but in privacy and silence let us compensate ourselves for that cruel chastity we are obliged to display in public.” This according to me aptly defines the subject and the way it is viewed today – the traditional and extremist views of the past have given way to this liberalist view (albeit some amount of secrecy is still expected from a social standpoint) at least in the context of Modern India.

Now let’s refresh our memories a little so that we can put this topic in perspective in the current day.

Under the traditional definition, chastity is synonymous with sexual purity. Chastity means not having any sexual relations before marriage and it also means fidelity during marriage. In fact, most religions place chastity opposite the deadly sin of lust, and classify it as one of the seven virtues. In a broader context though,

chastity also means to be morally clean in thoughts, words & actions.

Now, how has Chastity been historically viewed in India? Our Mythological influences and Movies of course are a perfect platform to explain this view.

## The Mythological Influence

The mighty yet moral Lord Rama ended the era of Asura Ravana in Lanka. He made righteousness and virtue win over vice. Rama's return to Ayodhya marks many events at the same time. Before returning to Ayodhya, Shri Rama had made Vibhishan the King of Lanka. Keeping with the custom of morality he made Sita, his wife, go through the Ordeal of Fire. Sita proved her chastity by coming out of the fire unhindered.

When Rama can make his wife undergo this test, what prevents the common man from aping the Gods at least in this context. Forget the moral bit, celibacy is the mother of all virtues, isn't it?

## Chastity in Movies-Mother India

In the 1950s, in India, a woman was expected to protect her chastity, especially prior to her marriage. Mother India beautifully portrays and to this day defines how valuable chastity is to an Indian woman. The act of moving away or turning away from an intimate situation suggests a

sense of purity in a woman, that she is not accustomed to situations like this and that it is new to her and in a sense depicts her to be a virgin, to both her husband and the viewers.

***In fact, only recently have the Indian movies moved from birds pecking their beaks to lip-locking on screen***

### **Chastity today**

The influence of the Western Media and of course, education has done its bit in shaping Modern India's views on the subject, so we think?

A female passenger in a public bus was found bleeding from her thighs and the fellow passengers took her to hospital. At the hospital, the doctors who examined the lady found that she was wearing a chastity belt. The lady was bleeding from the injuries caused by wearing the belt. In case anyone is wondering where this happened, the incident is reported in the state of Rajasthan. Rajasthan is one of the prime tourist destinations in India.

What is not known however, are the horrifying conditions of the women living there? The state, well known for its tourist attractions like the ancient forts and the Rajput culture, is a graveyard of women's rights. In 2007, The practice of forcing women to wear a chastity belt is so common

in Rajasthan that a website hosting advertisements of Indian industries boasts various designs of chastity belts, including those made from precious metals like gold and silver.

The motif of chastity belts, which were popular in medieval literature as a tool of patriarchal oppression and subjugation of the female gender, has been turned around to make a mockery of the orthodox, antiquated statements of authorities that begin to float as soon as a rape takes place. "We often hear the most bizarre things after a woman has been molested. 'Why was she drinking with men? What was she doing out after 8pm?' I seek to satirise such opinions and the people who voice them, by asking if they really want us to go back in time to an age where the woman and her sexuality had to be kept under lock and key.

Female beauty today has metamorphosed into a marketable commodity. Beauty is a blend of intellect and figure of expression. To look beautiful and seductive is a woman's right and if she has a sensuous body, she has the right to choose to display it.

Finally, I would like to leave you with some riveting thoughts from Kabir who in his very clear words says that

***"chastity and forgiveness are the two prerequisites for God-realization.***

***Without purity of life, all sermons or learning are of no use. Chastity means purity of thoughts, words, and deeds. Chastity is life and self-indulgence is death. Forgiveness is difficult to practice. Outwardly we pose to be humble, but inwardly we do not hesitate to harm others.***

***Some food for thought, I hope! THANK YOU-----***

***Vidya Karthik***

## **RHYTHMIC BEAUTY OF INDIA**

Hey, hi! I am Mr. Lucas. I am originally from South America. Yes I am a parrot and I belong to the blue and yellow Macaw species of parrots. Oh you must be wondering what I am doing in India. Ah! I had come for a tour to India. Meet my wifey Mrs. Lucy.

We (me and my wife) reached India on the 26<sup>th</sup> of December, 2012 and we were told to stop at Jammu. I had contacted my friend who lives in India. His name is Mr. Pintu and he belongs to the Alexandrine species of parrot. Mr. Pintu came to receive us at Jammu. He escorted us to a safe almond tree and asked us to rest for a while as it was a long journey. The next day, Pintu, told us that he would be our guide and help us explore this splendiferous country.

In the morning, we left at 7.00am. Pintu was there on time and he bought us some spicy green chilly for breakfast. And thus, began our journey.

Pintu told us the place that we were at present is called Jammu and Kashmir. India has 28 states. The top most is Jammu and Kashmir. It is also known as 'Switzerland of India'. This place is truly a heaven-like paradise. Its so cold and so much snow. Amazing! Suddenly, we came across this really gorgeous place and when I asked Pintu about it, he told me we have reached Shimla, which is in Himachal Pradesh. Another state and so fast! Mr. Pintu said its easy for us to move from one place to another as we fly. And fortunately there is no traffic up here. Himachal Pradesh is also known as Dev Bhumi. It means Abode of God. Unbelievable beautiful!

"Mr. Pintu what is that gold like thing?" "Oh, that's the Golden Temple. It's a holy place of the Sikhs. Its known as a Gurudwara." "Oh, that's interesting". We were now in a state called Punjab. Exactly next to Punjab is Haryana. This state is known for the "Green Revolution". So innovative.

"Aha! That's the India gate. We are now in Delhi, the capital of this country." I just looked at Pintu when he mentioned

Delhi. I heard a lot about Delhi on TV. Pintu told us that Delhi has been a historically important place since the era of the ancient and medieval rulers.

“Oh! Honey, look so many colorful flowers,” exclaimed Lucy. “Oh yes madam that’s the ‘Valley of Flowers’. This has been declared as a World Heritage Site by the UNESCO,” said Pintu. “I didn’t know this was in Delhi?” “Very well sir. We are in Uttaranchal, Land of the Gods.”

“Sir as we flew a lot, I think u two must rest and we shall continue tomorrow.” “As u say Pintu. And must say, you are a good guide.”

It is 28<sup>th</sup> December. I could not believe that in one day we had finished visiting five states of India including the capital. That is an advantage for birds- we have wings and we can fly.

There comes Pintu with some almond. Oh! He is so benevolent.

Day 2. We started our journey from Uttaranchal. I saw some white thing. I have seen it somewhere. Why can’t I recollect. “Taj Mahal. It’s the Taj Mahal.” For a second Lucy and Pintu thought that I had gone insane. But for this particular monument I could be the guide. Pintu just listened. And I told Lucy about Taj Mahal. We were now in Uttar Pradesh.

Suddenly it started getting hot. I’m feeling thirsty. “I’m sorry sir. But we are in a desert area. This is Rajasthan. Land of Royalty. This is a state where royal kings lived. And this is Gujarat. We are actually at the borders of Rajasthan and Gujarat. Gujarat is known for its sun temple and major sites of the Indus valley civilization.” That was really good and interesting. What a vast diversity India has!

Then we flew towards another state. Pintu said, “This state is the heart of India as it lies in the centre of India. It is called Madhya Pradesh. Along with this state even the neighbouring states Chattisgarh and Jharkhand are known for its finely carved temples.”

“What are so many youngsters doing there, Pintu?” “Oh that. That is the Nalanda University. It is an ancient learning centre in Bihar. Oh sorry! I forgot to mention this is Bihar. And that over there is the Mahabodhi temple. That too has been declared as a World Heritage site by UNESCO.”

I just wonder to myself ..... What a unique nation this is. We visited just 12 states and all most all of them had something unique about it. I wish I was a native of this country.

As I was dreaming, Pintu interrupted, “Sir, Madam this may interest you. We are heading towards the north

eastern side of India. This is Sikkim. The further seven states here are also called as the seven sisters or even unexplored paradise. These states occupy about 7% of India's total area. They are Assam, Arunachal Pradesh, Nagaland, Manipur, Mizoram, Tripura and Meghalaya."

"Pintu, what kind of aroma is this?" "Madam this is Assam also called the 'Mystic Land of Tea'." "Oh dear Lucas I wish we lived here," uttered Lucy.

These seven sisters is an amazing Abode of Nature.

What a marvelous creation!

Ha! Tired and sleepy. We found a very nice place to rest. Pintu slept at the neighbouring tree. By now we visited 20 states in all. Pintu said tomorrow we will complete the remaining eight.

Day 3 – 29<sup>th</sup> December. There was no food. But yes we drank water from a nearby well. Pintu said that we will find food on the way. I hope so!

Our last day in this uniquely ravishing marvelous country.

I think I am getting color blind. Why do I see red and white everywhere. "Hey stop. I think something is wrong with my eye. I see red and white everywhere." "Lucas what happened," asked troubled

Lucy. "Sir its nothing with your eyes. This is the color of the traditional dress or saree (to be more specific) of this state." "Oh yes Pintu. Lucas remembers I had told you about this saree color. This is West Bengal. Isn't it?" "Very much right Madam," stated Pintu. West Bengal is famous for its Durga puja and yes the Howrah bridge. According to Pintu, it is the cultural hub of India.

"Sir that is the Konark Sun Temple, another UNESCO World Heritage Site. This is our next state – Orissa. It is explicit for its flora and fauna." Pintu said.

So many long trees. As we are flying we just come across a complete different environment.

"Here begins the South of India. There are specifically four states in south India – Andhra Pradesh known as the rice bowl of India and Kohi-noor of India, famous for historical monument Charminar; Tamil Nadu which is known as 'the Land of Temples' and there are eight sites here which are declared as the World Heritage Site of India; Kerala which is very rightly called as 'God's Own Country' because of its appealing divine beauty; Karnataka which attracts tourists towards its Mysore Palace and also the ruins of Vijayanagar (a kingdom ruled by a medieval king), a UNESCO World Heritage Site. You both must be really tired because I have been

making you'll fly continuously from the past three days. We passed through so many states in just three days. This is just because we have the advantage of wings. But now I take you to a wonderful state. I had said last night that this would be the last day but I insist we stay back for at least two days at our next destination – Goa.”

I and Lucy kept wondering what so special about the place.

“This is a famous holiday destination in India – this is Goa. It has most stunning beaches and yes there I can see some chilly. Lets go.” As pintu flew, we followed him. Sitting at the beach and enjoying the cool breeze and spicy chilly. Heavenly!

For the next two and a half days we were in Goa. We celebrated the New Year eve together – just the three of us. On 1<sup>st</sup> January, 2013 we flew to our last destination.

Maharashtra, This is Pintu's native place. Oh! No wonder he kept this state as the last destination. So many mango trees and yes I get some really spicy chilly smell. Pintu introduced us to his family who lives in a place called Kolhapur. But I could hear one thing from everyone who ate chillies. “Aai Ga!”

Any which ways I and Lucy were too shy to ask them the meaning.

Pintu then told us something that surprised us. He said he would show the whole of India at just one glance. For a moment I thought that pintu forgot we were parrots. How could we fly so high to get a glance of whole of India at once? We were terrified.

Still we just followed Pintu. He flew and we followed him. Then he stopped. He showed us something that left us speechless. It was amazing. Such a crowded place. But what was more surprising that we visited 27 states and all of them had almost people with similar characteristic and features. But here it is just too good. People from all the states are here.

“This is Mumbai – the financial capital of India. It's a city where you will find people not only from different states of India but from different nationalities also. It has the historical monument like Gateway of India, the Taj and also the Elephanta caves. And this is our last destination.”

It was a pleasure to have Pintu as our guide. As a token of appreciation we gave Pintu some almonds and chilly from South America. He actually kept the best at the last. I wish I was a human at least I would walk through this immensely beautiful country. What we see is just A BIRD'S EYEVIEW .....

## **COLLABORATIVE LEARNING AND EVALUATION**

In the event of globalization and technological advancement, the present HRD minister who has just taken over from Mr. Kapil Sibal, Mr. Pallam Raju indicated that his ministry may give up its much publicized Aakash tablet aiming at bridging the digital divide. (Indian Express, March 23, 2013). This news brought to light that technology is not a panacea for all evils. It is the human touch that we must aim for. We have “Individualized instruction” as well as “Computer based evaluation” methods, but all these will not acquire meaning if the people involved do not collaborate in the process. Collaboration will lead to generation of positive energy which will further lead to better understanding and application of the concepts. The minister Mr. Raju reiterated that an obsession with the hardware must not be encouraged; the focus should be enabling students with educational content – also allowing them to choose the device they want.

We see that students collaborate for activities leading to fun and enjoyment. We need to insist on effective collaboration even for learning and moreover for evaluation. Learning must be fun and should lead to edutainment. We need to

develop methods of teaching that fosters understanding and appreciation for subjects among students. The biggest problem today is that teachers do not appreciate creativity. There are no effective methods of teaching and evaluation that could encourage creativity in students. Constructivist approach to teaching-learning can inject an atmosphere of creativity in the classroom forcing teachers to acknowledge it and also provide room for explanation of concepts. Teachers must not expect better marks and better grades alone but must provide platforms for creative ideas. Creativity must also be practical and accepted by the society. Therefore it must be collaborative. Everyone must consider that the idea is creative, because creativity must lead to social development. Collaboration leads to presentation of ideas by individuals, discussion, debate, consolidation and this may lead to understanding and application. This would be collaborative learning. Once the idea is accepted by the group, the teacher evaluates the product in the presence of the members of the group. The rationale of the presentation is explained to the teacher, who now looks at the perspective behind the creative idea. This

will lead to better evaluation. Rubrics are also a good means of evaluation. Rubrics present different levels of criteria clearly defining the skill/ concept in stages and then evaluating the learner stepwise, acknowledging the learner, of why he is graded in a particular manner.

Children today are asking more and more questions on why they have to learn what they are learning and why they are evaluated in a particular manner. Teachers therefore have to be rationalistic in their evaluation. They must understand the child

and his level of thinking and understanding, which is the main objective of evaluation and not what the child has reproduced on paper. Moreover we have the "Multiple Intelligences" theory which means children are different and we must use different methods of learning and evaluation, which means we must collaborate with our students and move hand in hand with them. Teaching and learning will have no meaning if we leave out children, and become insensitive to their needs.

**Dr. Ms. Vini Sebastian, Asst. Prof., SXIE**

### THE CERTAINTY OF UNCERTAINTY

The title looks too philosophical, but it is more of reality according to me. What do I mean when I say this? Let's look at it more microscopically. Heisenberg's Uncertainty Principle "proves" that one can be certain about nothing.

*Reality imposes constraints on the "laws" which describe it.*

Since a human being has an identity, he or she cannot act in an arbitrary manner which violates that identity. The reality of being human contains *within itself* the "restrictions" on what is possible to us. Societal laws state what one *should not* do. Scientific laws state what one *cannot* do. Now, in the realm of education we are

talking about making the students more aware, more divergent thinkers.

If we go by the societal laws what one should not do then as teachers we definitely should not prepare robots or minds that are rigid and can think only in a specific way. The human beings that go by only the trends and not the emotions, which create the need to be something. Then what society demands from the teachers? Yes, A big time question. Well, we are the society and we want to have a quality life as an individual as a human being as a citizen.

Therefore, we need to find a solution. Why don't we prepare our students to accept the certainty of uncertainty? So, what am I talking about? Life is so uncertain nothing is

going to be the same in the next moment including us. Children are like the clay, the way we want to mould them they give themselves to the teachers to be moulded in the same way. All our life we have learned as children and then when we become adults we teach our children that we need to have a role model, that we have to do something like that (the known or the alien!) person has done to be famous to be great to achieve something in life. Why can't we tell these future holders that they have to be themselves that life may get over any moment so learn what YOU want to learn, live how YOU want to live. But, then this may be chaotic, right?

Have we not learned that this beautiful world was born out of chaos, so let the chaos begin, let the child understand the working of the world and the uncertainty and not only the man made rules. This is going to bring in the revolution this is going to bring in the divergence this is going to let the real people be born who will not be playing on the tunes of the machine but will be playing the tunes on the machine and yet

### **ASSERTIVE COMMUNICATION**

Assertiveness is the ability to express your emotions and needs without violating the rights of others and without being aggressive. Assertiveness is the act of asking for what you want in a confident

will be high in their quality related to morals, ethics, values and above everything humanity, because I'm sure the Superpower made this world to have some great and good things for Him/ Her to see and relish the working of it.

Shakespeare was right in his verse when he says:

"All this world's a stage and we merely players".

But let us (teachers) prove him wrong and not be merely players but players who will take the world to the next higher realm of the universe. Let us play our roles more honestly, sincerely, and innovatively coz uncertainty is the change and change is the quality.

Thus, seize the day, '**Carpe Diem**'

***Ms. Shadab Khan, Assistant Professor***

way that harms no one but at the same time preserves your rights.

Assertiveness is a core communication skill. Children prefer non-verbal means of communication to verbal. A

person with an assertive communication style has a body language that conveys openness and receptiveness. Posture is upright, movements are fluid and relaxed, tone of voice is clear and with inflection. An assertive person makes good eye contact, and is aware of personal space. Assertiveness means to please oneself and others. Assertiveness exerts straight forwardness in getting things which you want, without putting anyone down. Assertiveness gives people an honest “no” to things you don’t want. In assertiveness you may not get what you want, but you keep your self-respect. You may not have control over how people react to your assertiveness, but it’s not your intent to hurt anyone else’s feelings.

### ***Helping children foster assertive communication***

Educators aim for children to be able to stand up for themselves and learn to interact well with their peers. Teaching them to be assertive and self-confident, as opposed to being aggressive or submissive contributes to their social and emotional development. Some children seem to be naturally assertive. But if children are not, they can be taught to be more assertive.

Developing a sense of belonging and knowing that children are valued are crucial first steps towards becoming

assertive. Everybody wants their kids to be able to speak up, ask for help, and stand up for others. Children should be able to break free of the feelings that build walls around them so that they can walk confidently through life, getting their needs to meet along the way. A lack of assertiveness leads to low self – esteem, fear of rejection, criticism, incapability and retraction from expressing their views.

Children need to be taught to say “no” if a child or adult attempts to harm them with words or deeds. They need to be able to identify their feelings, learn how to express themselves, and believe that they have rights. The more children trust and value themselves, the more likely they will be able to avoid bullying. With children becoming the victims of sexual abuse it is necessary that they speak up for violence against them. Children should be taught to look at the bully in the eye and say no. Explain children that they have a choice of how to respond to another person’s comments or to situations or teach children how to ask for something. Children should be practiced to use “I message like I feel; I want to do, etc. in order to let others know how they feel. They should be taught to have their own taught and ideas. Enable children to take lead at times. They should be made to think why they have certain beliefs. Help children to learn how to plan

ahead or visualise situations before they occur. Encourage children to follow their own intuition and move out of their comfort zone. Make the child strive for his or her personal best.

Extra time and support should be provided to timid kids in a non – threatening way. The teacher should praise children who are assertive and praise their efforts.

Learning to be assertive takes time and practice. In the field of child development it is known that when children experience big patterns of growth in one area expect that that growth will be followed with a time of regression. In other words, two steps forward one step back is the expected pattern of development in many areas of life.

“Begin with the end in mind”. As teachers you can help children make confident statements concerning their opinions, desires, and decisions which will enhance their assertiveness in social relationships and provide them with an essential life skill they can practice and use throughout life.

**Priti Sivaramakrishnan, Assistant  
Professor**

"Our chief want  
is someone who will inspire us  
to be what we know we could be"

**ralph waldo emerson**  
american poet 1803-1882

## ALUMNI SPEAKS

*St. Xavier's Institute of Education the most prestigious teacher training college is celebrating its diamond jubilee and this is what some of its Alumni have to say about its "ALMA MATER"*

Being alumni of SXIE gives me a sense of achievement and fulfillment because it has helped me transform from a caterpillar to a butterfly. I owe a lot to my Alma mater, "SXIE" which has been a Source of inspiration for me to excel in every aspect of life, be it cognitive , affective or psychomotor thereby enabling me to give me best!!

Christina . C. Fernandes (2006-2007)

Xavier's taught us 3Ts to overcome all challenges , to be TOUGHER, TALLER and TIME BOUND.

Proud to be a Xavierite

Robinson . R. Choramble-  
Batch of 2008-09

The learning to teach at St Xavier's needed to be a year more and it'd be super. I love those days.

Trevor Quinny (2009-10)

Its 60 years that this great institute of education has been churning out great educators. One cannot forget to mention the highly qualified faculty members who seem more like a family during the course at the institute. SXIE has not only made me a great teacher but overall moulded me into a great human being. The approach to learning that SXIE concentrates on is sure to make every student-teacher a life-long learner. Congratulations to the entire team at SXIE.

Michelle Azvedo- batch 2010-2011

It seemed to be very hectic, but as the days passed, teachers constant motivation, guidance and their creative inputs, helped me to discover myself and my latent potential.... I will always cherish my B.Ed. experience because it gave me more than a profession... Thanks S.X.I.E.

Shabana Qureshi (2011-12)

It is always a joyful moment for the children to celebrate any important day in mother's life and make it a very special for her. Today I too am very thrilled and happy to know that St. Xavier's Institution of Education is celebrating its Diamond Jubilee. I consider myself so fortunate to be part of this renowned institution. I salute my Alma Mater SXIE and her dedicated and committed staff. They have helped me to be the best in life. As the philosopher, John Dewey says, "Education is the development of all the capacities in an individual, which helps him to control his environment and fulfill his possibilities". I am grateful to my Alma Mater for doing this great work in me, she brought out the best in me, so that I can bring out the best from students who are entrusted to my care. I will be ever grateful to SXIE and the staff. My prayerful wishes to you on this joyful occasion of the Diamond Jubilee Let us celebrate together.

Fr. Anand-S.X.I.E (Batch 2009-10)

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It helped me get a whole lot of confidence in myself. I never thought I'd ever be able to stand in front of a huge crowd and just speak what's on my mind. It was all thanks to the positive encouragement of my dear teachers that I actually improved as a person in just 1 year of B.Ed. I also made some close friends who will stay with me for life- Mario Vaz (2011-12)

Best days of my life-everything the morning cutting tea near the gate, lively-interacting lectures, caring-loving teachers who were so motivating and perfect role models, house activities, hanging around with the dance practices, student council meetings, discussions, friendships and lots more which all moulded my approach towards life, as we always were made to realize it's all a **LEARNING EXPERIENCE**. Truly speaking dear teachers -we ARE bcoz you WERE, thank u soo much

Leo Chacko (2009-10)

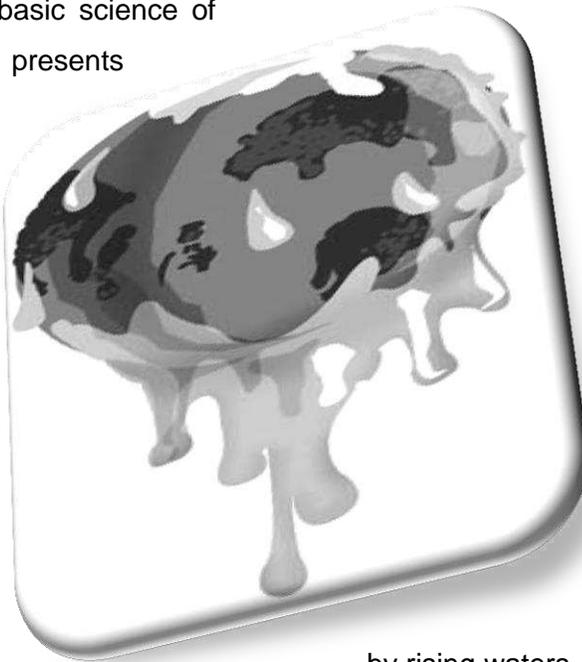
## EDUCATIONAL FILM REVIEWS

### ***An Inconvenient Truth : Film Review***

*An Inconvenient Truth* is a documentary on global warming by director Davis Guggenheim. The film, based on the multi-media presentation given by former Vice President Al Gore in over 1,000 cities around the world in recent years, presents a disturbing picture of the destruction that global warming is doing to the earth and the horrific future that we are facing if global warming is not addressed. *An Inconvenient Truth* defends, popularizes and makes accessible to millions the basic science of global warming. The movie presents scientific concepts and evidence about global warming in a clear, concise and often entertaining way. It features great nature photography, graphs, and animation to visually express complex evidence.

The film introduces complicated scientific, political and social issues most prominently, the arguments surrounding global warming and environmental pollution. Al Gore explains his points with colorful graphics (cartoons, graphs, nature footage), statistics and

arguments. The movie includes images of the aftermath of Katrina, as well as references to other disasters (2003 European heat wave that left 35,000 dead). Animated sequences show mild violence (ozone - attacking sunbeams, a frog almost boiling). It also includes sections on the death of Gore's sister from lung cancer (photos of her as he talks about missing her & the damage done by cigarette smoking) and on Gore's young son's near death in a car accident because of which he realized the importance of the earth.



Unchallenged studies are showing an extraordinary rise in ocean temperatures, the disappearance of glaciers, the melting of the poles - and then Gore twists the knife with a series of graphics showing areas to be inundated

by rising waters. In a flooded Manhattan of the future, Gore says, the site of the World Trade Center will be under water. "Terrorism," he says, without drama or overemphasis, "is not the only danger we must face." The threatened catastrophe is not in the distant future. The US Geological

Survey predicts that by 2030, Glacier National Park will have no glaciers left. In the last 30 years, 400,00 square miles of Arctic sea ice have melted; polar bears today drown when they cannot find an ice floe to rest on. But what are we doing about global warming? Absolutely nothing.

All said and done now the question is. are we ready to put our hands together

and act to save our beautiful home or are we going to pay a deaf ear to nature's calling. This is what message the movie leaves us with. Anyone who is concerned about the future must see this film and join in discussion, debate and action over what is needed to save our planet.

***Steffi Ann D Souza***

## **AN INCONVENIENT TRUTH - FILM REVIEW**

An inconvenient truth is a documentary film directed by Davis Guggenheim which is a presentation put together in a charming and engaging way by Al Gore , the former Vice-President of the United States.

It is a tremendous effort taken by the Vice President to educate the people across the world about the severity of the climate crisis.

The film is comprehensive presentation replete with detailed graphs, flowcharts and other breathtaking views of the earth taken from several space missions. The presentation is not just a film to sit back and enjoy rather it makes the viewer ask himself, "What have I done and what can I do? The graph presents the horrific future we will be facing if we do not address the issue of climate change. The

scientific concepts are presented in a clear and concise manner. The presentation showed the increasing rate of CO2 and the increasing temperature over the last 60, 0000 years as revealed by samples from polar ice cores. Gore further points out that the temperature will rise more if redemptive measures are not taken at the earliest. He compares the pictures of the beautiful and the famous Kilimanjaro, Himalayas and the Rhone Islands at Switzerland which was taken 15 to 30 years ago with the recent photographs. The rate at which the glaciers are disappearing are appalling!

Lake Chad, once the sixth largest lake in the world has completely dried up and is one of the factors responsible for the ever increasing famine in that part of the world. Gore also shed some light on the seasonal changes that take place which is a stark reality facing mankind today.

Al Gore shares certain anecdotes that inspired his interest in this issue including his college education with Roger Revelle, a climate expert. He also talks about the sudden death of his sister who died of lung cancer due to excessive smoking and his son's near-fatal car accident. At one point he makes a powerful statement that 'climate change is not a political issue but a moral one. If we let that happen it is deeply unethical'. He further presents graph that shows that 30% of the world's pollution is caused by United States which is huge as compared to all the other countries in the world.

During the film's end credits there are suggestions provided for viewers to combat climate change which includes recycling, buying hybrid vehicles etc.

By the end of the film, he again portrays a beautiful scene of a lakeside and then leaves the audience with a thought, "If we go at this rate, our children will not be able to enjoy what we have today and tomorrow your children will look at the world they live and say, what were our parents thinking?"

***Elza Varghese***

## **Review of Movie on Mathematics**

On the 4<sup>th</sup> of April in the mathematics class we the mathematics students of SXIE saw a movie on mathematics as a method activity. The name of the movie was "Donald in mathemagical land". The movie spoke about a cartoon character Donald who came across the various mathematical concepts. The movie began with the origin of mathematics, it also has a clipping of the use of mathematical ratios which forms the basis of all the musical instruments played today also. The movie gave an insight on the mathematical pentagram which has its origin from the Barbarian civilization. The golden rectangle showed in the movie also focused the basis of construction of most of the constructions of buildings and the sculptures in the ancient and today's world. The Parthenon of the Greek civilization and the picture of Monalisa are very good examples to focus the importance of mathematical calculations in the movie. The movie also showed the various patterns of arithmetic and geometric progression in nature. The pentameric symmetry of the flower is an example showed in the movie. The importance of mathematics in the field of games like chess, baseball, football and billiards is very well encompassed in the movie. The use of concave and convex

mirrors is the base of formation of complex binoculars and telescopes which also involves mathematical patterns. The orbits of the planets formed are also the basis of various sections of the cone the movie was very inspiring and motivating for me as a future math teacher. I would like to thank our mathematics professor Ms. Rashida Kapadia for showing us the resourceful movie

“Mathematics is the alphabet with which god has written the universe.

*Pallavi Rajguru*

## Donald in Mathemagic Land

The Movie ‘Donald in Mathemagic Land’ was shown on 4<sup>th</sup> April, 2013. It is an animated movie on the journey of Donald Duck through the land of Mathematics.

The movie began by showing Donald entering an unknown land which was full of numbers and shapes. The Spirit of this land then introduced Donald to the Mathematic Land. Donald was confused as he has heard the name of the place for the first time. The Spirit, then, takes him on a tour to the ancient land of Rome. It explained about the discovery of music by Pythagoras. It explained that the strings of the harp were arranged in the ratio 2:1 to produce the different musical notes. This led

to the discovery of various other musical instruments.

The most famous symbol – the Pentagon (a 5 edged star) is also a Mathematical figure. This shape can form the ‘Golden Rectangle’ which was ‘the mathematical law of beauty’. This law was used to build the monuments and also in the sculpture of the Roman Empire. It is also widely used in the modern world in buildings. Some examples of this law are the human body, the painting of Mona Lisa. The pentagram is widely seen in flowers, starfish, etc. Even bee-hives, trees, shells and all things found in nature are arranged in numbers and Mathematics.

The Spirit then took Donald to the games. It explained how Mathematics is used in games. For example, the chessboard is made up of squares. The moves in the game of chess are also mathematical. The baseball field is diamond in shape. The most interesting of all the games is the game of Billiards which requires the player to have the knowledge of all the angles from where the player can strike the ball.

The Spirit also explained how 2 shapes-a circle and a triangle, when rotated get a sphere and a cone. The different cross-sections of both the 3D shapes are used in most of the inventions-ranging from

the wheels of the car to the paths in which the planets revolve around the sun in the solar system. Mathematics is behind all scientific instruments and achievements. The concept of 'infinity' is found in the mind of a human being. There are infinite doors to scientific discoveries in the mind-some of which have already been opened. However, many more are left to be opened up in the future.

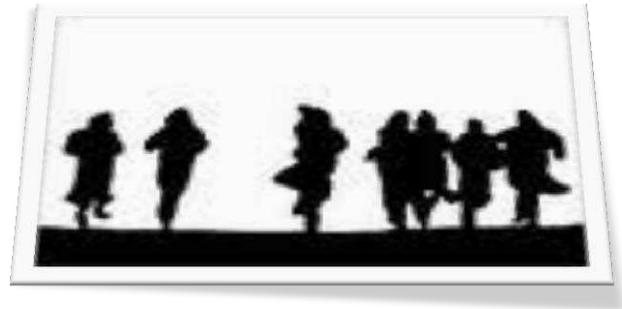
The Spirit signed off by quoting Galileo: *"Mathematics is the alphabet with which God has written the Universe."*

Personally, the movie is very inspiring and brings out the numerous examples of Mathematics in nature. It is also suitable for children as they will be happy to watch the journey of their favorite cartoon character Donald Duck taking them on a ride through the land of Mathemagic. The movie is also useful in making a child aware of the various applications of Mathematics.

**-Edna Wartika**

## FILM REVIEW ON 'DEAD POETS SOCIETY'

***"It's not enough to educate us, you've got to tell us why you're doing it."***



This statement holds true with "Dead Poets Society" - a movie maturing into adulthood drama whose story and messages are as instructional as they are inspiring. The film is like an inspirational teacher, the one in high school that changes the way one thinks about life and knowledge. This appears in the character of Mr. Keating, the teacher who touched the lives of a group of teenage boys for the better despite the obstacles of traditional thinking and conformity in all their paths. His character (also known as O Captain My Captain) compels us to question things in life before just blindly accepting them as it is which consequently in a true sense puts in a life twist to the film with an element of excitement leaving us mesmerized.

This movie largely has very uplifting messages especially for teens and teachers about 'seizing the day' and embracing poetry as a way toward thinking for yourself and positive self-expression. It's a movie which takes us on a roller coaster about enjoying life and thinking "Carpe Diem" in our own life. Although there are some very depressing scenes, but they certainly are very artful, and teach us as teachers to value appreciation for those brave members of society that dare stand up for their beliefs, and rights to wrestling around with life. As rightly said, "The main thing is to pay attention, pay clear attention to everything you see. Notice what no one else notices and you'll know what no one else knows."

--- Archana Hisaria

### **'DEAD POETS' SOCIETY'**

The guidance and counseling class viewed the movie 'Dead Poets' Society' by Peter Weir on Saturday , 6<sup>th</sup> April , 2013 as a special field course activity. With a brief introduction, by our Professor Ms. Shadab Khan, of the film's relevance to education and the teacher's role in the same we were ready to see a visual depiction of how a teacher can influence his pupils and to what extent.

The movie focuses in John Keating's (Robin William's) attempts at inspirational

teaching at his alma mater – Welton Academy, and its influence on the students of his English class. Keating's urge to 'seize the day' or 'carpe diem' (Latin) motivates the boys to find their own voice and express it: especially in the case of Todd Anderson, who is cripplingly shy. 'Carpe Diem' however requires sacrifice, sometimes even that of one's life be it figuratively or literally as in the case of Neil Perry.

As B.Ed. student- teachers we learn that guidance "is designed to assist a person in deciding where he wants to go, what he wants to do, or how best he can accomplish his purpose". Mr. Keating however leaves no stone unturned in guiding his boys to first know their purpose, and then decide what would their contribution be to the magnanimous 'play' that goes on:

"The powerful play goes on and you may contribute a verse" (Keating)

Keating's guidance is more explicitly seen when he encourages Neil to pursue his dream of taking up acting. It is Keating's words that boost Neil's morale and leads him for the first time to confront his father with an outburst of his emotions – "I've got to tell you what I feel". Neil begins to find a fresh belief in himself and his talent – "I was good. I was really good". Nonetheless Neil's misinterpretation of Keating's guidance

leads to him confronting his father Mr. Perry with an endless silence, for which Keating is held accountable by Welton Academy authorities. As teachers we ought to know that we are guiding minds naïve to the real workings of human emotions, minds that feel but don't realize what they are feeling and hence are oblivious of the arena of these feelings and emotions. What Mr. Keating didn't foresee, could be a lesson for us teachers to try to discern the intensity of the student's emotions and the extent to which he could be driven by them.

Mr. Keating is very clear about the modern approach to education that he has adopted, in contrast to the academy's traditional take on teaching and the teacher-pupil relationship. The first day of class sees him enter whistling the "1812 Overture" and rather than being addressed formally as 'sir' or Mr. Keating' he intrigues his students by subtly persuading them to call him 'Oh Captain My Captain', though very wittily putting the onus on the extent to which they (the students) "dare".

A new face with a new ideology was what piqued the boys. A fresh attitude to learning helped them rise above the mundane recitation and the dry classes, especially those of Mr. McAllister who went out of his way to make Latin dull. Mr. McAllister who calls himself a realist is oblivious to the ways of making teaching

interesting and detests Keating's style of teaching that aims at making students have their own opinion and feel responsible for the choices they make.

Keating has touched his students in many ways, be it drawing out the poet in Todd, the defiant lover in Knox, the artist in Neil or the leader in Charlie.

*Trinette Carvalho*

## TALENTS DAY REPORT



The first cultural event for our batch was the Talents' Day. Every student in class was assigned to a house and our house Satya was full of people with various talents, from having the best voices in class to the dancers to craft making. So it was time to explore the hidden potentials and showcase the skill that exceeded all else. We had a number of items put up.

- The hall echoed with voices of our house, where the choir singers were led by Azima, Nikhat & Seema.
- We had an excellent solo singer, Michelle, where on hearing her sing I

vouch one would forget everything else.

- India is known to be the land of actors and Satya house did the job of keeping up the name. Our play titled 'Good you do will not go unseen' conveyed the message effectively. Participants were Jackson, Ryan, Lydia, Meryl, Monisa, Deepika, Avinash, Michelle, Martin, Sigmilla, and Ratika.
- We also had Janice who made beautiful cards with her unique touch of flower quilting ability. And trust us, professional card makers better buck up for this girl can put them to shame as well.

It was a pleasant experience as our house was participative and well coordinated. The event brought us closer as house members and helped us excel in areas which we thought were well forgotten over the years.

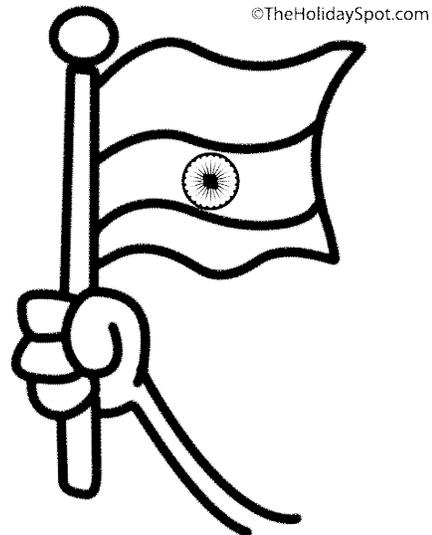
***Satya house group members.***

## **INDEPENDENCE DAY CELEBRATIONS**

The 66<sup>th</sup> Independence Day was celebrated in grand fashion as pre-Independence day celebrations at St Xavier's Institute of Education. The program was organized by the students led by Ma'am Nishi Kumar.

The comperes invited the teachers and the 'would-be' teachers to the function for the day – Avril & Joshni. The humour they added to their introduction lifted the atmosphere. The programme commenced with a motivating patriotic song, 'Utha Rashtravir Ho' beautifully rendered by Michele & team. The song invoked a sense of patriotism in the students and they sang along with the singers. The stage was set!

This was followed by a captivating rendition on India and its diverse religions created by Ryan and team. The theme, '**We are One**' and 'Unity in Diversity' was apt for the occasion and sent out the message that our religion is 'Indian' and we are all



brothers and sisters. The message was awe-inspiring and this thought will always remain close to our hearts.

No programme is complete without singing and dancing!! A colourful and patriotic dance presentation by Neha

and group added spunk to the event. The theme was 'Proud to be Indian' and the girls rocked the stage with their colourful costumes and feisty spirit. The teachers joined in the festivities amidst thunderous applause from the students.

The programme ended on a high note and with a strong message. It was indeed a day to remember.

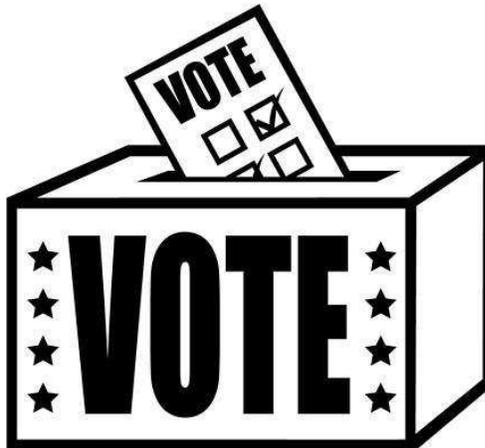
**JAI HIND!!!!**

***Vidya Karthik***

## **STUDENT COUNCIL ELECTIONS**

St. Xavier's Institute of Education, Mumbai held the annual election for their student council on 3<sup>rd</sup> September 2012. Members of the student council represent the students in the institute and are appointed to resolve students' issues in various matters related to education and college amenities and also organize various programmes.

Just like the democratic process would follow a path of campaigning and anonymous voting, the same is practiced at this institute with precision. The election process started with the nomination of candidates who wished to be a part of the council. There were about 16 students who had given their nomination. The nominees were given the opportunity to campaign in the class with a short speech. Thus allowing the class to ponder and take the right decision.



On the day of the election, students were asked to vote for a candidate of their choice for the posts of the Class Representative, the Assistant Class Representative, House leaders and assistants. And not to any surprise, the voting process was online, thus ensuring complete transparency and immediate announcement of results. The entire process was executed smoothly under the supervision of our Principal Dr A. Vaz, Rashida Madam and Bijoy Sir.

After the voting was done, the votes were tallied and two leaders emerged. Larissa was named as the Class Representative and Ulrika as the Assistant Class Representative, Rochelle as leader and Darryl as the assistant leader of Asha house, Berlina as the leader and Princely as

the assistant leader of Astha house, Gayle as the leader and Michelle as the assistant leader of Satya house. There was a thundering applause for the student council as they walked the stage and were congratulated by the Principal and other dignitaries.

Next day, there was the investiture ceremony, wherein the elected members of the student council took an oath in front of the Principal, Staff and students witnessing the occasion. It was a glorious occasion for these elected members as the Class Representative and the Assistant Class Representative were handed over the college flag and the House leaders and assistants were handed over the flags for each house. The solemn moment became more heartwarming with the speech from the newly elected class representative. The council members were thus ready to take charge and enthused the class to take the year in their stride.

## **CULTURAL CELEBRATION**

On 25<sup>th</sup> October we the students of SXIE along with our manager, principal and staff had a cultural celebration as the festival of Eid and Dassera were just celebrated.

It consisted of inter house singing, dance and social awareness advertisement competition. The participants were

enthusiastic about their performance and did well in both solo as well as group



keeping the Indian and western style. The competition was judged by one of our ex-student who herself is a choreographer and the other was the staff of ECCE college who also had good knowledge of dance and singing.

Various social issues were highlighted by the students through the advertisements. Thus the singing, dance and act programme ended by a few words from our manager, principal followed by the announcement of the result of the competitions.

Each house thus scored marks for their winning performances. Then we all together proceeded to the dance floor to enjoy the Garba dance as we just celebrated Navratri by wearing all the nine colours of the festival. Hence bringing in the integration of our culture and tradition. Each

of us enjoyed the dance followed by the fellowship meal. The delicious aroma of biryani which is prepared especially for Eid along with pattice and fruity added to the joy of the celebration.

After this the students were let alone for the jam session which was enjoyed by all. The students shook a leg till 3.00 p.m after which they were allowed to go home. Thus the cultural celebration ended to be a joyous and a memorable day.

**Larisa Carvalho**

### **SPORTS DAY AT SXIE**

Keeping in mind the words said by Vince Lombardi Jr “Winning isn't everything--but wanting to win is”, the Sports Day was organized in St. Xavier's Institute of Education. on 21<sup>st</sup> December 2012. The determined participants of the three houses, Asha , Astha and Satya were clearly evident. Non-participant contributed by cheering for their respective houses.

Sports day brought in different values like Co-operation, Co-ordination among the members of the houses through *Carom, Scrabble, Three Legged Race* .Concentration power was increased by the games like *Chess and Ringing the Articles*. Excitement continued as the students participated in the *Lemon Race*. Need for writing pad was felt more while playing *Ping*

*Pong* and the eyes were focused on the bucket which substituted for the finish line.

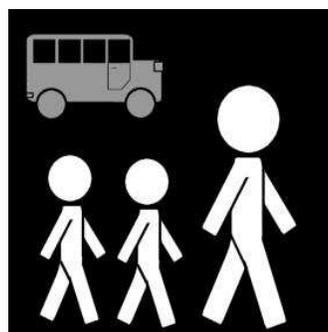
Tug of War revealed the strength of the houses. The collective heart beats were heard as the participants of *50metres Race* ran towards the finish line. The game that grabbed the attention was the *Caterpillar Race* wherein some completed the race by being a caterpillar while others turned out to be butterflies. Teachers participating in various games were like icing on a cake.

Sports Day would not have been a success without the commitment and enthusiasm shown by everyone. The event won the hearts of the Xavierites and will be cherished down the memory lane for years to come.

**Princely Manbhat**

### **Ghanikhamba Rajasthan!!!**

### **SXIE EXPLORES THE PINK CITY....**



Our super excited and enthusiastic students of SXIE along with our equally curious

professors began our journey to Jaipur by boarding the Jaipur express on 13<sup>th</sup> March 2013 at 6.50pm. It was to be a 17 hour long wait before we reached Jaipur. However the company of our beloved friends and teachers and handy packs of UNO cards made the journey more enjoyable and less tedious.

We reached Jaipur on the 14<sup>th</sup> March at 1pm in the afternoon and headed towards the hotel. An hour's time to freshen up, have a quick snack (delicious poha that was served) and we were ready to begin our experience in the beautiful city of Jaipur.

Jaipur is a city of rich culture and tradition that has been passed down since generations. However in recent times too people are doing their part to add to the cultural grandeur that the city boasts of. This is represented by the Birla Temple at Tilak Nagar, the first site that we visited. The temple built by the Birla Group of Industries in 1988 just below the Moti Dungari Fort built in pristine white marble, the temple houses, the deity Lord Vishnu and His consort Lakshmi. The temple is surrounded by lush gardens and has its own natural inhabitants in the form of beautiful peacocks seen around. We did spot a representative of our national bird perched high on a tree.

Towards the end of the day it wasn't possible to visit any of the monuments and therefore we decided to have a look at the art and craft of the city that is admired around the world. First we were taken to see the products of the city's handloom industry. We were shown the traditional block printing using natural colours made from coal, turmeric and green leaves. The Jaipur "razai" is indeed worthy of its praise, with its innate feeling of warmth and chill on either side of the blanket. The two showrooms we were taken to, displayed the entire city's art under one roof, covering a wide range of traditional jewellery, artifacts, paintings, traditional kurtas and dress materials. Back to the hotel it was time to retire for the day but the mind was overwhelmed in anticipation of the memories that the next day would bring.

On the 15<sup>th</sup> we awoke all ready and charged. After a breakfast of wada and bread pakoda we hopped into our tourist bus to be welcomed by the grandeur and magnanimity of the Aamer Fort. Built by Raja Man Singh in the 16<sup>th</sup> century the fort is a mix of Mughal and Rajput architecture. We entered in from the "Suraj Pole" called so as it faces the direction of sunrise and stands opposite the "Chandra Pole." After a quick group picture, we proceeded towards the Diwan-e-Aam where the king attended

to the common issues of the kingdom along with all of his ministers.

A unique and mesmerizing piece of art is the Ganesh Pole, at the Aamer fort. It is a fine portal covered with paintings, built by Sawai Jai Singh. The top of the gateway, as were told by our guide, is mounted by a pavilion called the “Suhag Mandir” through whose latticed windows the royal ladies watched ceremonial functions held in the Diwan-e-Aam.

This gateway lead us into the inner court, on the left side of which stands the Sheesh Mahal which houses the principle apartments of the king. As its name suggests this Mahal is a hall full of mirrors which reflect any streak of light so as to illuminate the entire room. Attached the same courtyard was the “Zanana Deori” the private inner courtyard where Queens and other royal ladies held their private functions.

There was so much more to see but no time in our hands we were compelled to leave this beautiful monument. On our way out, though, we were all delighted to see small stalls selling typical Rajasthani wares-bangles, show pieces and other artifacts.

The Mughals and Rajputs were valiant warriors, so after seeing an exhibit of their art and planning it was time to get a glimpse of their huge and destructive

weapon. So our next stop was the Jaigarh fort built by Raja Jaisingh I and his son. We were welcomed to the fort by our biological ancestors who met us with curious eyes but were kind enough to permit us into their territory. The highlight of the fort is the “Jaivana” – the world’s largest canon. A long uphill walk took us to the top of the fort, which offers a clear and distant view of the entire city and houses the canon. The Jaivana was built in 1720 and as is said the canon was used only once and the ball fell at a distance of 35km on a village. The impact of the canon was such that the spot became a lake known as the “Chaksuk Lake”. We also learnt that the fort was home to a huge water tank that was and is still used to collect rain water. The tank can collect enough water sufficient for 10,000 people or a period of 2 years.

Interesting facts and stories of the Jaigarh fort could not distract us from our growling bellies as it was already post noon. A quick ride to the Kanak Vrindavan gardens and we found ourselves delving into the delicious lunch served there.

Thereafter on a strangely hot & dry afternoon our buses turned towards “Jantar Mantar.” “Jantar Mantar” is a collection of architectural astronomical instruments, built by Maharaja (King) Jai Singh II at his then new capital of Jaipur between 1727 and 1734. It is modeled after the one that he had

built for him at the Mughal capital of Delhi. He had constructed a total of five such facilities at different locations, including the ones at Delhi and Jaipur. The Jaipur observatory is the largest and best preserved of these. It has been inscribed on the World Heritage List as "an expression of the astronomical skills and cosmological concepts of the court of a scholarly prince at the end of the Mughal period."

The guides assisted us to this astronomical wonder. The large instruments fascinated us. They seemed very strange at first however the efficient guides explained these mathematical mysteries.

We were shown the sun dial and how it operates. Built from local stone and marble, each instrument carries an astronomical scale, generally marked on the marble inner lining. We were then shown pillar type columns that showed star signs. Most of us had a gala time clicking pictures posing in front of our respective star signs. We all were amazed at the accuracy of some of these instruments & marveled at the brains & hands behind them.

In the evening, after the visit to "Jantar Mantar" we returned to the hotel for quick refreshment. Thereafter, we were taken to a big sweet mart to purchase the various delicacies Jaipur had to offer to take back as a token of our love to our near and

dear ones. There was a big crowd of SXIE surrounding the counter to look and explore the sweet terrain. We were informed of the famous Jaipuri sweet "Ghevar." It is mostly prepared during festivals. It is circular in shape slightly resembling a pizza. However looks like a toast dipped in sugar syrup and garnished with dry fruits like pista. Many of us bought it in kilos. ☺ We came back to the hotel exhausted and happy with our sweet purchase. We also did some clothes shopping & many of us bought pretty mojaris.

On the last day of our excursion, we were almost ready with our packed bags. However the trip was not yet over. We were taken to the Central Museum of Jaipur. One of the oldest and the most famous Museum is the Government Central Museum or Albert museum was constructed under the supervision of a British Army officer, Lt. Swinton Jacob in the year 1876. Maharaja Ram Singh, who was then the king of Jaipur, wanted this building to be used as the town hall but his successor Madho Singh decided to convert the building to an art museum. It was an enchanting experience. The first image we saw was that of a painting depicting a Pharaoh riding a chariot. Many of us began clicking and posing for pictures in front of the many figurines. We saw artifacts (Shields) inspired by the epics Ramayana and

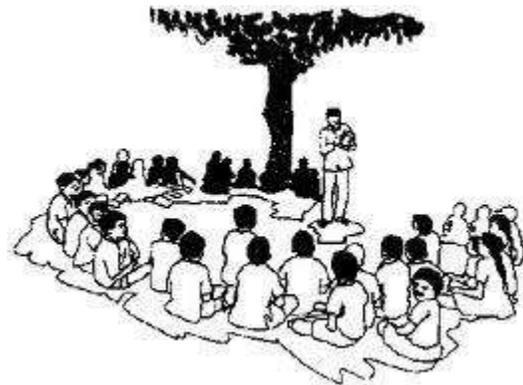
Mahabharata. The various weapons and armory used by soldiers. Also the various head gear worn by the soldiers. To our surprise we also saw an Egyptian mummy kept on display there and many Egyptian artifacts. We also viewed many intricate paintings, huge vases and miniature models kept on display. We were truly blessed and enriched after this visit. We returned to the hotel for quick refreshment and hurried with our bags and baggage and sat in our buses for our trip to the railway station. We reached the railway station an hour prior to our departure. We boarded the train with a heavy heart -- we had so much more to explore in the pink city. With a heavy sigh our train left the Jaipur station at 2:10pm on 16th of March on this hot summer's day. We again cheered ourselves by catching up with our friends, playing UNO, playing pranks on our unsuspecting peers and listening to spooky stories. The mood was apt as there began thunder and lightning which clicked off our return home. After a tiring and enjoyable night we otherwise late comers turned into early birds to get off at the nearest station Borivali. We bid all our fellow travelers farewell with a promise we would meet the next day at college and share our experience with those who had not accompanied us. Thus closed our marvelous and joyous educational excursion to Jaipur, but it opened our

curiosity to explore the wonderful places that the world is so full of.

***Trinette Carvalho & Avril Fernandes***

## **RURAL CAMP**

The institution has many indoor and outdoor activities for the B.Ed students. The indoor activities include lectures, microteaching lessons, simulated lessons, seminars, talent shows, elections etc. The outdoor activities are practice teaching, picnic, excursion, sports day, etc. One of the most important activities conducted outdoors for the Bachelor of Education students is the rural camp.



These rural camps are organised by collaborating with the Jesuit institutions in rural areas. To name a few places where the camps were organised are Dhanu (Loyola Ashram School, Jeevandhara Girls Ashram, Ashagad), Shirpur (Vishwa Mandal Sevashram VMS), Mahad (Jankalyan Trust, Sunderwadi), Nandurbar (Janseva Mandal), Ratnagiri (St. Thomas English Medium School), Ambatta, Mahad, Uplat (Navodaya

Sadan), Manor, Manmad (St. Xavier's Vastigruha) etc.

Normally, the student- teachers go for practice teaching in the very urban area schools of Mumbai, where they can use computers to teach as many classrooms in Mumbai have LCD's. They also learn many simulated and micro teaching skills. Therefore, it is a challenge for them to teach in rural areas. For five –six days they go out to these camps to teach during the Diwali break.

The camps are planned well in advance and are therefore organised. The whole class is divided into three groups and is allotted a camp. Each group has approximately thirty three students. Tickets for trip are organised by the team leaders. Prior to the camp, guidance and orientation for the camp is given to the students based on the feedback given by past students and camp in-charges. A list of things to be carried along for overnight stay is also given to the students.

The actual teaching starts after they reach the camp. The students have to teach art,

drawing, dancing, rangoli, games, organising assemblies, spoken English and tutoring the board students etc. The students get a wide experience of teaching as they have to teach the activities which go beyond their text books and subjects. They sometimes learn from the students too. The student- teachers sometimes also have to communicate in the local language.

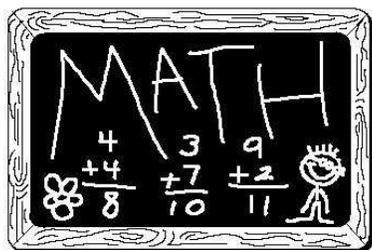
The student- teachers are often touched by the simplicity of the students living in rural areas and seldom have any complaints as they themselves are enriched by what they learn there. Some have no words to express their feelings, while a few past students also join the rural camp for an enriching experience. On return to the college, the students present their reflections in the assembly by making a power point presentation and writing a report.

***Asst. Prof. Nishi Kumar,  
Rural Camp In-charge***

## REPORT ON INTERNATIONAL WORKSHOP ON NEW PATHS IN MATH'S TEACHING TEACHING DISADVANTAGED STUDENTS

In collaboration with University of South Australia, on 17<sup>th</sup> Oct 2012.

[Resource Person: Prof Mohan Chinappan,  
Prof & Head-Dept of Mathematics, University of South Australia]



The collaboration with University of South Australia was initiated by Principal, Dr A. Vaz. A total of 135 participants including school teachers, teacher educators and student teachers registered for the event. The workshop proceeded as morning and afternoon sessions. Prof Chinappan began with elucidating how teachers need to be adept in using subject matter knowledge and pedagogical knowledge to provide meaningful experiences to their students. He gave inferences from researches and gave references for understanding concept of 'Mathematics Knowledge for Teaching'. He elaborated with several mathematical examples used in an aptitude test. Though these examples appeared simple, they were

of immense importance in developing student thinking and learning.

He explained the need for teachers awareness about their own professional growth. He explained this with reference to the professional standards for teachers maintained in Australia. Presentation of these indicators made the need for professional development of teachers very clear. The evolution of a teacher from being just a medium for curriculum transaction to being a mentor was effectively discussed. He was able to make all the teachers realize that a teacher is the most important factor in student learning and that it is essential that teachers promote and practice social equity in order to bring about a social change. He clearly explained that new paths in teaching in any subject can be explored through research. With this view in mind every teacher is a researcher in her own way.

He then steered towards how basic concepts in mathematics should be addressed in the class. For this he elicited topics from the audience and lucidly explained various approaches that could be

employed in the class. Teaching of trigonometry, concept of tangent for instance was used to explain how any topic in mathematics can be taught with various approaches. Several algorithmic procedures were explained and linked to their genesis as well. Use of language to improve maths teaching and to make it interesting was also explained effectually.

The afternoon session began with a discussion for the need to consider education for special children. What are the needs of the mainstream learners that are similar to special need learners, were discussed. What should the learner of mathematics acquire was discussed next. Prof Chinappan highlighted that teacher should develop interest in problem solving in math's by increasing the difficulty level gradually. Each sum should be different from the other and should lead to adding new insight and experience for the student. Different strategies for solving sums should be adopted. Learning priorities for special children should be accommodated and if need be then they should be helped separately prior to mainstreaming. Several

Instructional Strategies to be used for special children were considered in detail. Prof Chinappan once again endorsed the necessity for professional development of mathematics teachers to meet these needs.

Overall, two areas of concern were clearly highlighted over the sessions. First being the immediate need to improve use of language in mathematics. Many teachers in the audience also corroborated this view, based on their own teaching experiences. The second most important theme highlighted by Prof Chinappan was the need to relate mathematics to culture development and to civilizations. The follow-up discussion about the workshop with the participants was very encouraging. They found the workshop effective and informative.

***Compiled by: Dr Rashida Kapadia  
Asst Professor***

## A VISIT TO THE NEHRU PLANETARIUM

Planetarium consists essentially of a dome usually mounted on the ceiling which represents the sky overhead. Planetarium can recreate image of the sky as seen from anywhere on the earth at any time in such a manner that we can see the sky, the planets, stars and other heavenly bodies exactly as they appear in the sky.



For the geography method students a visit to the Nehru Planetarium

was organised on 4<sup>th</sup> April 2013. The World Time, where clocks displaying time of five cities namely Mumbai, London, New York, Singapore, and Sydney were displayed. Mumbai was the local time put in order to compare with the other cities. A panorama of Mars was displayed on the wall. Another interesting exhibit was the weight of an individual on different planets and the moon. It was interesting to check

the weight of an individual and compare the same with the actual weight on Earth.

In the main foyer everybody was asked to assemble and the origin of the galaxy, solar system and planets and their satellite were shown by an official person from the planetarium. A short film on the famous Astronaut Kalpana Chawla too was shown.

In the Sky Theatre of the planetarium “**The invaders to Mars**” was screened. Many secrets of the planet were revealed to the audience. Many myths and mysteries were resolved during the show. The theatre was the main attraction of the planetarium. The students enjoyed watching on the doom shaped screen. The skyline was Mumbai was seen all around the screen.

The students also enjoyed the abstract concepts shown in concrete form. This visit to the planetarium will be cherished by students throughout their life.

*Ms Samina Momin*

*Compiled by Asst. Prof. Nishi Kumar*

## THE SECRET OF MUMMIES

On Tuesday, 19th March 2013 the students and two staff members namely Ms. Kalpana Chavan and Ms. Nishi Kumar visited the Prince of Wales Museum to find out the secret behind the preservation of dead bodies by mummification. One such mummy was brought from the London Museum for display.

At the entrance of the museum was a mini theatre in which a 3 D movie of 20 minutes length on the Egyptian mummy “Nesperrenub” was screened. The movie revealed many secrets about the mummy.



The meaning of the word “Nesperrenub” was explained by breaking the letters of word into smaller units to describe the name of the person. He was a male and by profession a priest in the temple. The casket opened right in front of the audience as it was shown with 3 D effects. They transformed the dead body by reconstructing it in the computer laboratory. They showed how he would look if he was alive. It was amazing reconstructed. They

also displayed a flashback on his professional duties. He was a priest in the temple of God Osiris in Egypt.

The scientist who studied the bones, through carbon dating, put his age at 40 years as all the teeth in the body were in good condition. His height was 5.4 inches – average height in the present age but normal at that time. All the internal organs are removed in order to preserve the body. A tour into his body was done by the audience. They also described where the mummy was kept in the house. There were narrow tunnels to reach the mummy in the basement of the house. Later, the preservation and protection was the dead body was done by two priests. It took 70 days to complete the mummification of the dead body. Mummification is done with the belief that Nesperrenub was going to enter another world. Artificial eyes were fitted so that he would be able to watch in his next birth with ease.

Then there was a crack in the skull of the dead body. It was believed that when the people who were suppose to mummify the body left unbaked bowl on the head. After baking the bowl it got stuck to the skull of the body. They tried to remove the bowl but in the bargain the skull got fractured and without further damaging it they left it the way it was. Then they put the body with the

clay bowl in the coffin. They put the bandages and covered the whole body and embalmed it with preservatives. The reason for the death is still unknown as 40 years was considered old enough to die. The tour inside the body, specially the rib cage of the mummy was amazing.

After experiencing the mummification in the 3 D movie, we moved to the 2<sup>nd</sup> floor of the museum where the actual mummy of Nesperrenub was exhibited. It was easy to relate to the information given along with the mummy as we had witnessed it in a 3 D

movie a few minutes back. The actual replicas of amulets, artificial eyes of Nesperrenub, unbaked clay bowl and many more articles were displayed. The funerary boat which transported the mummies to the tomb was displayed too.

To conclude, it was a fantastic experience to know the secret behind the making of mummies as we had only heard and read in books. It made history come alive.

***Ms. Usmani Azimunnisa***

***Compiled by Asst. Prof. Nishi Kumar.***

### **RAPE OF THE MORAL FABRIC OF THE SOCIETY**

The Oxford Dictionary defines the word 'morality' as "principles concerning the distinction between right and wrong or good and bad behavior." The word comes from the Latin word 'moralitas' which means "manner, character, and proper behavior". Immorality is the "active opposition to morality" while amorality is variously defined as "an unawareness of, indifference toward, or disbelief in, any set of moral standards or principles."

Interesting today, from what we see, we can (un)safely say that people either choose to be amoral or more or so immoral in everything. Now the question arises... When did our country which places values, family, morals at the highest pedestal slowly disintegrated to a generation that looks

down upon all the afore mentioned and increasingly start to resemble to our 'ancestors' when it comes to culture and propriety?

Of course, when we talk about immoral behavior, the first thing that comes to mind is the recent gruesome gang rape of the girl from Delhi. It is an example of the brutal beast that people have become today. This incident was certainly an awakening of sorts to everyone. It did what Sepoy Mutiny did in 1857. It united people to come out and fight for the rights of the helpless victims of such inhuman acts. Suggestions also flew in plenty as to what is to be done to such barbarians. One set recommends a stronger punishment ranging from death penalty to castration to life imprisonment (current

punishment is 7 years rigorous imprisonment). Another set suggests improving the 'moral' fabric of the society by preaching against 'lust' in our school books or marrying men early.

Although the motives and circumstances behind such crimes are different, perhaps there are two points common to all. The first is the lack of fear in the mind of the rapist that he may get caught later and be made to serve the entire sentence. This is hardly surprising given the largely poor state of law and order in the country. According to a parliament statement, there were 654 rape cases reported last year and there was only 1 conviction! And if the accused happens to belong to the influential strata of the society, forget about him being caught at all. The entire machinery will work to shield him and instead further victimize the victim. We all remember only too well the movie 'No one killed Jessica.' The Jessica Lal murder case had people's blood boiling against the murderer, who happened to be the son of a prominent minister. Did she get justice after all? Jessica Lal case is not an isolated one. In Pipli, Odisha, ultimately the victim and her father had to commit suicide as the police took no action against the accused who happened to be the son of an MLA. In Punjab the additional sub inspector was shot openly by a politician affiliated to the ruling party in the state as he tried to defend

his daughter from some molesters. The list will go on.....

Anyways, the point to note here is that the "would be" rapists are often just not scared of being made to serve out the entire 7 year sentence. They think they won't be caught or even if they are caught, they would be acquitted. If somehow we can create this fear in their mind that they would definitely be caught and convicted soon for the 7 year imprisonment, it would act as a credible deterrent. After all 7 years is no mean punishment. Changing it to death penalty, life imprisonment or chemical castration (where only the male hormone is suppressed using drugs and no part of the body is actually cut off or made dysfunctional) would be meaningless if we are unable to create this fear of conviction in their mind. Thus the crux of the problem is the conviction rate and not the harshness (or leniency) of the punishment.

The second common reason behind rapes is that women are seen in our society as feeble, meek, unable to cause any harm. Such tendencies are often stronger in a rapist's mind and he thinks he can thus easily exploit her. Just think for a moment... who can dare to rape Priyanka Gandhi even if she has no security cover around her. Why in India we only hear of men raping women and not the other way round? Well the point is, the male dominant character of our society has got a lot to do with the

rapes. This needs to change. Now, more than ever, there is a pressing need for educational reforms. The children, right from primary education, should be taught to respect women and given lessons in moral values so that it remains in their subconscious minds. The country's badly ripped moral fabric needs to be immediately repaired. And for this even the society has to change its present attitude.

Shubha Chacko, a member of Anekha, a group that works for women's rights said that there should a decentralised justice system and more amenities should be provided by the government.

"There are simple things the government can do like ensuring better public transport and providing more street lights. And the procedure for lodging a complaint with the police should be made more sensitive for women. No one should come out ask why a woman was out at a particular time, wearing a particular dress and doing a particular action. It should be a woman's prerogative," she said.

The Delhi rape case only exposes the moral contradictions of the people of India. Different standards of morality for different people!

In Julius Caesar, Roman nobleman Cassius's statement, "The fault, dear Brutus, is not in our stars, but in ourselves, that we are underlings," aptly describes the situation in the country today.

Yes, we don't need a rape to remind us of the depleting moral values of our countrymen. Open the newspaper and we can find 100s of examples of the same, be it the killing of a 90 year old for some petty cash or throwing acid at a girl (of course) for rejection of a proposal or our favourite, the notorious "neanthedrals" (yes they vaguely resemble home sapiens) who in the name of progress are filling their pockets with money, land, gold and what not.

Then comes a man who seems to be the reincarnation of Gandhiji in his ideals and principles- Anna Hazare. This one man army stood up to fight against the political corruption and call for complete transparency of government dealings. He was flocked by many inspired and like-minded people and the hunger strike and morchas did yield many results if not fully, but partially.

But the question is, do we always need a trigger to open our eyes to the sore reality? Do we need a Nirbhaya to look at our fellow sisters differently? Do we need a Anna Hazare to envision a law against corruption? What we need is the strength of mind and the will to change- change the system, change the mindset and mainly, change ourselves to the better.

Let's not become the forever skeptic and moral standards or principles. Let us embrace humanity, brotherhood and compassion to heal the 'wounded body' of our country and take it to its glory that it has always been capable of...

Here I Quote Mahatma Gandhi:

"Seven Deadly Sins

Wealth without work

Pleasure without conscience

indifferent lot who cannot follow any set of  
Science without humanity  
Knowledge without character  
Politics without principle  
Commerce without morality  
Worship without sacrifice."

**Ms Vidya Kartik**  
**(First Prize in Essay Writing Competition)**

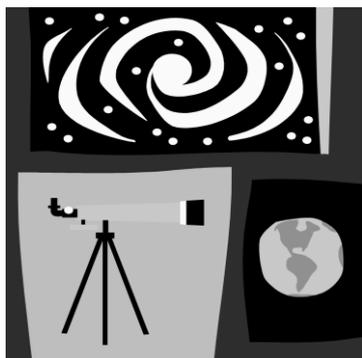
### **She's No Ordinary Woman**

Her eyes glisten hit by the sharp rays of light,  
She appears like an angel from nowhere in sight.  
As you pass her daily, you tend to notice,  
Her beauty can't be compared to the freshest lotus.  
Stared at by many, creepy quite a few,  
For them she is a Barbie, gift wrapped, all new.  
She's an image of self - confidence and pride,  
To lost tourists or the old, she's ready to walk by their side.  
On the phone chatting or with the radio singing, you can see,  
Her voice portrays that she is always filled with glee.  
With her youthfulness, any child's attention she can hold,  
And her wisdom shows she is both brave and bold.  
Yet, she has been warned, and now is filled with alarm,  
She has been told that at night, out comes the dreaded harm.  
Freedom was gifted to her, born in an era without fear,  
She dreams big for herself in the future near.  
For she decided when she was a girl child,

To make the life she has been given worthwhile.  
Decided that she, unlike her mother, would take a stand,  
Never to be abused or misused by any man.  
A woman in today's world, ready to survive,  
She won't fall so easily, but rather fights daily to stay alive.  
An empowered educated woman, she refuses to be someone's art,  
Rather to leave a legacy for the next generation, she has a vision that sets her apart.

**Janice Rego**  
**(First Prize in Poetry Writing Competition)**

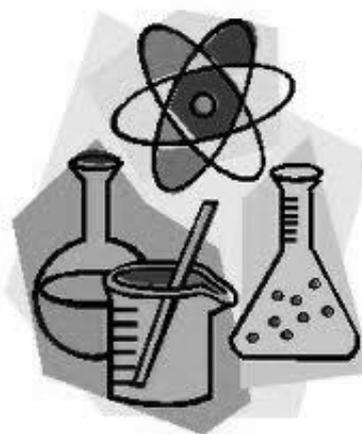
## SCIENTIA- THE PRACTICAL SIDE



Science is must be more experiential than merely listening to lectures. Science is a reason for our progress. A science teacher must provide a platform for observation, experimentation, problem solving and scientific thinking. All this is not always possible in the class. In order to provide a practical experience of science, the teacher trainees of SXIE were given the opportunity to participate in a 6 day long teacher training program organized by the Nehru Science centre, Worli.

Darryl Pereira, one of the trainees, co ordinated the entire program from SXIE. It was kind of him to gather the report of the 6 day program because of which this report for the magazine was possible. A cursory look at the report given by Darryl shows that NSC planned the entire program very well, and they saw to it that the teacher trainees took along with them the necessary skills they needed to give off their best in the schools.

On the first day the trainees were introduced to the professional organizations like NCERT- National Council for Education, Research and Training, NCSM- National Council of Science Museum, CISR-Council for Scientific and Industrial Research, ASTC- American Science and Teaching Council. Trainees were given input on the topic of 'Perception' which is an important psychological construct in Science and also an input on the skill of 'questioning' which is important for every science teacher. Along with this various teaching tools were introduced and their utility in



science teaching was explained.

The workshops which were organized within the 6 day teacher training program, gave a hands on experience to trainees, on how to make 'Mathematical tool kit' and a kit for 'Pythagoras theorem'. The exhibits in the galleries were self explanatory and clarified certain concepts which were otherwise difficult to understand. Mr. Bhatt who was in charge

of the teacher trainees for the entire program saw to it that the trainees got ample of food for thought and motivated them to assimilate as much as possible for the benefit of science teaching.



Magic brings excitement in young and old. Science can be made interesting through magic. Magic can really excite students about science. The demonstrations given by Mr. Bhatt were simple and could be easily used in class. The Oersted's experiment kit was made by the trainees which needed sawing, filling, drilling, hammering. The uses of these implements were exciting, exhaustive and really enjoyable. It was the first time that most trainees were using such implements. The trainees learnt how to use the kit in their lesson, by making a lesson plan.

The making of working models became easier after the exposure given on the second day of the training. The Newton's law of motion was made practical by working models. Nuclear

power gallery exhibited Rutherford's experiment, also explained the procedure of nuclear fission and information of different power plants in India. Trainees were oriented to NPCIL (Nuclear Power Corporation of India Limited)

The Pre historic gallery and Our Technological Heritage Gallery were amazing and the real size images took all the trainees back to the pre historic times. The session on 'how 3D images are formed in the human eye' was also informative. Mr. Ashok explained it by making a kit for understanding sensory receptors of brain. The kit consisted of image of brain, L.E.D. lights fitted in different parts of the brain with corresponding colours using a colour code. A bit of astronomy was also introduced through 'Taramandal'. The trainees were explained about astronomy and astrology. A simulated situation but so real, the trainees felt that they were sitting under a starry night sky although it was broad day light outside. The biology session gave indepth knowledge on topics like germination, transpiration, respiration, and moreover balanced diet. A model of the digestive system was made in the form of a jigsaw puzzle which could be used very well in lower classes. The Body Mass Index chart was created and its significance was told. Finally it ended by understanding the basic unit of life the cell. The sections of onion and potato

were taken and their thin sections were studied under a microscope.

Meryl one of our teacher trainees said, “The overall experience was very good. I got to learn a lot of things that would help in enhancing science teaching. In addition to that, we made a variety of teaching aids from things that are easily available at home which was really impressive. Thanks to SXIE for taking the responsibility to ensure that we are a part of such an interesting workshop”. Pallavi another teacher trainee said, “The teachers’ training program held by the NSC for the science teacher trainees was a very good initiative undertaken to enrich and enlighten the budding science teachers and updating them with the various techniques of teaching and exploring science. We the science students of SXIE got the golden opportunity to attend the workshop and learn how to go beyond the textbook and make science a more interactive process”. SXIE provides joyful and creative teacher education; truly this experience was joyful and creative.

***Compiled by Dr. Ms. Vini Sebastian  
Report given by Darryl Pereira and  
SXIE Science students***

## **OUR ENVIRONMENTAL GROUP VISIT...**

As part of the Environmental Education group, we decided to visit the Victoria Gardens better known as *Rani Baug* or *The Byculla zoo*, to get a better view of some of the birds and animals that we do not get to see very often and some of them that we haven’t even heard of before.



ur Environmental Education class was divided into three groups of about 15 members each under our professors, Rashida Kapadia, Vini Sebastian and Priti Sivaramakrishnan. We visited the zoo and were amazed to see birds like the Pelican,



White Ibis, Saras Crane, Budgerigar, etc to name a few and animals like the spotted deer, the Alligator, Elephants, the Hippo, a Python, etc. We surely had a great time and have something more to add to our memories at SXIE. However, we felt quite sorry at the state of the animals and birds and the way the zoo is maintained. We hope that the zoo and the animals may be maintained well. Some of

us have also decided to make it a point to take the children we teach in the near future to the zoo or any plant nursery whenever time permits so that the children too can personally experience the joy of seeing the beauty of nature and the importance of protecting and caring for nature.

*Krystle-Ann.S.Vaz and Ulrika Dias*

### **INDUSTRIAL VISIT TO SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD**

The years visit as part of extra- curricular activities for the economics method students was arranged to the Bandra branch of Shri Mahila Griha Udyog Lijjat Papad.

We commenced the visit after regular lectures and reached the venue - Bandra Branch of Shri Mahila Griha Udyog at the appointed hour of 2:30 p.m. on the 4th of April 2013. As we entered the office on the third floor, we received a warm welcome and were made to sit comfortably in the conference room which was very spacious equipped with an LCD TV with video facility and a glass cupboard which stored the various trophies & awards received by the Bandra branch. The office in itself was a bay of inspiration and empowerment depicting photographs of the people who inspired the founding of this organization: Pujya

Chhagan Bapa & Purushottam Damodar Dattani.

We were greeted by Mrs. Irene Almeida the office in-charge & administrator at Bandra branch. The visit commenced with a power point presentation (tour) on how this co-operative began its operation, its rapid expansion throughout the country; how the quality of the products is maintained & how its employees who are co-owners are empowered. This was followed by tea & snacks served in a most humble and friendly atmosphere and a tour of the facility.

The Establishment and Ownership: Shri Mahila Griha Udyog is a women's organization started in 1959. It aims to generate self employment for women in order to empower them. The first batch of ladies started this work with a



loan of Rupees 80 and the organisation as of date has a turnover of approx. 650 crores. This organization is recognized by the Khadi & Village Industries Commission (KVIC), It is funded by the KVIC, however, an interesting fact is that the organization never accepts any favours or free land, aid or donation. It pays the correct price for any land they purchase.

In 1966, Shri Mahila Griha Udyog was registered under the Societies Act. It has 82 branches across India with a membership of 42000 members (women) who are co-owners in the venture, membership is solicited by advertisements published in newspapers to reach out to women.

Working: The dough powder for the papad is prepared in the central office and distributed among its branches which are then collected by ladies staying nearby the branches. Papad production work starts at early hours in the morning i.e. 4:30 am. A mini bus is used to transport members from the closest point of

residence to the branch & back home every day. Every branch is headed by a Sanchalika to see the production of the branch.

Organisational Structure: A Central Managing Committee, which consist of 21 elected members and 6 office bearers i.e. President, Vice-President, 2 secretaries & 2 Treasures. Smt. Swati R Paradkar and Smt. Pratibha E. Sawan is the current President and vice-president. The organization also has a house magazine called Lijjat Patrika. They also run CSR initiatives like "Lijjat" providing scholarships to the children of the papad roller sister members who pass out in 10th & 12th standard every year so as to enable the lady members to encourage their children to pursue higher education.

Another interesting fact is that if a woman is hard working & dedicated she can reach great heights, this is illustrated by the fact that Smt. Swati R. Paradkar the current President began as a normal papad roller. The minimum papads a woman can roll is 5 kg & there is no upper limit. However, the women have to be dedicated to the organization and should not undertake employment elsewhere.

To maintain the quality of the product surprise visits are done / undertaken by the President & Vice President. The annual profits earned by

the organization are equally distributed among its members. Even the office bearers have to earn their living by rolling out a minimum amount of papads which is paid at Rs. 32 per kilo. Besides Lijjat Papad the organization has other products like Masala, Gehuatta, chapaties (only Bandra branch), Appalam, detergent powder & detergent cakes.

Their exports are made through merchant exporters to countries like UK, USA, Middle East countries, Thailand, Australia & other countries. Production during monsoons is affected due to

climate hence exports are stopped at this time of the year.

Mrs. Irene Almeida answered all our questions confidently. She was friendly, approachable & knowledgeable. We learnt a lot from this industrial visit & were inspired by the hard work & dedication of women working in this innovative & prestigious organization.

"Lijjat" has thus provided women the right platform to improve their status in society.

***Priti Sivaramakrishnan***

***Asst Professor***

## OUR JOURNEY THROUGH SXIE

SXIE was a dream come true, getting into a college of excellence where education is the only way for success. And here it is rightly said, "A journey of a thousand miles must begin with a single step."

"asato ma sat gamay, tamaso ma jyotir gamay, mriyora ma, amritam gamay"



This is the prayer we use to say every morning before starting our day. Values are what a teacher should foster in her student, and to know about the values, every morning we had theme based assemblies that evolved as a part of dynamic experiment with an ambitious goal of inculcating reflective

thinking among the students. Topics like forgiveness, smile, selflessness, hope, self control and many more were presented with real life stories and power point presentations, followed by National Anthem, and our college song on Saturday.

Our journey in college started by celebrating the Feast of St. Ignatius of Loyola, the founder of our college. Then came the constitution of the student council. Investiture Ceremony is that occasion where we respect and acknowledge the upcoming leaders and repose trust in them. It is a defining moment for the newly elected where the college entrusts responsibilities on the 'leaders' to uphold the values of the college and to keep 'the college and

house' flag flying high while discharging their duties honestly and impartially. The ceremony started with a short and inspirational prayer, following an motivating speech by Dr. Vaz, to follow up our duties and stand up for the college, Ma'am handed over the flag to the respective leaders. The College CR, Larisa Carvalho took the oath on behalf of the newly elected flag holders and pledged their solidarity in uplifting the honor and glory of the college. The ceremony came to an end, with the prayer and college song.

Teachers have an influencing role in the life of a student. They are like beacons of light guiding us in the formative years of our life. A teacher moulds us and in the process shapes our future. What we learn from our teachers remains with us throughout our life giving us direction. But very often, we fail to show our appreciation and gratitude for their devotion. Teachers do need encouragement and support from the community to feel that their efforts are being recognized. Towards this end only, Teacher's Day is celebrated throughout the world, and SXIE diamond batch kept no stone unturned for the teacher's day celebration.

Then, as we settled in the college with the course, one after another came several occasions to celebrate. Navratri is a festival of worship and dance. The word Navratri literally means nine nights in

Sanskrit; The festival is celebrated for nine nights every year during September or October based on Hindu calendar, and we the SXIE council didn't miss a chance to have a gala time during these nine days. Everybody along with the staff, made it a point to follow the nine colors. We all came dressed up according to the colors given to us, and the one entering SXIE could feel the fervor of the students with which they indulged in the festive season. On the day, a special assembly was organized on Diwali. The Hall of Inspiration was lit up with candles and diyas. Students performed to the best of their ability competing for the interhouse events. Everybody danced along when the girls rocked the dance floor.

SXIE gives its students everything in their hands, and this can be best observed when the college calls in schools for campus recruitment of their students, most of the schools gave brief pre-interview sessions to the students so that we are well aware of the schools we are stepping into, Ms. Rashida and sir Bijoy made it a point that everyone wait for these presentations. Campus recruitment was one of the best experiences that students got. Everyone was dressed up formally to give in their best; SXIE made it a point that before bidding us a farewell we all are well settled in our jobs.

SXIE is education in all the spheres. This could be easily felt on the days we had the indoor games and sports day. A thorough

wave of enjoyment was observed on sports day, every one was trying their best to make their house proud. Sports like lemon and spoon, the ping pong ball, gunny sack, three legged race, caterpillar race, cater pillar was the best of all, and am sure no student of diamond batch could ever forget it, Tug of War took place among the houses and was a great roar, as the houses fought, and each shout tightening their grips on the rope and making it harder for the other team. It was a pure show of skill and muscle power.

We made our cultural events memorable, be it the Christmas celebrations where we were nothing less than trees, fairies, angels, everybody was gifted by their secret Santa's a special gift.

The class was abuzz with excitement as the plans for picnic was announced in the class. Wow, what a sight that welcomed us at the Manas resort in Virar as we entered. There were swimming pools and water rides. We all rushed towards the pool, where we splashed around and swam around happily. We also enjoyed in the rain dance hall. Everybody had a good time spending out in a sunny day under the bright sunshine; we slept on the green grass and had our own time with friends and teachers.

Rural camps were the best thing that the college arranged for us, the moment rural camps were announced, we all hesitated for a moment how to adjust in such a place and many questions made a home

in our minds. Students are given a wide chance of taking up responsibilities with leadership during rural camps, and that's what we got, we all were divided and sent to different places to teach. The real joy of teaching was experienced by each one of us at the places we were sent to, living in a simple way, eating simple food living the life of people who may be deprived of many things we have, but the simple way of living which we have lost in the hustle and bustle is what make their living worthwhile. Everybody had an experience of a life time when they returned from rural camp.

Jaipur was the only word in the month of March; we all boarded the Jaipur train from Mumbai Central on 13<sup>th</sup> and reached on 14<sup>th</sup> at 2.00pm. Site seeing at the Birla temple, beautifully carved with white marble, Amer Fort, the famous Jal Mahal of Jaipur , Hawa mahal, City Palace, Jaipur museum, the sweets of Agarwal and the entire Japiur trip will remain with us vividly. The educational experience, bonding with the friends all will be cherished.

Last but not the least, the SXIE diamond batch shone on the valedictory day celebration as well. The farewell function brought mixed feelings about the institute, we were happy to venture out as teachers but at the same time we realized we are now leaving the portals of our institute which had taken care of us so well. We will always treasure the experiences at

this institute and hope to keep up to its expectation as teachers.

***On behalf of the Student Council:***

***Berlina Rodrigues***

**Student Council Members of the  
Academic year 2012-13**

- Class Representative: Ms. Larisa Carvalho
- Assistant Class Representative: Ms. Ulrika Dias
- Asha House Leaders : Ms. Rochelle D'sa
- Asha House Assistant Leaders : Mr. Darryl Pereira
- Astha House Leaders: Ms. Berlina Rodrigues
- Astha House Assistant Leaders : Ms. Princely Manabhat
- Satya House Leaders: Ms. Gayle Stephens
- Satya House Assistant Leaders: Ms. Michelle Pereira

**BHAU DAJI LAD MUSEUM VISIT: A REPORT**

**BYCULLA, MUMBAI  
4TH APRIL 2013**

Bhau Daji Lad was an ideal place for a museum visit. Located at Jijamata Udyan, Byculla the Bhau Daji Lad museum is the oldest museum of the city. After intensive restoration funded by The Indian National Trust for Art and Cultural Heritage and Jamnalal Bajaj Foundation it was opened to the public. Established in 1872 it was known as the Victoria and Albert Hall Museum and is the 3rd oldest museum in the country.

The Museum's collection showcases the Decorative Arts of India and the life and history of nineteenth century Mumbai. A group of 25 students accompanied by Dr. Elvina Pereira and Mrs. Kalpana Chavan paid a visit to the museum. We were given a guided tour by Ms. Stephanie who was a student pursuing her higher studies at the museum itself. The museum was divided into several sections. The lower level consisted of the arts and crafts of the 19th and 20th Century Bombay artisans. These

artefacts were displayed to showcase the talents of the local artisans as it was during this period that the Industrial revolution was in progress and hand made goods were on the decline. The dawning of the Industrial Revolution made cheaper goods of higher quality available in the markets that led to the artisans losing their jobs and a final decline of their skills. The floor consisted of cloth works, chinaware, metal ornaments and ivory figurines. They were a wonderful sight and testimony to the art and skill of the people of Bombay. The upper level of the museum was where they preserved old maps and model towns and villages which showed the advancement in town planning systems. The maps were from the 19th century and showed Bombay when it was divided into the seven islands. There were also models of the trade boats that used to arrive at the docks and trading ports. The other sections showcased the live of the

people in villages. They included models of the dances, games and farming work done by the people. Also there were figurines of people of every religious background along with their traditional dress which were put up on display.

The visit to the museum was thus an enriching experience. It provided us with a good insight into the various aspects of the life of the people of Mumbai. It gave us an idea of the flourishing talent during that time and how industry led to its decline. Overall it was a memorable visit and one which has left us wiser and more intrigued and fascinated by the treasures of knowledge that we uncovered.

***Mr. Carlton***

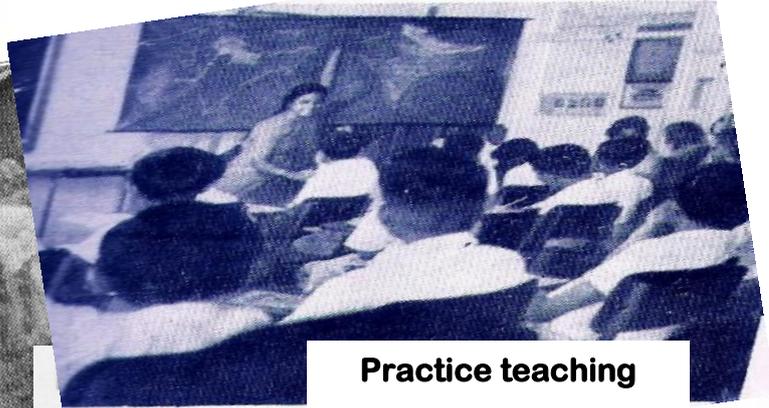
**Report on a visit by B.Ed College  
from Allahabad to St. Xavier's  
Institute of Education**

On 1<sup>st</sup> March 2013 we had students and staff of B.Ed college from Allahabad, who visited our us. They were 140 students who were accompanied by their Head of the Department and staff members. It was a great experience to have them here and get to know about their institution. We began our session with the universal prayer to introduce them

with our college values. The students felt enriched and refreshed after listening to the prayer. Then we had a welcome speech by our manager Fr. Blaise D'souza, who with his inspiring story gave a message that it is not that teachers know everything but are learners always. After this Geeta ma'm introduced all our teachers followed by the council. Later their teachers introduced themselves. The class representative of their college gave detailed information of their college and various activities they conduct during the year highlighting on the extra-curricular activities. We too told them about our rural camps which is a distinctive feature of our college. Then we had a PowerPoint presentation telling them in a nutshell about how our college started and flourished over the years. After this we took the students to have a look at our college premises. They were amazed by the various facilities that we are provided with. Finally we bid them farewell. It was a great learning experience for them as well as us. It was a very enriching experience for us as we came to know about the B.Ed. course in other states as well. Interacting with these students was delightful. We are grateful that our batch got this opportunity.

Larisa Carvalho

1953-1975



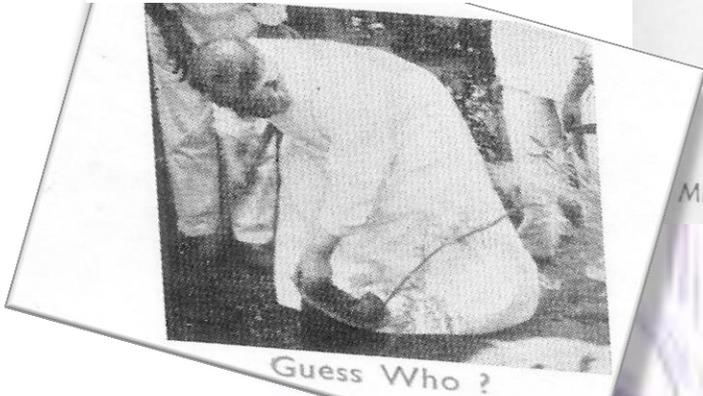
Practice teaching



Environmental awareness



Teaching Aid Exhibition

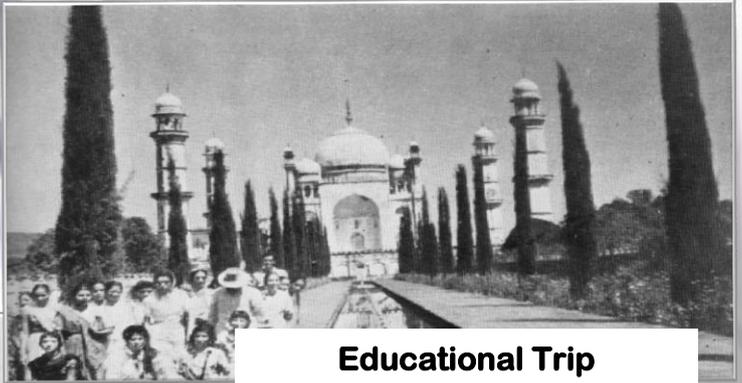


Guess Who ?

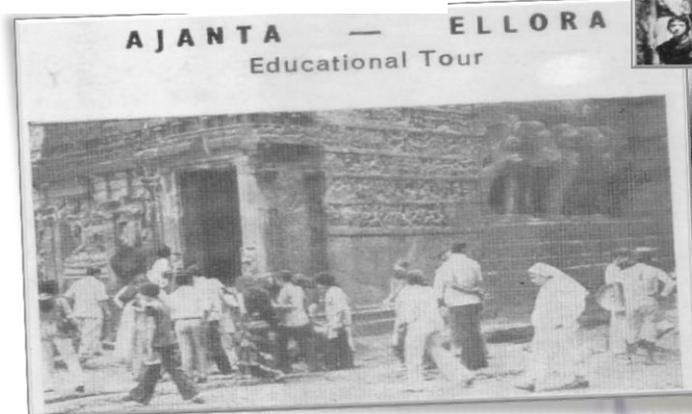
Miss An



Cultural Activity



Educational Trip



AJANTA — ELLORA  
Educational Tour

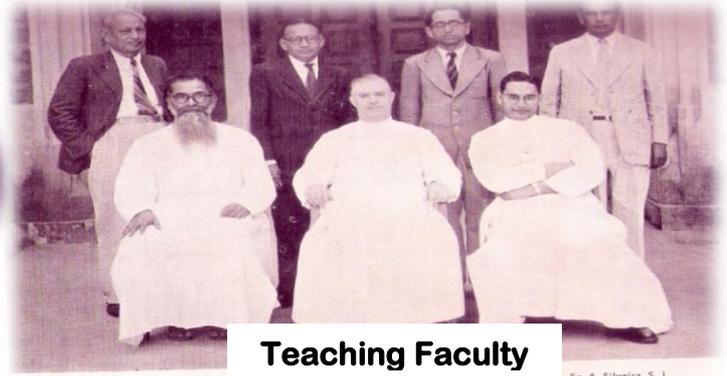


At the National Park

1953-1975



On The First Day



Teaching Faculty

String : Rev. Fr. A. Rebello (Vice-Principal) ; REV. Fr. O. ... Fr. A. Silveira, S. J.



Rural Camp



Library



Seminars & Workshop

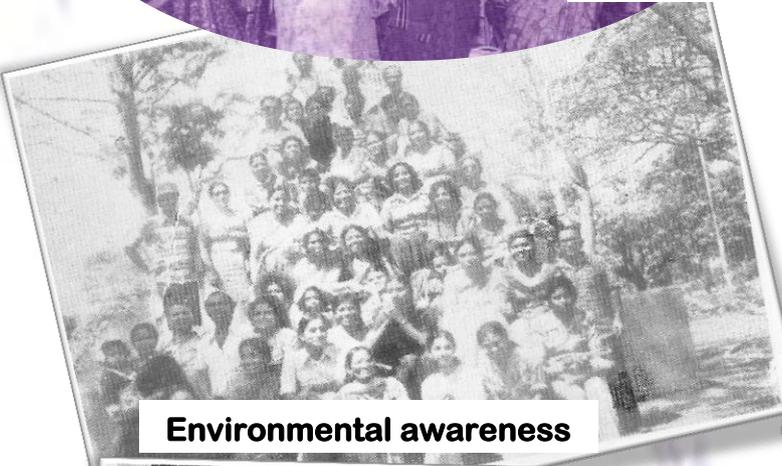


Guest Mr. S. R. Don...

1976-2000



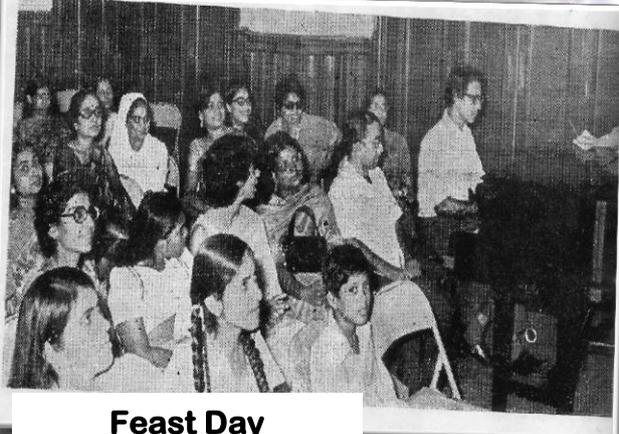
Teaching Faculty



Environmental awareness



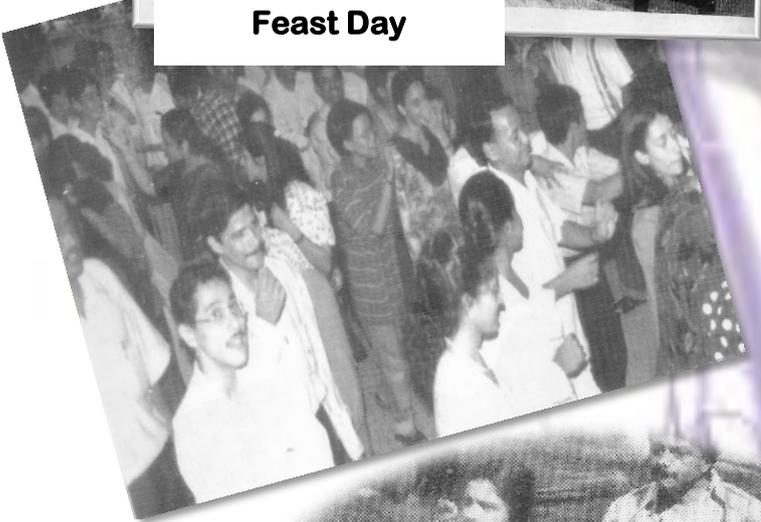
Student Council



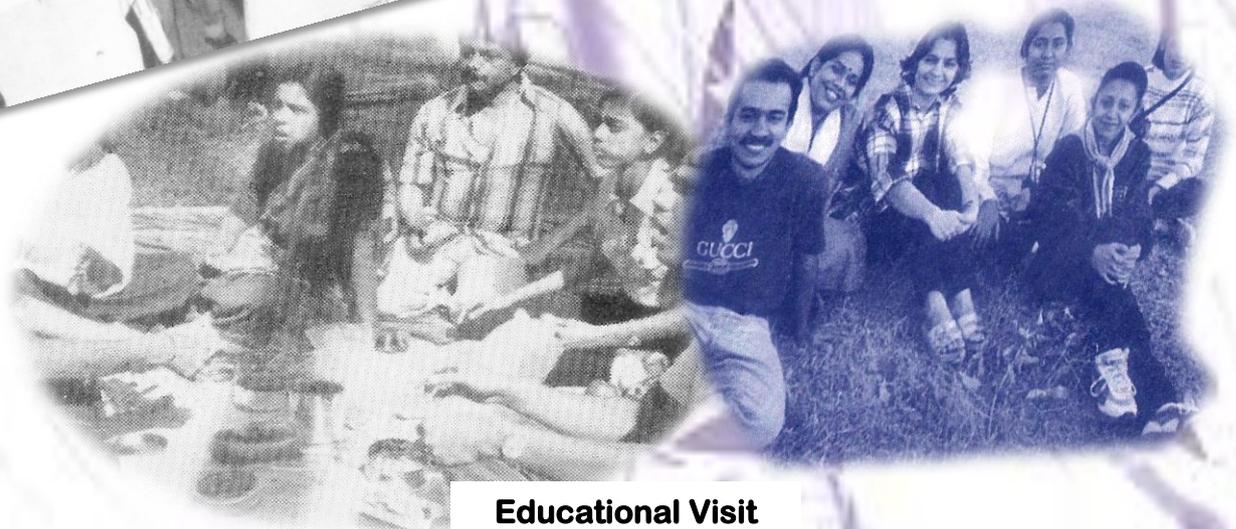
Feast Day



Computer lab



Rural Camp



Educational Visit

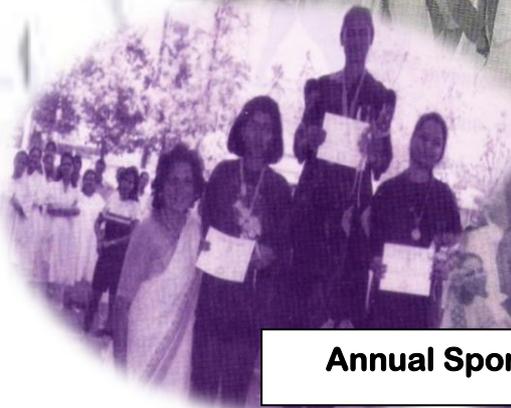
1976-2000



Annual Sports



Practice teaching



Teaching Aid Exhibition



Cultural events



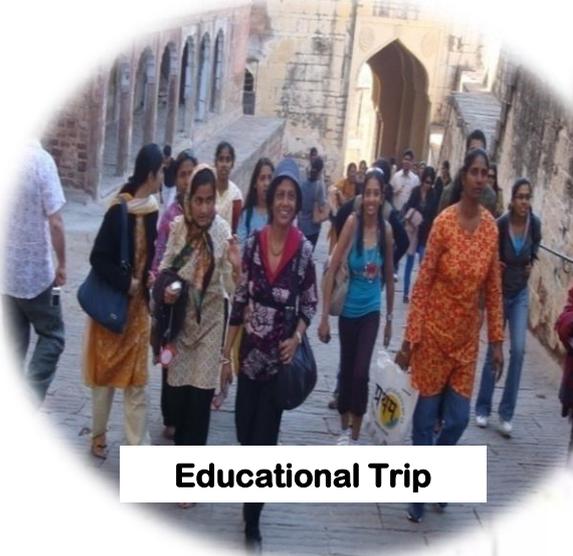
Alumni Meet



2001-2012



Seminars & Workshops



Educational Trip



Library



Yoga



Feast Day



2001-2012



**Classroom Interaction**



**Cultural Celebrations**

# 2001-2012



**Prayas**



**Rural Camp**



**Extension Service**



**Teaching Aid Workshop**



**Campus Recruitment**

# 2001-2012



**Faculty**



**Alumni**



**Annual Sports**



**Environmental Awareness**



2001-2012



**International Collaboration**



**Digital Library**



**Student Council**



**M Learning**



**Online elections**

2012-2013



Practice Teaching



Faith Formation



Talent Day



Instructional Aid Workshop



Cultural Activities



Diamond Jubilee Year 2013



Student Council



Campus Recruitment

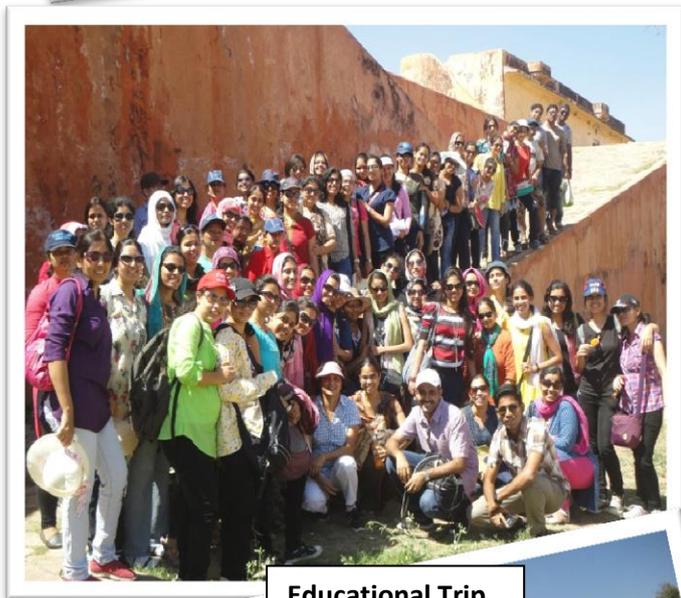


Special days





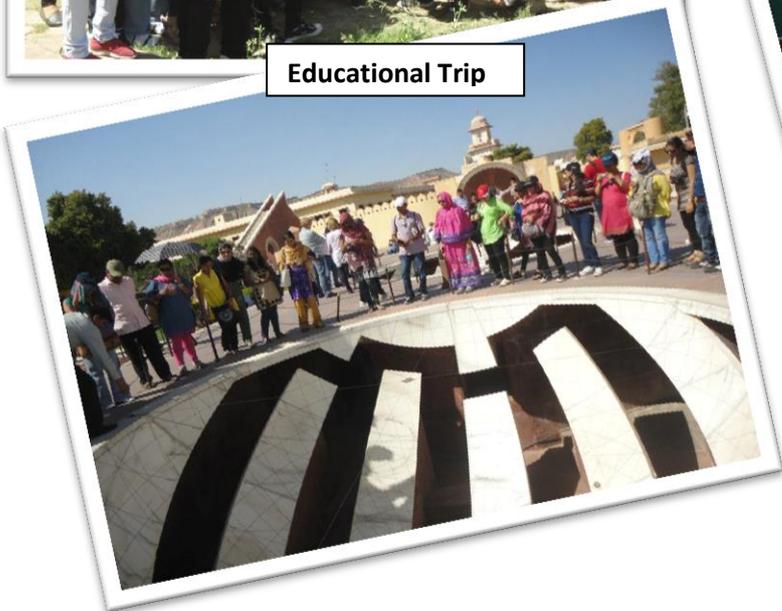
St. Francis Xavier's Day



Educational Trip



Prayas



Teacher's name	Dr.Vini	Dr. Shadab	Dr.Rashida	Ms.Nishi	Ms.Priti
<b>Questions</b>					
<b>What do you like most about our batch?</b>	Sincerity	Bindaspan (sometimes gives strength)	Cohesiveness	Everything	Relaxed and cool Does not take tension.
<b>Tell us one of your funniest experience with our batch.</b>	Encounter with berlina	Suddenly nothing is heard and I feel I have become deaf in the class ,with your voice	Responses received during project viva	Comedians in the class	
<b>Share your favourite quote or quotation with the class.</b>	Participate or perish	Action speaks louder than words	Persevere with patience	Pay attention!!	Live life king size Live each day as it comes
<b>What would you miss the most about our batch?</b>	Smiling faces	The liveliness and suddenly becoming quiet after doing the mistake which calms down the situation.	Smiling faces	Everything!!! Beautiful faces, smiles way of teaching!!	Teamwork among students
<b>What is your favourite word in class?</b>	Please pay attention	Hungry kya?	Ok ☺	Students!!!	OK
<b>Where do you get mobile signal the best in college?</b>	On your head	In my cubicle	My cubicle itself	Staff balcony	Staff room- balcony
<b>One place you always wanted to visit?</b>	Vasai	Kashmir	Kashmir	Australia	Tajmahal
<b>What is the one thing you would take along if you were stranded on an island? Why?</b>	A beautiful dress, no one will see me wear it	Books (romantic)	If I know I am going to get stranded all alone, I wouldn't go there!	Food !!!!	Music
<b>Share your scariest or closest death experience?</b>	Yet to come	None	Getting held up during the floods	Yet to come!!!Not experienced yet	Went for a picnic to khopoli

## “MADE IN THE WORLD”



Did you know that about 60% of the products are actually ‘Made in the World’ and not really ‘Made only in China/India/USA, etc’? Well, the International Education students of the B.Ed course of SXIE (Batch: 2012-13) hadn’t pondered over this either until their session with the Director and the Assistant Director of the Research and Trade Promotion Centre (RTPC) of the World Trade Centre, Mumbai on the 6<sup>th</sup> of April, 2013 between 11.30 am to 1.00 pm.

Around 20 students participated in this session under the guidance of Dr. Elvina Pereira, professor -in -charge of teaching the International Education paper. The session was held in the Board Room located on the 31<sup>st</sup> floor of the WTC building and of course, the view of the sea from that room was absolutely splendid! The students were quite excited and looking forward to

export their interest in WTO and import some worldly knowledge...

The Assistant Director of RTPC initiated the session by giving an introduction to the activities of WTC. He mentioned that the WTC brings puts all the services associated with global commerce (even education for that matter) under one roof and thereby offers its members and tenants a wide range of facilities and services. He then called for a short break and humbly offered students tea and biscuits. The session then resumed and students were shown an informative video on WTC called, “World Trade Centers Success by Associations”. The video informed the students about the origin and functions of WTC and its role in boosting international trade and commerce.

The Director of RTPC, Dr. C.S. Deshpande then presided over the latter half of the session and spoke in brief about the origin and functions of the WTO. He stated how the WTO is concerned with trade negotiations, handling trade disputes amongst several countries of the world, monitoring national trade policies and providing technical assistance and training for developing countries. He also gave interesting insights related to the current discussions of the WTO meetings and mentioned about the “made in world”

concept for various products of the world thereby highlighting the mutual interdependency of countries of the world. He also spoke about the 'Trans Pacific Treaty' and the 'Trans Atlantic Treaty' as important determinants of WTO agreements. Finally, he asked the students to keep themselves updated regarding the various agreements of WTO as they have significant implications on education. He bid adieu by asking students to look forward to the next meeting of WTO to be held later in the year at Barley, Indonesia.

The session ended amicably after the students thanked the Director and the Assistant Director of RTPC, WTC for an enlightening experience.

**Jayna Punamiya**

## **OF POSSIBILITIES AND CHANCES**

LIFE is a game that offers you millions of possibilities and chances. It's up to you whether you want to take it or not.



You either win or you lose...

Or is it? In fact there is a third option too. Yes, one of my favorite quotes by the Founder of Ford Motors, Henry Ford says,

*"A competitive world offers two possibilities. You can lose. Or, if you want to win, you can change."*

I am not a person who seizes all the possibilities and chances that life offers to me. I hesitate, I fear, of that shadow of failure that may fall up on me. But one thing I have realized in the course of time is that fear of failure is a disease. Once you allow it to grow, it can eat away your zest for life. You have to open up yourself to the possibilities and challenges; you may fail, but happily, for there you have learnt something about yourself and something that you can impart to others.

Competition, with all the negative connotation that one may attach to it (the word mean 'to be in rivalry with') is an avenue of possibilities and chances. I had my share of 'encounter' with competition through the course of B. Ed. which I embraced with enthusiasm and vigor. And for me, I came out as a winner, for I LEARNED SOMETHING out of them. That to me is WINNING...

The experience of participating in these competitions was an exciting one. As a poetry aficionado, I felt blessed to have witnessed some riveting poetry reading of my fellow peers from other B.Ed. colleges. Truly, poetry speaks one language that is transmitted through the emotions of the reader. I got the most inspired by some of the Hindi and Marathi poetry reading that were rich in emotions and wisdom. As an English teacher as well, I learned a thing or two about the perfect manner of reading a poem. Thus they became an educational experience as well.

I also got an opportunity to participate in an elocution competition. Just as poetry reading, elocution is also a competition that is an 'exercise' on one's voice modulation, pitch and tone and of course, the emotions displayed through those wonderful words. The group of participants was a fun, eclectic one. Hence, the experience was enriched by different renditions of elocution. Some were loud (to the point of being screechy!), some were too soft (like a lullaby!) and some with myriad gesticulations that marred the speech. And then there were some which were awe inspiring. I learned a lot from those natural orators.

Besides the Elocution and the Poetry Reading, I also got an opportunity to participate in the Spell Bee competition with

my fellow peer, Lydia Simon. It was also a fun-filled, at the same time an enriching experience. We found our love for the language resonated in many of the participants from the other B.Ed. colleges which contributed to a good conversation. Getting to know our fellow peers and partaking one another's expectations and dreams in the field of Education was indeed a great experience.

Moments like these will be cherished forever. ..

*Vidya Karthik*

## **MATHS IN NATURE**

Mathematics plays an important role in everyone's life. We use Mathematics for bank transactions, while shopping, etc. But have you ever wondered where Mathematics is in nature?

One of the most significant presence of Mathematics in nature is the human body. 'Symmetry' is the concept in Mathematics which is present not only in human beings, but also in snowflakes, animals, etc. Symmetry is when a figure has 2 sides that are mirror images of each other.

'Spirals' is another Mathematical concept present in



nature. We may have seen snails and sunflowers. The shell of the snail is formed by the 'Fibonacci Numbers'. What are Fibonacci numbers? They are a series of numbers formed by adding the consecutive numbers: 1, 1, 2 (1+1), 3 (1+2), 5



(2+3),..... Draw squares of sides equal to the numbers in the Fibonacci series and then trace a line through the diagonals of the squares. This will give you the shell.

Another fascinating fact is the Taj Mahal. It has four pillars which are built at an angle greater than 90°. This is done so that we can see the pillars at whichever angle we view the monument. And another reason is that the pillars will not collapse on the tomb.

There are umpteen things present in nature which have a geometrical shape. Some are the bee-hives, pyramids, planets, etc. Bee-hives have compartments that are hexagonal in shape, Pyramids have accurate measurements with 3 sides, planets are elliptical in shape.

Therefore, Euclid has rightly said, "The Laws of nature are but the mathematical thoughts of God". **Edna Wartika**

## PARTICIPATION AT VARIOUS INTERCOLLEGIATE COMPETITIONS

St Xavier's Institute of Education firmly believes in providing its students exposure in all the fields. This is essential to develop students' potential in several ways. 'Winning is not as important as participating' as quoted time and again should also be pursued. With this view in mind, students are encouraged to participate not only in Intra college competitions and events but also at Intercollege level, where they get to rub shoulders with other teacher trainees in the field and add sheen to their already existing potentials.

- Ms Vidya Karthik & Ms Gayle Stephens participated at the Sir Rustom P Masani Elocution Competition, conducted by K.R. Cama Oriental Institute, Mumbai.
- Ms Avril Fernandes, Ms Gayle Stephens, Ms Princely Manbhat participated at K.R. Cama Oriental Institute Annual Essay Competition, Mumbai.
- Ms Larisa Carvalho, Ms Heena Rathod, Ms Princely Manbhat participated at the Annual Essay Competition held by the Xavier Board of Higher Education, Bangalore.

- Ms Lydia Simon & Ms Vidya Karthik participated at the Spell Bee Competition, held by Gokhale College of Education & Research, Mumbai.
- Ms Vidya Karthik participated at the Poetry Reading Competition, held by the Nagrik Shikshan Sanstha's College of Education, Mumbai.
- Ms Vidya Karthik participated at the Kavi Sammelan Competition, held by the K. J. Somaiya College of Education, Mumbai.
- Ms Ratika D'Cunha & Ms Melissa Sampey participated at the Poster Making Competition, held by St. Xavier's Institute of Education, Mumbai.
- Ms Jayna Punamiya participated at the Essay competition held by St. Xavier's Institute of Education, Mumbai.

***Compiled By: Dr Rashida Kapadia  
Asst Professor***

### **Awards and prizes 2012 – 2013**

#### **Ex Students (2011 -2012)**

The Godfrey Sologran Prize: Student who stands first among SXIE students at the B.Ed University Exam. - Ms. Jerusha Siqueira

➤ The Raphael Conesa Prize: Student who stands second among SXIE students at the B.Ed. University Exam.- Ms. Enid Pereira

➤ The Douglas J Dias prize: Student who secures highest marks in Educational Philosophy at the B.Ed. University Exam, among SXIE students. - Ms.Naquiya Lokhandwala

➤ The Douglas J Dias prize: Student who secures highest marks in Educational Psychology at the B.Ed. University Exam, among SXIE students. –

Ms. Joanna Prabhakar,

Ms. Jerusha Siqueira,

Ms. Chriselle Fernandes

➤ Dr. Vincent Sanctis Prize: Student who secures highest marks in both theory (Part A) and Practicum (Part B) during the academic year. –

Ms. Jerusha Siqueira

➤ The Douglas J Dias prize: Student who secures highest marks in Practice Teaching. - Mrs. Lisha Kumar

➤ Dr. D.C.Maniar Prize: Student who secures highest marks in Theory (Part A) during the academic year. –

Ms. Jerusha Siqueira

➤ The Kathleen Pereira Prize: Student who secures highest marks in Practicum (Part B) during the academic year. – Ms. Renuka Pillay

➤ The Kathleena Pereira Prize: Student who secures second highest marks

in Practicum (Part B) during the academic year. - Ms. Safia Jalia

➤ Dr. Elaine Ann Charles Golden Jubilee Scholarship: Student who secures highest marks in practice teaching from among those students who had taken English as their special method. - Mrs. Lisha Kumar

### **Present Students (2012 – 2013)**

❖ The Stanley Rodrigues Prize: To a student (or 2 students ) of SXIE for outstanding Human Qualities –

Sr. Fatima Godad

❖ The Herbert Farias Prize: To a student of SXIE judged the best all round student of the year –

Carlton Fernandes

❖ The Herbert Farias Prize: To the best student in extra curricular activities at SXIE –

Ms. Rochelle D'Sa

❖ Sportsman of the Year –

Jackson Nadar

❖ Sportswoman of the Year –

Magzina Martin

### **INTER-HOUSE COMPETITIONS 2012-13**

✓ 1<sup>st</sup> Place in Inter-house Creative Advertisement Competition –

Asha House

✓ 2<sup>nd</sup> Place in Inter-house Creative Advertisement Competition –

Asha House

✓ 1<sup>st</sup> Place in Inter-house Group Dance Competition –

Asha House

✓ 2<sup>nd</sup> Place in Inter-house Group Dance Competition –

Asha House

✓ 1<sup>st</sup> Place in Inter-house Group Singing Competition –

Satya House

✓ 2<sup>nd</sup> Place in Inter-house Group Singing Competition –

Asha House

✓ 1<sup>st</sup> Place in Inter-house Skit Competition – Asha House

✓ 2<sup>nd</sup> Place in Inter-house Skit Competition – Satya House

✓ 1<sup>st</sup> Place in Inter-house Solo Dance Competition – Gayle Stephens - Satya House

✓ 2<sup>nd</sup> Place in Inter-house Solo Dance Competition – Avril Fernandes - Asha House

✓ 1<sup>st</sup> Place in Inter-house Solo Singing Competition – Azimunissa - Satya House

✓ 2<sup>nd</sup> Place in Inter-house Solo Singing Competition – Rebecca Francis - Asha House

### **Inter-house Sports Events (2012-13)**

1<sup>st</sup> Place in Inter-house Tug of War – Asha House

2<sup>nd</sup> Place in Inter-house Tug of War – Asha House

3<sup>rd</sup> Place in Inter-house Tug of War – Satya House

### **[Girls Events]**

- 1<sup>st</sup> Place in Inter-house Caterpillar Race – Astha House
- 2<sup>nd</sup> Place in Inter-house Caterpillar Race – Satya House
- 1<sup>st</sup> Place in Inter-house Ping Pong Race – Steffi D’Souza, Sherol D’Silva - Satya House
- 2<sup>nd</sup> Place in Inter-house Ping Pong Race – Venisa Dias, Nafisa Carvalho - Astha House
- 1<sup>st</sup> Place in Inter-house Lemon & Spoon Race – Janice Rego - Satya House
- 2<sup>nd</sup> Place in Inter-house Lemon & Spoon Race – Sephora Noronha - Astha House
- 1<sup>st</sup> Place in Inter-house Scrabble Competition – Jayna P & Vidya K – Asha House
- 2<sup>nd</sup> Place in Inter-house Scrabble Competition – Gretel D, Sephora N. - Astha House
- 1<sup>st</sup> Place in Inter-house 3-legged Race – Magzina M & Samentha D - Astha House
- 2<sup>nd</sup> Place in Inter-house 3-legged Race – Prajakta B & Minaz S - Asha House

- 1<sup>st</sup> Place in Inter-house Gunny Sack Race – Sandychris - Asha House
- 2<sup>nd</sup> Place in Inter-house Gunny Sack Race – Sherol D’Silva - Satya House
- 1<sup>st</sup> Place in Inter-house Badminton Competition – Sania Fernandes – Asha House
- 2<sup>nd</sup> Place in Inter-house Badminton Competition - Venisa Dias - Astha House
- 1<sup>st</sup> Place in Inter-house 50 mt Race – Gayle Stephens - Satya House
- 2<sup>nd</sup> Place in Inter-house 50 mt Race – Oliviya Dias - Asha House
- 1<sup>st</sup> Place in Inter-house Ringing the Article Competition – Nafisa Carvalho - Astha House
- 2<sup>nd</sup> Place in Inter-house Ringing the Article Competition – Rochelle D’Sa - Asha House

### **[Boys Events]**

- 1<sup>st</sup> Place in Inter-house Caterpillar Race – Satya House
- 2<sup>nd</sup> Place in Inter-house Caterpillar Race – Astha House
- 1<sup>st</sup> Place in Inter-house Ping Pong Race – Darryl Pereira, Michael Pinto - Asha House
- 2<sup>nd</sup> Place in Inter-house Ping Pong Race – Avinash S, Martin F - Satya House

- 1<sup>st</sup> Place in Inter-house Lemon & Spoon Race – Martin F - Satya House
- 2<sup>nd</sup> Place in Inter-house Lemon & Spoon Race – Avinash S - Satya House
- 1<sup>st</sup> Place in Inter-house 3-legged Race – Martin F, Jackson Nadar - Satya House
- 2<sup>nd</sup> Place in Inter-house 3-legged Race – Darryl Pereira & Michael Pinto - Asha House
- 1<sup>st</sup> Place in Inter-house Gunny Sack Race – Jackson Nadar - Satya House
- 2<sup>nd</sup> Place in Inter-house Gunny Sack Race – Michael Pinto - Asha House
- 1<sup>st</sup> Place in Inter-house 50 mt Race – Carlton Fernandes - Astha House
- 2<sup>nd</sup> Place in Inter-house 50 mt Race – Jackson Nadar - Satya House
- 1<sup>st</sup> Place in Inter-house Ringing the Article Competition – Ajay Jaiswar - Astha House
- 2<sup>nd</sup> Place in Inter-house Ringing the Article Competition – Martin F - Satya House
- 1<sup>st</sup> Place in Inter-house Carrom Competition – Carlton Fernandes, Sagar D - Astha House
- 2<sup>nd</sup> Place in Inter-house Carrom Competition – Avinash S, Sheetal A - Satya House

- 1<sup>st</sup> Place in Inter-house Chess Competition – Jackson Nadar - Satya House
- 2<sup>nd</sup> Place in Inter-house Chess Competition – Carlton Fernandes - Astha House

### **Meritorious Service as**

#### **Student Council Members (2012-13)**

- Larisa Carvalho
- Ulrika Dias
- Rochelle D'Sa
- Gayle Stephens
- Darryl Pereira
- Princely Manbhat
- Michelle Pereira
- Berlina Rodrigues

#### **Paper Presenters at Annual Research Paper Reading (2012-13)**

- Sr.Fatima Godad (B.Ed.)
- Michelle Pereira (B.Ed.)
- Ulrika Dias (B.Ed.)
- Larissa Carvalho (B.Ed.)
- Michael Pinto (B.Ed.)
- Gretel D'Mello (B.Ed.)
- Sephora Noronha (B.Ed.)
- Janice Rego (B.Ed.)
- Sandychris Inchiparamban (B.Ed.)
- Shamra Abdulla (Ph. D. Student)

#### **Laurels at Inter College Level**

- Ms Princely Manbhat won the First Prize at the T.R.N. Cama Essay

Competition, held by the Cama Oriental Institute, Mumbai. (2012 – 2013)

- Ms Jayna Punamiya won the first prize at the Annual Event, Prayas, Intercollegiate Essay competition held by St. Xavier's Institute of Education. (2012 – 2013)
- Ms Ratika D'Cunha won the first prize at the Annual Event, Prayas, Intercollegiate Poster Making competition held by St. Xavier's Institute of Education. (2012 – 2013)

## Inter-house Winners

***Based on points collected, on winning competitions over the year 2012-13***

1. 1<sup>st</sup> Place – 203 points – Satya House
2. 2<sup>nd</sup> Place – 194 points – Astha House
3. 3<sup>rd</sup> Place – 169 points – Asha House

## REFLECTIVE IMPRESSIONS



Impressions about the various aspects of the B.Ed. Course as seen by the students at SXIE were a part of the presentation on the valedictory day. The student council members voiced their reflections of the years events as follows:

In any professional training, intellectual growth is inevitable and crucial. Intellectual competence is in fact the bodily substance of every professional. As flesh and blood is to the body, so is intellectual formation to the growth process of a professional.

In the B.Ed. College as we are being trained to become professional teachers, **theory** is beyond doubt the heart of the programme. At S.X.I.E. quality training is enhanced at the hands of dedicated professors, committed to excellence.

The theory classes were not merely informative per se, but correlated with various other curricular subjects and most importantly with life. The professors made efforts to make theory creative and

interesting, also stimulated thinking and applications.

Theory teaching at S.X.I.E. was dealt in a comprehensive manner. It was not the “what“ of teaching and education that was emphasized. But also the “why”. Guidance in theory was taken beyond the peripheries of the classroom to the virtual platform as well, where doubts were clarified, discussed and debates were conducted.

Theory was taught not from an examination point of view, but from the point of view of becoming a committed teacher, dedicated towards raising an efficient yet human society and nation. Thus the theory knowledge imparted as S.X.I.E. will become the backbone of our efforts as teachers of the 21<sup>st</sup> Century.

***Darryl Pereira***

The practicum in SXIE is a complete package that any would be teacher would ever want to experience. The practicum of SXIE includes micro teaching, simulated lessons and practice teaching. It offers the students here a very good training as to how to teach concepts, follow different maxims, methods of teaching so as to make teaching learning process a fruitful experience for the learner.

We were first trained for the micro lessons where each of our skills were

polished, thus building our self confidence. After being trained for these skills we were taught how to integrate these skills in practice teaching lessons, before these we were given an excellent demonstration in our respected methods by our professors.

The phase of practice teaching was a phase no one would ever forget whether it is the submissions of plans at dot 9 am, to avoid a minus 1 or the waiting sessions before getting coaching. But it was worth the wait, as the coaching provided by our coaches helped us tremendously. The efforts taken by our coaches to coach us with patience will always be cherished, not forgetting the detailed feedback that we received after every lesson kept us on our toes to do better and better every time.

The simulated lessons were a part of the practicum, wherein ways to enhance teaching was shown to us. They helped us make our lessons interesting and fun to teach. The simulated lessons of role play and games were the lessons which no one would ever , because of the fun filled experience that we got that time was just amazing.

After this we were sent to undertake internship at different schools and we got an insight to the schools various activities and what all a teacher is supposed to do. Thus the practicum has made us confident

enough to go out in the world and teach the young minds and mould them in the right manner so that they can emerge as better citizens of the country and also prove themselves in society.

**Rochelle D'sa**

***Live as if you were to die tomorrow.  
Learn as if you were to live forever. -  
Mahatma Gandhi***

We may deny it, but the truth is that while doing our B.Ed. we traveled back in time to the life of a school kid... And the competitive events helped us to do so even more. When I was asked to write this impression it made me reminiscence about the year that has flown by. The first sniff of competition came through indoor games like scrabble, carrom and one outdoor event i.e. Badminton. The excitement accompanied by fighting spirit made the event a must watch experience and one that will linger on in my memory. However the most happening event in college by far was sports day. That day being a kid was acceptable! Doing funny and crazy things were allowed and entertainment was galore and flourishing!! The college was echoing with chants of each house during the inter house events. My most enjoyable race of course would be the caterpillar race. That race was absolutely amusing. From all this I learnt just one thing in life you ARE going to

fall; you are going to have people pull you down. You are going to have people say you can't do it! What are you going to do, sit and listen and believe them? NO. DON'T. A wise man said he's grateful to the people who said NO to him because that's what made him do it on his own! Always remember every finish line is the beginning of a new race! I would want to leave my B.Ed. experience on this note.. You got me mad, you got me annoyed; you got me angry, you got me hectic, you got me troubled and you got me sleepless! But... You took me at my worst and I will give you my best :D best of luck for every endeavour! We are after all the 'diamond' batch.

**Gayle Stephens**

***“Show me and I will forget. Teach me and I may learn, involve me and I shall remember.”***

Every single one of us in our respective houses, believed in this quote and each of us have been actively involved, in making our cultural events memorable for the college. Be it the Christmas plays where we were children, trees, fairies, angels, Joseph and Mary or during Diwali when we were nothing less than Radha's and Madhuri's. We gave it our all and today as I stand here I can truly say that we can cherish all of those memories. It is hard to see boys putting up events in a B.Ed College but we are SXIE and we are special. We saw the

boys of our class dance their hearts out to the Goan Mondovi's and really made us feel for those few minutes that we were on a boat sailing down the Mondovi River in Goa. The events of dance, plays and singing were the ingredients that added more flavor to the celebrations of the year. Separated though we were by houses it was the good times like this that united us and brought us closer together. The sharing of gifts from our secret Santa's, the jam sessions, the absolutely crazy moments at times with all of you is what made this B.Ed year so special and treasured and close to our hearts.

My friends I would like to end by saying that we may go our own ways and lead our own lives and do our own jobs but whenever we are put in charge of a cultural event in our schools and see the joy, fun and mischief of our students it will send us down memory lane and a smile on our faces, because we will remember how truly memorable SXIE made our celebrations as students and more important as friends.

***Berlina Rodrigues***

thank  
{you}

## **BIDDING FAREWELL**

Life is indeed strange,  
As the beautiful journey is almost on the way to come to an end.

A journey filled with so much,  
sadness, laughter 2 essential elements to give it its perfect shape.

A journey with 100 travelers  
where some have disembarked for various reasons and some have managed to pull along with all the busy schedules or just for running up and down steps to be guided for best lesson plans by wonderful guides.

Making the best of friends along the way..... be it in the pink city or just over slides Its now,  
time to say adios my friends.....

As all good things must come to an end....  
We all wait in anticipation as the curtain falls to see what lies in store.....

Just like a new born child who has just opened his eyes to view a whole new world.....

***Steffi Ann D'Souza***

**"Seasons In The Sun" By  
WESTLIFE**

*Dedicated to our Principal, Teachers and  
dear Friends at SXIE.*

*seasons in the sun*

Goodbye to you my trusted friends  
We'll see each other every now and then  
Together we've climbed hills and trees  
Learned of love and ABC's  
Skinned our hearts and skinned our knees

Goodbye my friends it's hard to leave  
When all the birds are singing in the sky  
Now that the spring is in the air  
Pretty girls are everywhere  
Think of me and I'll be there

We had joy we had fun we had seasons in  
the sun  
But the hills that we climbed were just  
seasons out of time  
We had joy we had fun we had seasons in  
the sun  
But the hills that we climbed were just  
seasons out of time

Goodbye teachers please pray for us  
You were the one who always guided us  
You tried to teach us right from wrong  
Too much dance and too much song  
Wonder how we got along  
Goodbye teachers it's hard to leave  
When all the birds are singing in the sky

*('tweaked' by ASHA HOUSE)*

Now that the spring is in the air  
Little children everywhere  
When you see them I'll be there

We had joy we had fun we had seasons in  
the sun

But the dance and the song like the  
seasons have all gone

We had joy we had fun we had seasons in  
the sun

But the dance and the song like the  
seasons have all gone

Thank you SXIE for all the fun  
You gave me love and helped me find the  
sun

And every time that I was down  
You would always come around  
And get my feet back on the ground

Goodbye SXIE it's hard to leave  
When all the birds are singing in the sky

Now that the spring is in the air  
With the flowers everywhere

I wish that we could both be there

We had joy we had fun we had seasons in  
the sun

But the hills that we climbed were just  
seasons out of time

We had joy we had fun we had seasons in  
the sun

But the dance and the song like the

seasons have all gone  
We had joy we had fun we had seasons in  
the sun  
But the hills that we climbed were just  
seasons out of time  
We had joy we had fun we had seasons in  
the sun  
But the dance and the song like the  
seasons have all gone

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*a*

2013 - 2014

STATE

## ***EDITORIAL***

***“Educationist should build the capacities of the spirit of inquiry, creativity, entrepreneurial and moral leadership among students and become their role model.”*** -----Abdul Kalam

The year 2013-14 was a roller coaster ride for the college which brought in many ups and downs with the change in the B.Ed. Syllabus and Pattern. Change is inevitable, and if we avoid change we perish.

The minds were occupied with the important task that we had in our hands – preparing teachers for tomorrow. Preparing teachers for future India is not a very easy task, but something that goes on and just doesn't get over in nine months or a year's time.

Amidst the entire academic task there were moments of fun, enjoyment and extracurricular activities, with the talents day, and various competitions conducted by the Student Council.

The coming of December brought in peace and joy with celebration of St. Xavier's Feast and Christmas and with a blink of the eye we welcomed the year 2014. This New Year had lots of changes hidden which slowly got uncovered.

At SXIE, “MAGIS” is what we believe in, i.e. going beyond for the greater glory of God. It is unsaid but the spirit of Magis is instilled in every individual through the

work done here and the way it is done. This year also was to see a change of the leadership. We had to bid farewell to the principal Dr Adelaide Vaz and welcome the new principal Dr Sybil Thomas. Change is a permanent factor of this universe how could we be aloof, so there came a change in leadership but not in the spirit of bringing change for betterment in whatever we do in spite of all odds.

SXIE saw a plethora of activities It was hosting workshops and inviting consultations from the higher authorities for bring a revolution of change in the course. Faculty was engaged in the professional development and deliberation. the collaboration with various agencies of change in education was a very thoughtful step taken as being the pioneer institute it becomes our moral responsibility to keep the journey going on and not just going on but making it exciting, rich and fruitful for all.

***Editorial Team:***

***Dr. Rashida Kapadia & Ms. Shadab Paloji  
Christina Macwan & Vishnu Mestry***

***Contributors to the Magazine:  
Staff & Students of SXIE***

## ANGEL OF LOVE



I looked outside my window,  
Once upon a day.  
I searched along the empty street  
For a smile to brighten up my day  
As I kept on searching  
I saw something bright as bright can be  
A tiny little person, that was just like me.  
Her eyes were like the sunlight,  
Her hair was like a breeze,  
Her beauty was astonishing,  
I wondered who she was.  
As I kept on staring,  
She turned to look at me,  
She moved her mouth to speak,  
But I could faintly see.  
Her words were just a whisper,  
Her smile too hard to forget,  
Now I met a pretty angel,  
Once upon a day.  
She called to me to answer,  
I was frozen to my place,  
She told me just a few words,

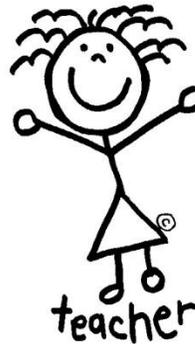
That will always forever remain.  
She said to keep on loving,  
Like your heart could not contain,  
To reach out to all those people,  
Who are in need or pain.  
She said to keep on smiling,  
Like the world was destiny,  
To keep myself from crying,  
And to never give up so easily.  
She said to keep on trying,  
Though how hard some things may seem,  
She said to keep from fighting,  
For the truth the light will see.  
She said to never be revengeful,  
Cause what happens was meant to be.  
To keep my fists from clenching,  
And to prevent injuries.  
She said to be myself,  
Though at times it's hard to be,  
To be an angel of love,  
That everyone will want to be.  
She said she saw my halo,  
And my wings so radiant white,  
Now I stand in front of the mirror,  
Hey! Why did it disappear from my sight?  
She made me make a promise,  
And to keep it till I leave,  
A promise to be the first to love,  
No matter how broken I feel.  
She said we had the power,

To brighten up the day,  
 By spreading just a little love,  
 In a small or tiny way.  
 So, she kissed my forehead,  
 And then she flew away,  
 The beautiful angel of love,  
 I never saw again till date.  
 So, whenever I am in trouble,  
 Whenever I'm down or sad,  
 I look outside my window,  
 And pray that she is glad.  
 I hear her when I falter,  
 It seems like she's in my head,  
 Or maybe it's my conscience,  
 Trying to make me forget her spell.  
 Now, I thank you angel,  
 For teaching me what you know,  
 I'll try to be that angel,  
 Somebody will want to know.  
 I'll try to be that angel,  
 That'll make the devil go.  
 I'll save another morning,  
 Of someone staring up in space,  
 And waiting for the moments,  
 To move on like a phase.  
 I promise I'll be faithful,  
 I'm sorry if I fail,  
 So, smile for me dear angel,  
 Coz you're the best God ever made!!!

- **LINEL VESSAOKER**

(Recited on Talents Day 2013)  
**TO TEACHERS, WITH LOVE**

Learning with Love, Learning with Pride.  
 Teaching with Fun, makes lessons a joyous  
 Ride.



Studying at SXIE is in  
 itself a charm,  
 It fills you with  
 knowledge, it instills in  
 you a calm.

A bunch of wonderful teachers, who are to  
 us more than a guide.  
 Who give you the confidence & strength to  
 take everything in your stride.

Leading the brigade is Ms. Adelaide Vaz  
 She wears on her head SXIE ka TAJ

Oozing out energy, which is more than per  
 capita.

Mesmerizing us with her expressions, is  
 none other than Ms. Geeta.

She ensures discipline and takes part in  
 everything with great vigour and zest.

Ms. Vini is always welcome, but not her  
 surprise tests.

She enters the class with a poise of a femina.  
Unfolding the pages of History, is the task  
of Ms. Elvina.

As sweet as sugar, as cool as a cucumber.  
Ms. Shadab is a person you will always  
remember.

Stating the rules of college and more.  
Ms. Kalpana is a teacher in whose class you  
will never snore.

She makes sure all college activities are fine  
and refined.

It is Ms. Rashida who suggests designs for  
our mind.

As swift as the wind, as busy as a bee.  
She is none other than our dear Ms. Nishi.

She is simple & quiet and audible mostly  
when she takes our attendance.

Ms. Preeti is someone who enjoys  
disciplined indulgence.

Saving best for the last is the icing on the  
cake.

He comes to our class to apply educational  
philosophy's brake  
His is one class in which we don't annoy but  
enjoy

Among all the gorgeous lady teachers, he is  
the only handsome boy,  
No points for guessing, he is our Sir Bijoy.

This was a small token from me for you all  
on this Teacher's Day.  
You all will have a special place in my  
heart, wherever I tread each day.

**Preetha Ameya Bhise**

### **ESSENTIAL LIFE-SKILLS EVERY TEACHER REQUIRES**



On the verge of being full-fledged teachers today, let us look at some skills we need to harness before our journey begins. Life skills are the skills usually associated with managing and living a better quality of life, they help us to accomplish our ambitions and live to our full potential. There is no definite list of life skills; certain skills may be more or less relevant to you depending on your life circumstances, culture, beliefs, age, geographic locations

etc. Perhaps the most important life skill is the ability to learn. By learning new skills we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life. Life skills are not always taught directly but often learned indirectly through experience and practice. Here is a list of basic life skills we should work on –

- **Communication Skills**

Communication itself is a complex subject it includes –

**Interpersonal Skills** are the skills we use when dealing with other people, for example we use both verbal and non-verbal communication techniques when engaged in face-to-face communications. The way we impart our knowledge and convey our ideas to others especially our students is essential and has to be in the right manner and hence we should work on our communication skills.

This can be done by enhancing our vocabulary, learning a new language, working on our voice modulation, learning how to listen is also important.

Interpersonal Skills includes Listening Skills and Active Listening, Verbal

Communication, Building

Rapport and Effective Speaking.

Listening skills are paramount to understanding and empathizing with others, ask yourself the following questions - do you listen effectively? Do you fully understand the message being conveyed? Effective listening skills together with techniques such as clarification and reflection can help prevent misunderstanding. Another component of this skill is learning how to effectively negotiate in a variety of situations.

We can all work on improving our Interpersonal Communication Skills.

### **Literacy**

Communication is a key life skill but it is not always an Interpersonal Skill. Many of us communicate using the written word - through letters, emails, text messages, social network feeds and a host of other methods. Being able to write clearly and concisely is a very powerful way to communicate, either one-to-one or to a much larger audience. One can read books, articles, newspapers or journals which will help you to improve your written communication and learn or refresh your knowledge on some of the fundamental rules of writing.

Another aspect of literacy skill is **Computer Literary Skill**. This comprises knowledge of how to operate a computer and the various software attached to it such as knowing how to use a **Smart Board, Stiles, Projectors** etc. The basics such as Microsoft Office is a must now-days. any additional knowledge of software is an additional advantage.

- **Personal Skills**

Personal Skills are the essential life skills we need to help maintain a healthy body and mind.

We are what we eat. We are all aware of the benefits of a healthy diet, it is important to know what foods we consume are part of a healthy diet or not. Discover our easy-to-follow articles. **Stress, Nutrition and Diet** explains some ways that stress can be managed through what we eat, and when we eat it.

**How we manage and cope with emotions** – Anger and Stress can both be detrimental to our communication skills but also to our health. Learning about anger and stress, recognizing what may trigger them (in ourselves and others), what the symptoms are and how to control or manage such emotions can greatly enhance our the quality of our lives.

**Managing Stress** is another key modern life skill. One can read articles on Avoiding Stress, Stress in the Workplace and Dealing with Stress. Find other ways to help you cope with stress, enhancing your. Enhancing on your skills of **Time Management** which includes **Effective Decision Making** and knowing how to **Minimize Distractions** can help you be an effective teacher and also avoid stressful situations.

For most people, most of the time, aggressive behaviour is uncommon. Nevertheless many people have experienced some kind of aggressive behaviour in themselves or others at some point during their lives. By recognizing the triggers and symptoms of aggression we can adopt communication strategies that can help to reduce or avoid aggressive behaviour.

Many people battle with low self-esteem and confidence which can cause stress and prevent us from reaching our full potential. Learning how to **Improving Self-Esteem** and **Build your Confidence** are practical ways to enhance your personality. It is important to have a developed personality in order to be a successful teacher.

- **Numeracy**

Understanding basic numeracy and mathematics makes a huge difference in all aspects of life, it can make you more employable, help you to achieve a greater understanding of the world around you, and save you time and money. We don't all need to be great mathematicians, and we're not all rocket scientists, but an understanding of the basic principles of day-to-day numeracy, arithmetic and Maths will help to open many doors.

Numeracy skills will also help enhance our problem solving skills.

**In conclusion –**

Let us resolve to work on as many Life skills as possible for not will it make us better teachers but better human beings who will contribute to the development of your country as well.

- **Ameda Mascarenhas**

**THE ROAD NOT TAKEN**



Two roads diverged in a yellow wood,  
And sorry I could not travel both,  
And be one traveller long I stood,  
To where it bent in the undergrowth.

Took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear,  
Though as for that the passing there,  
Had worn them really about the same,

And both that morning equally lay,  
In leaves no step had trodden black.

Oh I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling with a sigh,  
Somewhere ages and ages hence;  
Two roads diverged in a wood, and I  
I took the one less travelled by,  
And that has made all the difference.

**Austina Machado**

**BIRTHING A NEW WORLD**



‘We shall not cease from exploration, and  
the end of all our exploring will be to arrive  
where we started and know the place for the  
first time’ ---T S Eliot

It's been a journey – one of discovery, shaping up, consolidating, refining, defining, and re-defining oneself. Going with the flow, life has been kind and there is an ever-present Grace enveloping us all the time. Today, toward the completion of the Bachelor of Education course, I feel grateful for things falling in place. It feels like everything to this present moment was a preparation, a grooming for the joy and creativity to emerge, unfold and express itself.

It makes me smile in retrospective, to remember those moments of sheer resistance – I recognize them to be so much a part of the process – the growing pains of expansion and development. 9 months ...of having 9 mid-wives in the form of Professors at St. Xavier's institute of Education... of being an active participant in the birthing process...having received Quality Education, been empowered and enlightened to create a just and humane society, and strive to build a world of Faith, Freedom and Fellowship for the Greater Glory of God...

Thank you for being there!

**Seema Mehta**

## **JOURNEY OF LIFE**



Never suppress who you are  
Never blend into the crowd,  
Always stay proud  
You are who you are  
Who you were meant to be  
I can't change you,  
And you cannot change me  
People will hurt you,  
Make you feel strange.  
You are perfect how you are  
Don't ever change  
Just Smile  
And the world will love you  
Just like I do.....

**Charmine Aloz**

## **ANNUAL SPORTS DAY**

It all started with intra house competitions in various indoor games like carom, table tennis, chess, scrabble and outdoor games included badminton both for boys and girls. The winners were then made to compete with the members of other houses in the inter house competition. Each game and each winning position was awarded with points which would later be tallied on the annual athletic meet. Everybody busy making their lesson plans, teaching aids etc but somehow we still managed to complete these competitions.

And the much awaited Annual Sports Day of St. Xavier's Institute of Education was held on 1<sup>st</sup> March 2014. Fun filled indoor games and outdoor games were organized by the council which comprised of Reverse gear Race, Ping Pong Race, Caterpillar Race, Paper walk race, Lemon and Spoon race. Outdoor games were Sack Race, Three Legged Race, Sprint Race and how could we miss the Tug of War where all the members of the each house participated to strengthen their side of the war. Balloon game was also organized for the non-teaching staff where in they had to keep the given balloon in the air by constantly blowing air and cross the finishing line.

All geared up for the day in their most comfortable costumes with a vision of giving their best no matter what comes their way, but all with the sportsmanship spirit in their heart. The day started with the principal Dr. Sybil Thomas along with manager Fr. Blaise D'souza S.J. declaring the annual sports meet open. Smoothly all the games proceeded one after the other. It was absolutely fun watching all the students in competitive mood along with some of the funny moments that took place. Tug of war played the groups changed the game points and Astha house was declared as the best house in sports. Satya stood the 1<sup>st</sup> runners up and the 2<sup>nd</sup> runners up was the house of Asha.

Although it was tiring but everybody was so energetic until the end of the day wishing to have played more games as its very rare to keep studies, assignments, projects etc away for 1 full day in a B.Ed course and just concentrate on games, hence never wanting it to get over..

**Christina Macwan**

## **JOURNEY THROUGH B.ED...**



I believe life is a journey, and I was going with the flow. Suddenly, there came a time where I had to decide my path for the future. There were many doors in front of me which I could take but, one door fascinated me the most. The board on it read “B.Ed.”. The thought of working with kids seemed exciting to me, as I love kids & spending time with them is fun. I was scared to open it, but I did & I am happy that I took this step.

My journey in the start was very difficult. I thought I had to take my step back & choose another path, but, I guess, God had already made plans for me and so I had to never look back. I went further on the path of B.Ed. It was not easy, I guess the road is not always smooth in fact, throughout our travel we will always have to encounter many challenges, for me the challenge was that being a late admission I had a lot of

tasks to do and a lot of things to learn and I had very little time available. I had to cope up with everything that came my way, but I managed well even with all the obstacles and problems. Throughout my journey, I had both good & not so good experiences but I learnt a lot from them. There were times when I messed up & also made a lot of mistakes but by taking it positively, I tried to learn from them it helped me to improve myself & become a better person & finally become a good teacher. As a teacher, it’s my job to teach children, but, through my experience, I realized that I learned more from them, than what I taught them.

All journeys in life have a beginning & an end, in the same way my journey through B.Ed. will come to an end soon, but the journey of becoming a good teacher is a lifelong process, which will never end. This journey will go on & on.....

I would like to conclude by saying “The beauty of the journey of life is not on how to live, but on how to survive”.

**Clarissa**

**DON'T KILL ME PLEASE.....**

Life is considered to be the greatest gift of God to mankind . A short holiday time from



heaven. Unfortunately we forget to unwrap that most beautiful gift .The last December I was trembled to hear my classmate saying that I will never bear a single child in my womb ,if such a thing happens i'll prefer abortion . We profess that 'abortion' is the most heinous act being committed on a poor helpless soul. It is a brutal act of men towards its own species. How pathetic it is to kill an infant! That evening suddenly a thought striked my heart ' the pain of every abandoned foetus with which it cries, the tears that which it yells with

“ I was a child who was born out of love;  
but was killed in cruelty.

I wanted to see the light of the day;  
but was shown the darkness of death.

I was desperate to smell the fragrance of  
beautiful flowers;

but was blessed to enjoy the smell of my  
own blood.

I wanted to see the smile of this world;

but I heard the cry of my own heart.  
Mom ,i wanted to know the warmth of my  
your hands;  
but was blessed to know the pain of needles.  
I was living with the emotions of a baby;  
but was shattered down into pieces.  
Aren't am I a life?  
Then why is my cry being unheard by all?  
So hear me and stop killing the angels that  
God gifts to this world.  
Oh!my mother listen to me,  
I am a child as you were ago;  
eager to see this world  
that's ready to greet me too.....

Corrie Ten Boom says that “ the devil smiles when we make plans. He laughs when we get too busy”. So there's an urgent need to be loyal , to be loving , to be compassionate toward those small angels that God gifts to this world. James Alberione says “ everything is from God's providence”. So stop killing the greatest gift of God to you. Enjoy the beautiful emotions of parenting, its great and joyful. Pray that none of us falls into such a temptation, because we are answerable to God for our deeds.

**Diviny Davis**

## US

True colors are seen better  
When we spread our wings,  
Share our talents,  
Explore what's within  
and fly as a team.....  
working together as one  
is way beyond compare  
than doing things alone.

**Mona Machado**



## **NONE OF US IS AS SMART AS ALL OF US!**

The simplest way to explain the above line would be to emphasize on the much emphasized fact that – ‘large ambitious goals usually require people that work together’.

“Team work” is neither a very novel nor a very unique term. It has been proven

time and again that working together helps achieve better results. But is it only important for a group of people to come together in order to reach a common goal? Many teams do fail and fail miserably. Team-work not only requires a bunch of random people working together but it requires people who ‘like’ working in a team. The word ‘like’ is the point of focus here.

The famous Henry Ford said,

“Coming together is a beginning.

Keeping together is progress.

Working together is success”

Everyone can say that they are a part of a team but not many can actually be a part of the team. Respect for difference in opinions, accepting ones mistakes and forgiving the mistakes of others are few of the many attributes required of an individual to be a part of a team. Therefore, it goes without saying that individuals who truly believe in the spirit of team work can make a successful.

It is not necessary to have the same opinion about every single issue that the team faces but it is absolutely necessary that everyone appreciates and respects all opinions and suggestions even if they do not

conform with them. In fact, having differences of opinion in a team leads to much better results provided the differences are handled tactfully by everyone.. It does not matter that you do not agree with what everyone says, if you can't convince everyone of your point when absolutely necessary be graceful and humble enough to accept the views of the majority.

Apart from the many serious aspects of team work, fun, laughter, craziness and healthy relationships are something that effective teams always share. Learning together with the correct group of people not only helps in learning more but also helps in learning well. Boredom, fatigue, laziness get replaced by interest, excitement and enjoyment. If the mistakes made are 'ours' then the triumphs and success found along the way should also be 'ours'.

I would like to end by the famous quote by Nicholas Sparks – “Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people”.

**Sneha George**

## **TEAM WORK**



Two or three, maybe four or five.

Even teams, they all will strive.

A time limit, a theme to stick.

Make mine a double and please, make it  
quick.

Time constraints they make you rush.

Enemies, there are none here.

Always helpful and sincere.

My team mates are ones that I hold dear.

Talent abounds on my team.

Evilly, I know we'll win.

Attempts by the others,

May, they can't even begin.

Time ticks away.

Enjoy a delay.

Almost at the buzzer

My team's set to play.

**Daniel D'Souza**

## WORKING TOGETHER



Team work is an important part of a working culture. Good team works enhance effective and efficient achievement of an organization's work. Members of a team are more committed to work on goals that they helped to create. The most important thing about team work is that it enables individuals in the team to focus on one main objective. Team work is also important since everyone contributes their unique abilities, which make the result of their objective more diverse. Team work is generally important because it gives everyone a sense of belonging.

Teamwork Is...

Acting as one.

Believing in each other.

Committing to excellence.

Doing whatever it takes.

Embracing a common vision.

Fostering group intelligence.

Giving the benefit of the doubt.

Harnessing the power of many.  
Inspiring cooperation, not competition.  
Juggling skills and talents.  
Kindling collaborative genius.  
Looking out for each other.  
More 'we' and less 'me' thinking.  
Not minding who gets the credit.  
Overcoming obstacles together.  
Putting principles before personalities.  
Quickly resolving differences.  
Recognizing each other's strengths.  
Sharing the workload.  
Treating each other with respect.  
Utilizing everyone's skills.  
Valuing everybody's input.  
Working side by side.  
Expecting exponential results.  
Yearning to succeed together.  
Zestfully wanting to make a difference.

**Lovina Pinto**

## REFLECTIVE THINKING- A Necessity of the Hour

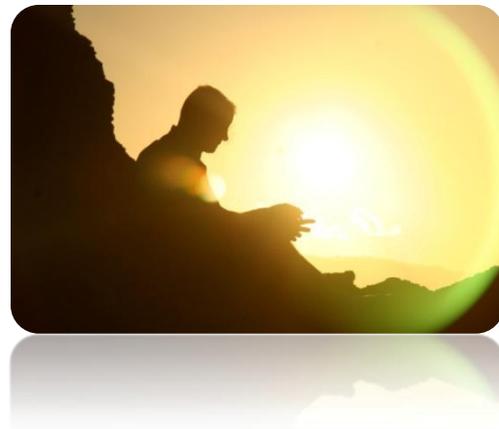
“We do not learn from experience... We learn from reflecting on experience.”

-John Dewey

It was John Dewey who first coined the word reflection and he defined reflective practices as ‘active, persistent, and careful, and careful consideration of any belief or supposed form of knowledge in the light of the grounds that support it, and the further conclusions to which it tends...’. Later Schön(1987) specified two types of reflection namely reflection in-action and reflection on-action.

Reflective teaching has been one of the important and very essential part of the education system since it helps both the teachers and the students in various processes like problem solving and decision making. It also fosters critical thinking abilities in an individual. Reflective teaching learning process is mainly based on Schön’s model of reflection in-action and reflection on-action which indicates that teachers reflect both during and after actions have been performed in order to improve their teaching practices. Reflection in-action happens while teaching, and by that Schön refers to the importance of teachers being aware of the actions and decisions as they work and it enables the teacher to take necessary towards improvement of his/her actions. On the other hand, according to Schön reflection on action happens after the

action has been completed and it engages teacher with reviewing, analyzing and evaluating the situation which enhances teacher’s professional growth. Teachers who adopt routine practices accept the circumstances without any questioning which does not lead to improvement, whereas , teachers who have a reflective stance rather than following habitual ways teach on the basis of reasoned principles. The reflective teachers think about the problems in their own teaching practice and co relate it to current educational and social



contexts, and improve themselves which in turn is beneficial for the students.

Dewey(1993) emphasis on the three qualities a reflective teacher must have: open-mindedness, wholeheartedness and responsibility. Where open mindedness refers to the ability to remain to alternative ideas. Responsible teachers reflect carefully about the consequences of their actions.

Wholehearted teachers are willing to learn new insights through reflection and are committed to reflect on their actions. But researches have shown that teachers are not aware of reflective teaching and hence do not adopt various strategies to improve their actions. Hence professional growth doesn't take place at the same time the student's learning process is at stake. This calls for a need of inculcating reflective teaching practices in the pre-service teachers in order that they continue those practices even when they become teachers. This can be made possible by making the pre service teachers reflect on their actions after every micro skills, integrated lesson, simulated lessons, practice teaching lessons, maintain a reflective journal and assess the effectiveness of the decision they had made in the classroom. Teachers should be made to write things they have learned, things they have tried, what meanings and conclusions they could reach, why and how.

Dr. Saroj Pandey expresses the need of investing on building on teachers capacity to act as autonomous reflective groups of professionals who are sensitive to their social mandate and to the professional ethics and to the needs of heterogeneous groups of learners. She feels that

professionalism needs to be instilled in each and every phase of teacher preparation starting from conceptualization to evaluation and appraisal to prepare professionals in order to improve the quality of education, giving relevant learning experiences to the learners in turn improving the quality of learners.

*An empowered teacher is a reflective decision maker who finds joy in learning and in investigating the teaching/learning process—one who views learning as construction and teaching as a facilitating process to enhance and enrich development.*

Fosnot (1989, p. xi)

**Ms. Kalpana Chavan & Christina M**

### **INDIA OF MY DREAM**



Let's work hard to make India a country of dreams,

For that we need to work as a team.

Let no issue bring disunity among us,

Be it political, ethical, lingual or religious.  
Let there be victim of injustice,  
Let's get rid of corruption and malpractice.

Let every India desist from giving or taking  
bribe,  
What we need today is an anti-corruption  
drive.  
Let poverty not compel a mother to sell her  
baby,  
Let hunger not force people into beggary.

Let no Indian child be denied basic  
education,  
Let our industries continue to grow and  
thrive,  
Let 'Made in India' be the preferred brand  
world-wide.

Let's make India a superpower.  
All we need is inclination and will power.

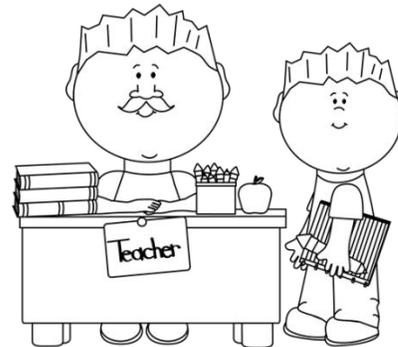
**Nivedita Rai**



**OH SUNSHINE! MY SUNSHINE!!**

Oh sunshine! My sunshine!!  
Our fearful lesson plan done.  
The unit has weathered many drafts, the  
enter we sought is won.  
The lecture is near, the bells I hear, the  
pupils r exulting.  
While follow eyes the steady keel, the  
observes grim n daring.  
But o heart! O heart!! O heart!!  
O bleeding drop of red.  
Where on the last bench my supervisor lies.  
Fallen simultaneous simultaneous!!!

### **PSYCHOMOTOPOEIA**



I first knew nothing,  
You showed me the way..... (Imitation)  
When I was wrong  
You were always there to correct  
me..... (Manipulation)  
When I was confused  
You made things simple for  
me..... (Precision)  
You were always there  
To make me perfect.....  
(Articulation)

You are molding me  
To help me stand alone.....

(Naturalization)

Thank you for being my teacher,  
philosopher and guide!  
My life has now a new meaning, honor and  
pride...!!!

**Vishnu Mestry**

### **CAMPUS RECRUITMENT**



Campus Recruitment for the year 2013-14 was held on 30<sup>th</sup> January 2014. It was a day filled with excitement, enthusiasm and apprehensions. Letters inviting the various schools to participate in the event was first drafted and sent to various schools across Mumbai. The letters were sent one month prior to the organization of the event. The letter was also accompanied with a form which the schools had to fill and send back. It contained the details of the requirement of teachers in each school. These forms were then displayed on the notice boards for the students to view and get prepared for

applying to respective schools on the day of the interview.

A practice of introducing schools to the students is made at the institute as an initiative to help students select the best school for themselves. It also gives the schools a chance to present their vision to the student teachers, this helps them to clarify certain misconceptions or apprehensions that they may hold. These pre-campus interview sessions were a great success and saw the student teachers take active part in the event. The student teachers were also helped on the way they could design their resume or curricula vitae for the campus recruitment day. Icing on the cake is the mock interview session taken by the Principal of the institute before the campus recruitment day. This gives the students a complete idea of what to expect on the day of the interview. The students were made to give their choice for the schools they were interested in applying to. This helped to coordinate the interview sessions on the required day. Students were instructed before the campus recruitment day on the preparation they should make for the day. Student council members and other students who were not going to apply for jobs were

requested for help in coordinating the entire event.

It was heartening to see a huge response from schools to come to the institute for recruiting teachers. Around thirty four schools participated on the day of campus recruitment. The schools came from all over Mumbai and were running courses from SSC, ICSE and International Boards. Students were then scheduled for giving demo lessons in various schools keeping in mind the convenience of the school as well as time table at the college.

This year two schools from the UAE came to the institute for teachers for their schools, Dubai Scholars and GEMS Education. The GEMS Education group made a presentation and interviewed candidates at a later date, as they were unable to make it on the day of the campus recruitment. This opportunity of getting interviewed by officials of GEMS Education was kept open for the alumni of the college as well as for any other B.Ed. student or teacher aspiring to apply for this job. A total of fifty candidates took advantage of this opportunity on the scheduled day. This initiative was one of its kind taken up by the college and was much appreciated by all the stakeholders.

Most of the students were placed through the campus recruitment drive at the college. List of schools in which the students accepted a job was prepared. The schools who participated in the process were also asked for a feedback in order to make further improvements.

**Dr Rashida Kapadia & Ms Shadab Paloji**

### **IN GOOD HANDS**



In the hands of a good teacher  
a classroom is a magical place.

In the hands of a good teacher  
there's a smile on each child's face.

In the Hands of a good Teacher  
Creative Energy is everywhere.

In the Hands of a good Teacher  
there's a Catalyst who genuinely Cares.

In the Hands of a good Teacher  
Desire and Wonder is awakened.

In the Hands of a good Teacher

The Educational Agenda is shaken.

In the Hands of a good Teacher  
Self-Management Skills are modelled.

In the Hands of a good Teacher  
The Best of Reality is bottled.

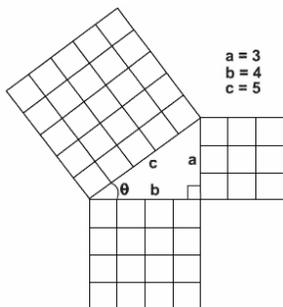
In the Hands of a good Teacher  
Gifts and Talents are Refined.

In the Hands of a good Teacher  
The Willled Future is designed.

Anonymous

**Submitted By: Fatema Ezzi**

### **VISIT TO MAX MUELLER MATHEMATICS EXHIBITION**



On the 25<sup>th</sup>, July 2013, St. Xavier's Institute of Education organized a visit to 'Max Mueller Mathematics exhibition', held at Max Mueller Bhavan, Kala Ghoda, Churchgate.

All the student teachers along with the staff members visited this exhibition starting at 1:00pm. The "Mathematics

Exhibition" had 20 counters with puzzles or games related to Maths and its equations or Theorems. The counters consisted of the following puzzles - 'Lights On, Mirror Box, Fastest way down, Tan gram, The Line Dice, The Second is always the First, The 2 Piece Pyramid, Soap Films, The Corner Mirror, Pythagoras Theorem, Who reaches farthest, Everything fits into the Cube, Infinite Pattern, I am a function, Square Puzzle, Soma Cube, Sot Out the Red Dice, Try it yourself, Break the Code, Mozart: The game of Musical Dice. All of us found the counters motivating and out of the ordinary, some were Puzzled, some rejoiced over their instant solution to the tricky mathematical games, while many were pondering on how the game could be solved. By and large the ambience in the exhibition hall was motivating.

The main Idea behind the display was to make maths easier. "The exhibition proves that maths can be used in daily life", said Prasad Shankar (Volunteer at the Exhibition)."

"The main endeavor of this exhibition is to deliver maths in an Interactive way without the use of formula", said Mrs. Bhakti Bhawe, coordinator of the exhibition she further stated that, "This exhibition was a new

approach towards Mathematics”. The ‘Mathematics Exhibition’, indeed was successful in impressing the future teachers. It also created an interest among the school students, who were eagerly waiting for their turn to play the games.

Another interesting feature of the exhibition was the correlation of maths with other fields and with life. The use of maths in making music was an eye opener for many. The Exhibition was well thought-out by Max Mueller organization for all categories of people.

**Daniel D’souza.**

### **RIGHT TO EDUCATION**



Right to education  
 Is a right to live,  
 Without education we spontaneously get  
 A right to die,  
 Not physically but morally,

Illiteracy is our moral death,  
 For being illiterate we can't even talk life,  
 Education is a soul rests  
 In the body of human being,  
 So without education,  
 We are only human animals,  
 Education takes us to height of humanity.

Mohammad Akmal Nazir

**Submitted by: Ainee Ansari**

### **ANTI RAGGING ORIENTATION REPORT**



- ❖ For orienting students regarding anti-ragging awareness a session was taken.
- ❖ Staffs in charge of Student council gave a small input first on the reason behind orientation for anti ragging.
- ❖ There was a display of the video regarding anti ragging.
- ❖ Video consisted of the concept of anti ragging, government rules and regulations regarding anti ragging, and how to deal with it.

- ❖ It consisted of various articles that dealt with anti ragging.
- ❖ There were various case studies discussed regarding ragging that took place in various parts of the country.
- ❖ Importance of anti ragging rules and awareness were discussed with students through group discussions.
- ❖ After the input and orientation, as per the university rule the students filled and signed on an undertaking with their guardians' signature on it so as to not indulge in any such incidents during their studentship.
- ❖ The students were made aware of how to respond in case of any such incident happening on the premises.

**Staff in charge: Ms Shadab Paloji & Dr  
Rashida Kapadia**

### **LOST FRIEND**



A friend is the one who always cared,

A friend is the one with whom u always shared.

You were never left alone wherever you went,

You would always remember the time together spent.

You were made special with the eyes of your friend,

You were always said beautiful, whatever may be the trend.

But, there was a sudden quake in that friendship of yours...

Your friendship had shook and you never understood.

There were circumstances when your friend needed you,

But now that friend is tired by listening to you.

Light goes and night comes, and you realize you have lost another whole day.

You look for missed calls on your mobile, But there's nothing else than your snoozed time.

But now you have to realize my dear friend...

That friends once lost would never turn back

**Grenil Menezes**

## **JOURNEY OF A B.ED STUDENT**

**J** stood for a good job.

**O** was the grade we hoped for

**U** was understanding the lesson plans

**R** was the rubrics sheet we gave our ma'ams

**N** stood for the number of drafts we made..

**Es** were the aim for our rubrics page

**Y** stood for an awesome year that we rode through

This journey made the year an unforgettable part of our lives and that's true..!

## **ZELAM PRADHAN**

### **EK DUNIYAAN EK AWAAZ**

EK duniyaan EK Awaaz (EDAA) – One World, Many Voices is a web based free and open audio content and resource exchange platform for community radio broadcasters, aims to facilitate the meaningful utilization of resources while breaking the geographical boundaries.

The platform enables the CR stations and other content producers to share their audio content and other resources, thus facilitating meaningful utilisation of resources breaking geographical boundaries'. Students of Mumbai University have found their voice on the airwaves, and to be precise on 107.8.

Friendly banter from R J Pankaj is what you get when you tune in to this community radio station launched by President PratibhaPatil, an alumna of the Mumbai University.

It's a small beginning with an agenda that goes beyond education and entertainment.

According to community radio enthusiasts, this genre of radio gained momentum in India over the last decade or so with nearly twenty stations on air. A handful of them run are by college students.

Apart from communicating vital university information, these stations telecast an assortment of programme on a variety of subjects ranging from religion to popular science to social issues. "Emphasis is on creating understanding of community issues and highlighting social initiatives,"



Member Secretary, FM Community Radio, University of Mumbai, Neeraj Hatekar says. “Basic vital info like traffic rules, election rules, etc is also a part of our radio station. We are planning to web stream content so other people can access it from anywhere,” Radio Consultant PankajAthavale adds. So if you're a radio junkie and happen to be within six kilometres of the Kalina campus of the Mumbai University, you can tune in to the evolving face of community radio in the city.

On 6<sup>th</sup> December 2013, St. Xavier’s Institute of education organized a resource program under the leadership of Dr Rashida Kapadia about Mathematics on radio in association with Mr Pankaj Athavale, an engineer by profession, radio broadcaster and sports commentator by passion.

An enthusiastic person with lots of love for mathematics just like Dr Rashida Kapadia in their heart and mind introduced EDAA to all of us. He gave us opportunities

to deal with mathematics on air through many recreational activities. He gave us the basic aspect and then the students then clearly understanding the concept gave their views and ideas for the program. SXIE has an opportunity to present mathematics on RADIO.

Students gave many beautiful ideas of describing Mathematicians, explaining concepts included in the textbooks through radio by demonstrations and dramatizations. They also suggested many recreational activities like games, puzzles riddles, quizzes and many more to teach mathematics. Making teaching of mathematics interesting, exciting, efficient, enthusiastic and more loving was the aim of the program and hence it was organized by our friend philosopher and guide DR RASHIDA KAPADIA.

Under her leadership with the association of Mumbai University we have been invited to present our concepts on EDAA by Mr Pankaj Athavale. We indeed appreciate that within a short notice of time and through our organizers request Mr Pankaj Athavale gave us his time and brief view of maths on radio and gave us the opportunity to present our ideas of mathematics and love for it. We thank Mr Pankaj Athavale and also our respected

ma'm Dr Rashida Kapadia for giving us this wonderful world of mathematics.

**Savlee Desai**

### **IMPORTANCE OF A TEAM**



Teamwork is crucial, don't think it minuscule,  
It means everything to accomplish anything,  
It's called Cooperation!

TEAM is an acronym, the meaning enlightening.

Together Everybody Accomplishes More,  
Therefore we should learn to work together,  
Not be hard as leather nor soft as a feather,  
Not be critical and cold neither shun being bold,

We undoubtedly can't be all that we were meant to be,

Without a collaborative effort.

A hearty commitment to exert...

Ourselves together fully or drive each other crazy.

Produce peaceably, collectively, or perish pathetically individually.

Teamwork is the key consistently the most important ingredient!

Kindly forgive, forget, and be resilient.

Us over me as we show sensitivity.

Less of me more of We Triumphantly.

Teamwork makes us indefeatable, our energy can be indefatigable

A team is invaluable and monumental,

Together for us nothing is impossible!

**Selected By:**

**Tasleem Hariyani**

### **THROUGH THE LENS OF THE STUDENT TEACHER**



When the going gets tough, the tough gets going, is how we describe the B. Ed. course. Our professors kept reminding us about this fact in order to prepare us for the very trying days that were to come.

Since this course is full of activities right from internals to co curricular areas, the students are always put into groups for any kind of activity and a professor is

assigned to each group for efficiency of tasks. Most of these groups dissolved within a period of 2 weeks after completion of the task however there was one group that was permanent i.e. practice teaching group.

Now practice teaching period is a nerve wracking one as it involves preparation, submission, approval and execution of lesson plans along with preparing timetables and catering to each group members needs in order to fulfill the prescribed criteria. It therefore becomes very important to have a group that is understanding and supportive or else its going to be a nightmare.

This period is a true test of cooperation and team work. The best way to survive as I see it is to subordinate individual interests for the group interest and this will happen only when you develop that level of trust in your group members that your needs will be catered to. Somehow this happened very easily in our group. We became a family standing up for each other taking up for each other for genuine reasons.

Our practice teaching period turned out to be the most stressfull and most enjoyable period at the same time. There

was a time when we had to give 2 lessons on a day and again the group stood by each one of us helping with preparation of teaching aids, putting lesson plans in fair etc. and cracking jokes on our situation. Amazing days !

A big thank you to each and every group that has made B. Ed. a rather enjoyable journey and all the best to all my counterparts for their future endeavours.

**Merlyn Vaz**

### **LIFE'S JOURNEY WITH THOSE HANDS**



Those are the Hands  
That bless me,  
And they are the ones  
That kiss me.

Those are the Hands  
That protect tme,  
And they are the ones  
That correct me.

Those are the Hands  
That rock me at night,  
And they are the ones  
That wake me to light.

Those are the Hands  
That wipe my tears,  
And they are the ones  
That vanish my fears.

Those are the Hands  
That hug me,  
And they are the ones  
That let me be.

Those are the Hands  
That help me achieve my goal,  
And they are the ones  
That will receive my soul.

Those are the Hands  
That placed me in the womb,  
And they are the ones  
That will place me in the tomb.

Those are the Hands  
That got crucified,  
And they are the ones  
That got me saved.

To those Hands

Nothing can I give,  
But place mine on Them  
And promise to love Them  
Like a precious gem  
As they have been with me  
Throughout my life you see!

**Adila Princess**

### **TALENT SHOW**



A hundred students, Three houses, A plethora of talent, An array of colors and costumes, One stage! The 2<sup>nd</sup> of August 2013 witnessed an outburst of talent with everyone geared up and ready to entertain.

The first group to take to the stage was the Asha House. They created a mini talent show of their own called “Xavier’s Got Talent” comprising of all the elements that make a successful show. They had a director, renowned judges, lights, camera and “applause”. This show presented a variety of talented participants. There was soulful singing, followed by some original

and very inspiring poetry. And how could there be a talent show without any groovy dancers?!The classical dance brought out a touch of Indian culture. A gripping social message on female infanticide stirred the audience. The judges on the show gave their own scintillating performances.

After this fabulous opening from the Asha House, the Astha House took to the stage. They brought with them all things mad with a Goan Carnival. Several entertaining performances were presented to a very demanding ‘King Momo’. A medley of songs reflected the message of friendship and the dancers filled the room with a “Retro Spirit”. A drama was presented which humorously conveyed the value of observation and logical thinking. Old songs never go out of style; hence, they are called classics and the choir got the crowd tapping their feet to the beats of “Abba”.

Finally, the Satya House presented their talents as part of a flashback. The “Good Old Days” was about a group of nostalgic students taking a walk down memory lane. The singers sang a melodious Marathi prayer song that left every one feeling calm and peaceful. This was followed by some creative poetry, beautiful

singing and enriching Ghazals and Shayari. After a very composed beginning, the Satya House rocked the hall as they got everyone dancing to the rhythms of a traditional Vasai folk dance. This brought in a very ethnic feel to the show along with a sense of oneness and simply left every one smiling and truly entertained. They also had mouth-watering delicacies. A magnificent video film that captured the making of the talent show culminated an eventful and fun-filled day.

From all the three houses: Colour and Creativity. The art and craft exhibits were a sight to behold.

The School Manager Fr. Blaise and Principal Dr. Adelaide Vaz congratulated the class’ efforts with words of appreciation.

Group work always gets out the best in people and this show proved exactly that. We got to know each other better; the spirited brainstorming sessions helped us develop a sense of respect for each other. Our vision to bringout our best and display everyone’s unique potential helped us to put up an excellent show and really just enjoy ourselves too.

The entire event was an amalgamation of not only superb talent, but also teamwork dedication and strong sense of unity to carry forth for the rest of the year.

**Greta Lopes and Karen Collaco**

### **THE LESSER KNOWN PATH**

Is it the end of the journey?  
I have trod too long.  
My feet are soar n weary  
And I can't hear anymore, the cuckoo's  
song.

I see the dying sun,  
The young night is rising  
But yet all is not done,  
My feet keep on marching.

I wait for the light of dawn  
And brighten my hopes.  
Till then I shall not frown  
Instead ry to cope.

I stand at the crossroads  
With new faith awaiting.  
I move towards the horizons,  
As I choose the lesser known path.

**Marossa Fernandes**

### **PLANETS AND STARS**



It is a must to see the Nehru Planetarium for any Geography student residing in Mumbai . Even otherwise it ought to be seen.

The Nehru Planetarium, Mumbai is a part of Nehru Centre, which was inaugurated on 3<sup>rd</sup> March 1977 by then the Prime Minister of India, Smt. Indira Gandhi. In this place scientific study of astronomy and space is carried out. My first visit to the Planetarium was exhilarating. I was fascinated as I was ushered into the realms of the stars and universe. The Planetarium consisted of two floors. On the first floor there were pictures of Mars and Moon Panorama; A view of the space that was stitched together by different photographs. At the entrance, there was the bust of Galileo. There were cubicles where we could check our weight on different places like the Moon, Sun, Earth, Mars and Jupiter. The weight on different stars, planets and moon was interesting. The guide in the Planetarium showed a video

film that gave the basic information about our solar system.

After this we were taken to the sky theatre. On the way to the theatre there were several pictures related to the solar system. The best thing was we could get into the costume of an astronaut and take pictures. Another fascinating display was the Interior of the sun.

Planets, stars, earth, moon, constellations, 3D effects, the dome as screen ... Oh my!!! It was mesmerising to watch a movie in the sky theatre and I felt like a child again. I really have to thank my Geography Teacher Ms. Nishi Kumar who took us to the Planetarium. It was wonderful.

**Ms. Naquiyah S. Vasi**

### **THEME BASED MORNING ASSEMBLIES**

1. Theme based morning assemblies are conducted by the B.Ed students. Reflective thinking is inculcated among students by sharing their experiences. The themes are normally value based which helps the B.Ed students to change and shape their personality.

2. Special Assemblies are conducted two to three days prior to the Feast day of St. Ignatian & St. Francis Xavier's. Both the assemblies are conducted by brothers of the Jesuit Community, provided any brother is present as B.Ed student for the current batch. In absence of any brothers, the Catholic students conduct the assembly. The B.Ed students are given insight on history of St. Ignatian & St. Francis Xavier's.
3. On special Occasions like Independence Day & Republic Day Assemblies are conducted by History method Students.
4. Special assemblies are also conducted for Navratri, Holi, Women's Day which were conducted by the Student Council Members.
5. This year special assembly was conducted on the importance of Voting as Elections were Around.
6. Internship Assemblies are conducted by students as per their practice teaching groups. A Schedule of the Groups are prepared and intimated to the students verbally and also by displaying the notice in the notice board. Internship assemblies help



Development department oriented the economics students about WTC, a centre to promote International Trade.

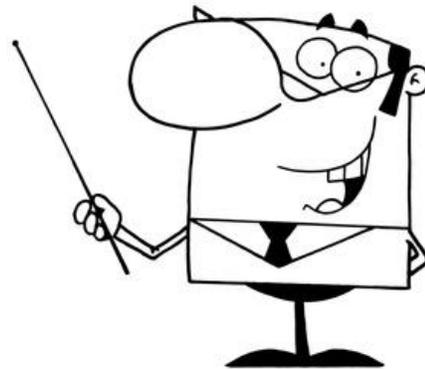
At the outset he was very happy to have a different stream of students visit World Trade Centre. He was very keen to understand the B.Ed. curriculum and interacted with much awe and aspiration with the students. The visit provided the students with an insight on WTC and its activities in promoting international trade. The Assistant Director and his team informed the students on the role of WTC on import and export. He also highlighted the various exhibitions WTC conducts to help bring revenue for the country. He mentioned how WTC helps to provide essential trade services and stimulate the economy of region it serves. His speech was also supported by a powerpoint presentation which showcased the different programmes WTC conducts.

He spoke about the inception of WTC at Mumbai and how it has progressed over the years. He also spoke about the true picture of agriculture, the problems and difficulties faced by India. He further mentioned about how the living conditions of the farmers could be improved.

He summarized talking about the different courses that World Trade Centre conducts for import & export programmes which were conducted during weekends. He also spoke that there are specialized courses on foreign exchange.

**Ms. Priti Sivaramakrishnan**

**TEACHER**



"Teach her, I am here, not to teach her or him, but to learn myself and educate myself and guide all those who need it.

"EDUCATION".

What am I here for:

T - teach with

E - eagerness

A - admire every child as my own

C - care for each one like no other

H - handle them all with love and

E - each one equally and with

R - respect for all.

This is what I am called to be a even more, a FRIEND, a GUIDE, a SMILE, a COUNSELLOR that I need to reach out too. To see the unseen, through Gods grace, to LISTEN to listen to those unspoken words, HEAR the cry of those who need support, and most of all is LOVE.

Lord, let me be be humble yet simple, be the light, to those who need to shine out from the darkness, be the salt to add taste to every child that comes my way and every day. O LORD,  
Let me be me, the way you want me to be to your created ones.

**Alice Pacheco**

### **FOOD FUN**

Food fun was an activity organised on the 4<sup>th</sup> of December, 2013, by the students of the Economics Club of St. Xavier's Institute of Education. The idea was put forth by the students during the regular lectures as an example of 'Learning by Doing' approach. It was then put into action under the guidance of the Staff In-charge, Ms. Priti Shivaramakrishnan.

The menu was decided keeping in view the tastes and preferences of the students and

staff members of the institution who were supposed to be the targeted customers. Both vegetarian and non-vegetarian food items, including desserts and beverages, were served. Coupons for the same were sold beforehand so as to avoid wastage of food. Cost was minimal. Students themselves volunteered the whole event, may it be distribution of coupons, purchase of raw materials or the promotion of the event through pamphlets.

Since profit was not the motto, it was the combination of both the food and the fun which made the event a successful one. The students were appreciated for their work by the attendees and the then Principal, Dr.Vaz. The profit earned was used for the purchase of educational books for the institute. The event was a huge success and the main purpose of the practical application of the 'Learning by Doing' approach was served.



## WHY MOM WHY???????????



Mom when you abandoned me near the dust bin,  
you missed the most beautiful smile of an angel!

Mom when you left me in the darkness of loneliness,  
you missed the happiness that I would have brought in your life!

Mom when you surrendered me into the hands of an unknown world,  
you missed the warmth of my cry!

Mom when you left me all alone on the gushing street of helplessness,  
you missed a most renowned call 'mother'!

Mom you surely missed the most beautiful days of being with me!!!!!!!

Why mom ? Why then did you abandon me  
?????????

was that because,

I was born as a girl???????????????

**Diviny Davis.**

## TIME FOR SOME FUN

Teacher:"Can anyone give me an example of  
Coincidence?"

Johnny:"Sir, my mother and father got married on the  
same day same time."

Teacher: How old is ur father.

Sunny:- As old as I am.

Teacher: How is it possible?

Sunny:- He became father only after I was born.

Student (to teacher) Ma'am my pen has run out of ink.

Teacher: Go run after it.

Teacher: Ramu,get up. How can you sleep in my class?

Ramu: I can teacher, if you keep your voice down.

A student to his teacher: " I haven't got no pencil."

Teacher, correcting him: " You don't have any pencil.

He doesn't have any pencils. We don't have any pencils."

Student, with a look of astonishment:

“Where have all the pencils gone?”

Teacher : Because of Gandhiji's hard work  
what do we get on 15th August.

Student: A holiday

Teacher : Clyde, your composition on "My Dog"  
is exactly the same as your brother's. Did you  
copy his?

CLYDE : No, teacher, it's the same dog!

Pupil (on phone): My son has a bad cold and  
won't be able to come to school today.

School Secretary: Who is this?

Pupil: This is my father speaking!

Teacher: What are some products of the  
West Indies?

Student: I don't know.

Teacher: Of course, you do. Where do you  
get sugar from?

Student: We borrow it from our neighbor.

Teacher: Could you please pay a little  
attention here?

Student: yes mam, I am paying as little  
attention as I can. !!

**Compiled By: Cynthia Rodrigues**

**PRIZE WINNING POEMS AT  
THE EXTEMPORE POETRY WRITING  
COMPETITION  
AT ST XAVIER'S INSTITUTE OF  
EDUCATION**

**LINKED FOR LIFE!**

Water, water everywhere,  
But not a drop to drink.  
Water here and water there,  
Oh! What am I to think.  
The power to combine us all,  
Whether green yellow or pink.

Then, why are we depriving lives,  
And bringing it to its brink?  
Existence was meant for all,  
Available in many forms,  
But wasted down the sink.

Water is the elixir,  
The magic in our lives.  
We are living here and breathing now,  
Because, water is our life!

So, careful dear,  
I hope you hear,  
That trickle down the pipe,  
Because water is the very link,

That separates death from life!

**1<sup>st</sup> PRIZE**

**Linel Vessaoker**

**St Xavier's Institute of Education**

**WATER IS LIFE**

Spread over 70% on Earth,  
My presence spreads mirth.  
To many a life I give birth,  
That's my worth.

I take many forms,  
Snow, rain, river and storms.  
Now at risk as the earth warms,  
Are you aware of your norms?

Do you care?  
There's a water scare.  
Waters not everywhere,  
For many it's rare!

Fish dying of oil spillage,  
People affected by sewage.  
Chemicals adding to water wastage,  
Is this optimum usage?

Conserve how do we?

Stop polluting me.

Start a water recycling spree,  
Rainwater harvesting is a plea.

Use water better,

Make the world smarter.

Save me from clutter,

Don't I matter?

**2<sup>nd</sup> PRIZE**

**Ruchira Malhotra**

**Bombay Teachers Training College**

**VALEDICTORY DAY**



Although with less amount of time available, we managed to put up a good show on Valedictory Day which was held on 21<sup>st</sup> April, 2014 at St. Xavier's Institute of education.

Fr. Frazer Mascarenhas S.J, Principal of St. Xavier's College along with Fr. Swamy were the chief guest for the event. Fr. Blaise D'souza, manager of St. Xavier's

Institute of Education also made his presence felt to us.

The program started with a small prayer service followed by a prayer dance by a group of students. The leaders and the assistant leaders of the three houses; Asha, Astha and Satya came up with their impressions on Practicum, Co-curricular activities and Academics respectively. A video based on all the events that happened during the year 2013-14 was presented to bring back the memories... and it did. Not only memories but also tears in our eyes.

The students of the previous year were awarded for their achievement in academics with certificates and prizes. Also the present batch students were appreciated for their excellence. Dr. Geeta Shetty on behalf of the staff appreciated the students and their work and also gave a secret message to keep going high in life along with her best wishes for us. The meal arranged was delicious.

Now it was our turn to show our love towards our teachers, and to do so we gave a token of appreciation in the form of a mug to the Principal, the manager, the teaching staff and also the non-teaching staff.

The Principal's message was very touching. Guiding us gently and directing our behavior for the future, our Principal Dr Sybil Thomas made a mark on us. We hope to make you proud, wherever we go.

Although it was fun on Valedictory day but somewhere deep down in our hearts everybody was sad about the fact that it is the last time that they are sitting all together as one SXIE family and having fun watching the function as it was our farewell too. The sending forth ceremony with a kind gesture of lighting a candle symbolizing we still have a long way to go, will always be remembered by us. Although a little happiness that B.Ed comes to an end with this but at the same time difficult to accept that it was our last day at SXIE.

Goodbyes are not forever, they are not the end. They simply mean you will be missed until we meet again.

**Christina Macwan**

**IMPRESSIONS BY SATYA HOUSE  
LEADER**

*“Learn everything you can, anytime you can, from anyone you can, there will always come a time when you will be grateful you did.”*

— [Sarah Caldwell](#)

A bachelor of Education as our degree is called is a degree to train prospective teachers to fulfill their role to the best of their abilities. Curriculum for B.ed teachers at SXIE focuses on the Ignation Pedagogical Paradigm which trains the three domains of learning-cognitive, affective and psycho-motor and also works on reflection and action.

Academics are an integral part of our curriculum. This deals with pedagogical methods and content knowledge, both essential for a teacher to cater to the students.

We, the SXIE batch of 2013-2014 learnt all subjects well. So well, that we made sure to ask 'higher order' questions and quoted Jean Piaget and John Dewey in everything we did.

Being a diverse class with students of various backgrounds, the methods like group discussions, presentations, role plays, case studies, co-operative learning proved to be successful. Essays and class tests molded us for the examination. Academics was not without the element of fun when the various 'days' were celebrated, our class taking it to a whole new level much to the surprise of our professors.

To end with I would like to quote Jiddu Krishnamurthy, who rightly said, *"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."*

Dear teachers, our batch SXIE 2013-2014, rightly named as "Life Long Learners" assure you that we will continue to learn as we teach, grow as we help growth and become as we help our students 'be'.

**Ruth D'Silva**

#### **THE SPIRIT OF CHRISTMAS GIVING**



Christmas stirs up images of joy, hope, festive spirit, giving and forgiving. We too at SXIE kept this mood alive at our Christmas celebrations on the 24<sup>th</sup> Dec 2013. The hall was decorated with colourful streamers and string lights, and the atmosphere was magical with many students wearing various Christmas outfits, masks, and headgear.

The programme began with the appearance of a shepherd from the very first Christmas to see how the event was celebrated today. This created intrigue and a lovely atmosphere that lasted throughout the celebrations. The scenes interspersed between carol singing and various dances. The spirit of reaching out to others in need was not missing. The students had planned to bring along various stationery items that would then be given to children in need. And the students' generosity and joy of giving was clearly visible from the many items that arrived such as colours, pencils, pens, erasers, books, etc. These were later distributed to children at Sneha Sadan (Andheri) – a home for the homeless.

Short reflections at the end of the programme were made by the institute's manager and Principal. The spirit of merriment and cheerfulness that marked the event rested with all in the Christmas week that followed.

**Vivek Coutinho**

**SPECIAL LECTURE ON  
COUNSELLING ASPECTS FOR  
INCLUSIVE CHILDREN**

The session was scheduled on 22<sup>nd</sup> March, 2014 in the conference room at St. Xavier's Institute of Education for 16 B. Ed students of Inclusive Education. Two experts Counsellors from Masina Institute of Psychotherapy and Behavioral sciences were called to provide students an overview on how counselling process is conducted for Inclusive Children. Expert Khadija Attarwala & Sneha Sundarani shared their respective input and experiences in dealing with inclusive children.

Ms. Khadija Attarwala spoke how it was difficult to create an environment for inclusive children. Their first step was to create a friendly environment for such children which would help in rapport building. She also mentioned what kind of different games were used to involve such children as they are usually little apprehensive at the start. She also mentioned about different examples of students and what kind of problems these children had and how to overcome their shortcomings.

Ms. Sneha Sundarani spoke about the Counselling aspect. She mentioned how counselling is conducted. Counselling is done not only to the child but also to the

parents and the sibling as to how they have to deal with children. She mentioned lot of patience is required in dealing with such children and strong observation skills are required.

The session ended with a questioning session by the inclusive students which were answered by the resource experts. The session came to end with a vote of thanks and the experts expressing their happiness to provide guidance to the B.Ed students and to make it more effective with presentation and to exhibit sample tests for future interactions in the next academic year.

**Priti Sivaramakrishnan**

### **AAKANSHA**

20 B.Ed. students of 2013-2014 batch were selected to teach at the NGO Aakansha Foundation. I Priti Sivaramakrishnan was in-charge to co-ordinate with Leena Joseph. The students were invited to celebrate Children's Day on 15th November, 2014 by adopting fun methods to teach and play with the children at the NGO. The B.Ed. student trainees had to train students of Abhudaya Nagar Mumbai Public School. There were two B.Ed. student trainees selected as leaders to

co-ordinate with Leena Joseph and the school leader ChitraVishwanath to chalk out the entire programme scheduled for students from different grades.

The students had to prepare a song comprehension / picture comprehension / reading comprehension as appropriate for the grade. The students also had to play certain games which were based either on a song comprehension / picture comprehension / reading comprehension as appropriate for the grade in coordination with School Leader - Ms. ChitraVishwanath to plan out the finer details.

**Priti Sivaramakrishnan**

### **VISIT TO NEHRU PLANETARIUM**

The excursion planned to Nehru Planetarium for the geography method students of SXIE came as a pleasant surprise as it brought back fond memories of my own school days. The interest in the excursion was accentuated since our group namely; Smita, Naquiya, Larissa, Kirti, Marossa, and I were being accompanied by our adorable geography method teacher, Nishi Kumar.

The Nehru Planetarium is situated at Worli, Mumbai. It was inaugurated on 3

March 1977 by the then Prime Minister of India, Smt. Indira Gandhi. Over the years, this has grown into a Centre for scientific study of astronomy and space science. The planetarium is currently equipped with a Digi star 3 planetarium projectors which was installed in 2003, replacing the earlier Carl Zeiss Universal Projector.

Since we had reached well before the scheduled time for the main show, we decided to indulge ourselves in the delicious snacks the canteen had to offer, before making our way into the building housing the planetarium.

On entering into the oval shaped hall, we were enthralled by the exhibits on display. There was a model of the surface of the moon and a gigantic snapshot of Mars among other exhibits. However, the niches encompassing the weighing apparatus on different planets and the moon impressed me most. A guide provided us interesting insights into planets of our solar system.

We then entered into the corridor leading to the dome shaped planetarium auditorium, wherein were displayed models of satellites, telescopes, life size model of an astronaut and several other exhibits.

As I entered the dome shaped auditorium, I was stricken with awe. The main show was an audio visual delight on the phases of the moon.

As we left the planetarium complex and made our way to SXIE, we felt a great sense of fulfilment, as the experience had been truly enriching.

**Ayesha Alvares**

## **FACULTY DEVELOPMENT PROGRAM**

This year as a part of the Faculty Development Programme three programmes were conducted on different themes.

1. The first faculty development programmes was on the Action Research Projects to be done by the B.Ed. students under the guidance of the faculty members. The topic relevance and how well the topics could be taken ahead for further research with suggestions given by the faculty members and expertise from the principal.
2. The second faculty development programme was on by Guest Speaker Dr Subramanain from HBCSE and

his team. The programme basically focused on different researches undertaken on math and how St. Xavier's Institute of Education along with HBCSE could conduct seminars or workshops for school teachers or for B.Ed. teachers.

3. The third faculty development programme was on "Situational Motivation" where in Gopal Midha from TISS highlighted on how "situational Motivation" can be used by the faculty members to motivate students in each aspect of their teaching and learning.

The intimation regarding the faculty development programme in coordination with the principal were communicated to the staff well in advance so as to have an effective interactive session. The detailed reports of the above mentioned faculty development programmes were prepared by Ms. Nishi Kumar and Ms. Priti Sivaramakrishnan.

**Ms. Nishi Kumar**

**Ms. Priti Sivaramakrishnan.**

### **DONNING DIFFERENT HATS**

**"All work and no play makes Jack a dull boy".**



We are all aware about this famous saying and hence to make the B.Ed. course more fun

the student council of S.X.I.E. organized a fun week from 3<sup>rd</sup> March to 8<sup>th</sup> March where we celebrated each day differently getting all our creativity out.

The various days organized were the Head gear day, Mismatch day, Street smart day, Twin day, Mask day and Traditional day. Right from the announcement of celebrating these days to actually getting dressed on the day, the college environment was vibrant and full of enthusiasm.

We the future the future teachers now as students got into our child ego states and started the preparations in full swing, from arranging the masks, head gears to finding our twins in class. Every student was enthusiastic and so were our teachers very encouraging.

As we got dressed on each day the college was full of colors and happy



people who exhibited their creativity to the fullest. Camera lights flashed in all the corners of the college. We as fellow classmates bonded very well with each other in the class as we exchanged our head gears, masks, costumes and smiles along with the warmth we as a family share. Every student learnt to celebrate little moments available between lectures and this made learning more fun.

The final day being the traditional day brought out the different cultures of India under one roof. Girls and boys dressed



beautifully in various cultural outfits which integrated the Navvari of Maharashtra in the West, to the Kashi of Meghalaya in the East and the Mundu of Kerala in the South. This rightly reflected our mission statement “To create a just and humane society”, wherein we celebrated cultural diversity through one united family.

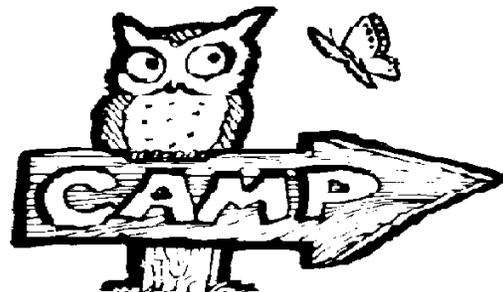
Also we realized that the council strategically placed the traditional day on 8<sup>th</sup> March which is celebrated as the International Woman’s Day and so each girl in the class was graced in her saree the traditional Indian outfit which reflected the inner beauty of every woman.

Through the celebration of these days in college we the future teachers learnt how we can integrate learning with fun in our future classes. This will help our students to develop values such as tolerance, caring, sharing and learning to be and live together. This made it clear through activities a teacher can inculcate values effectively. Further, I realized this was in keeping with our mission statement again of providing quality education for the empowerment and enlightenment of the students.

We all would like to thank the Student Council and the Staff of S.X.I.E. for giving us all this opportunity to experience such a wonderful time in college.

**Merlyn D’Costa**

### Rural Camp 2013-2014



St. Xavier’s Institute of Education is a Christian college established and

administered by the Jesuits Mumbai Province of the Society of Jesus. Its mission is to educate people living not only in the urban cities but also in the rural areas of Maharashtra. One of the pioneering Institution of Teacher Education, it collaborates with the Jesuit institutions in remote areas to accomplish the mission of the Jesuits of spreading education to all.

It is affiliated to the University of Mumbai and Curriculum for the Bachelor of Education Course prescribed by the University of Mumbai requires the student teachers to go to rural areas in order to teach in a rural setting as community work. In the first semester, Course VII has Field work (Community Work) for Bachelor of Education Students for 15 marks. St. Xavier's Institute of Education is known for the rural camp it organises every year by collaborating with Jesuit Institution in rural areas. Rural camp for the year 2013-14 was organised during the Diwali Vacation in the month of October - November 2013. The Bachelor of Education course starts in the month of August as the new batch is oriented with Bachelor of Education programme, community work too was introduced. The class was divided into 3 sections namely, A, B and C. Each group

had a Staff In-charge for the rural camp. The groups were further divided into sub-groups according to the requirements of the camp. The camps were organised in the following rural areas:

- **Songad-** Shakti – (60 Students)  
SHAKTI – Legal Aid and Human Rights Centre, (LAHRC), PB No 19, Near RTO Check Post, Vankvel, Songadh, Dist- Tapi, Gujarat
- **Manmad-** (5 Students) St. Xavier Vastiguha , Shanti Nagar, Yeola Road, Manmad-423104
- **Nandurbar-** (8 Students)- Jeevan Vidya Trust, Near Mhada Colony, Korit Road, Tel- Dist. Nandurbar- 425412
- **Shirpur-** (12 Students)- **Vishwa Mandal Sevashram** Dhule
- **Uplat-** (4 Students)- jovial1963@rediffmail.com
- **Akansha-** (1 Student) Mumbai

Prior to conducting the rural camp, letters of information were sent to the camps and some letters were e-mailed to the camp in-charges. Along with the letters, SMSs were sent to the organisations conducting the camp. A data sheet too was attached with the letter seeking suitable dates, number of students and other information regarding the camp. Some camps were telephonically informed about the camp too.

After permission was obtained from the organisations, information was either gathered by reply to the e-mail or mailed back to the Institution. The Staff-in-charges and students discussed about the dates and students were allotted a camp in a lecture period. Guidelines were given to the Student-teachers on the basis of information collected from past experience. The student-teachers were oriented regarding the objectives of the rural camp. The Staff-in-charges were updated regarding the organisations requirements of the camp. A certificate was given to each student on completion of the rural camp. An assembly slot was given to each group to share their reflections of the rural camp. The students were asked to write down the reflections regarding the rural camp each day on sheets of paper on a format given to the students by the Institution. The group in-charges were for Group A: Ms. Nishi Kumar, Group B: Dr. (Ms.) Rashida Kapadia and Group C: Mr. Bijoy Thomas

***Innovations: "A Study of the Attitude of Student Teachers towards Rural Internship"***

An ex-post facto study was conducted on the student teachers. A pre-test and post test questionnaire was used to

collect information regarding the attitude of student teachers towards rural internship before and after the Rural Camp. This study was conducted to throw light on the effect of the Rural Internship on the attitudes of the student teachers with respect to their personal, psychological, social and learning outcomes and applicability of the programme.

**Ms. Nishi Kumar**

**STUDENT COUNCIL REPORT**

The following activities were conducted as part of the student council report for the year 2013-2014.

- Formation of 3 Houses with the students.
- Talent's Day (Housewise) : Singing, dancing, Dessert making, Rangoli making, card & bookmarks making, crochet work display, theme based skits, craft items exhibition were highlights
- Student Council Nomination
- Student Council Campaigning
- Student Council Elections
- Investiture Ceremony
- Teachers Day Celebration: Welcoming the teachers with a red

- carpet entry, dance and song performances by the various groups, games for teachers, ‘Toffee with Karen’ – interview session of teachers by the students, Appreciation of teachers with a small token of love.
- Anti Ragging workshop on measures to implement anti ragging procedure in the college and undertaking given by students.
  - Celebrating colours of Navaratri. (9 days). Assembly based on the importance of the colour for each day presented by the student council.
  - Diwali Celebration: Celebrations included Interhouse Skit competition and lantern making competition, judged by senior staff members of the college. Cultural program presented by students, housewise.
  - St Xavier’s Feast Day Preparation
  - Christmas Celebration: Cultural performances based on the theme of Christmas & Carol singing by each house. Donation of household articles to Snehasadan; Home for Homeless Children, Andheri.
  - Annual Photograph
  - Campus Recruitment
  - Farewell to Principal Dr Vaz
  - Welcome to Principal Dr Sybil Thomas
  - One day Picnic to Ammu Water Park, Kalyan.
  - Annual Sports Day
  - Celebration of Days – Headgear Day, Mismatch Day, Future Day, Mask Day, Favourite Character Day, Traditional Day.
  - Valedictory Day: Cultural program with each house presenting a group song with skit and a group dance. Reflective Impressions read by the students council members. Presided by Fr Fraser Mascarenhas, Fr Francis Swamy, Fr Blaise, Dr Sybil Thomas.
  - Farewell Function: Sending Forth Ceremony
  - Compilation of annual Magazine for 2013-14
  - Participation in Intercollegiate Events:
    - K.R. Cama Oriental Institute Elocution Competition –
      - Prize secured: Greta Lopes
      - Participants: Justus Mendis, Pearl Frias, Raul D’Souza
    - K.R. Cama Oriental Institute Essay Competition: Diviny

- Davis, Seema Mehta, Durga Singh, Ameda Mascarenhas,
- NSS College of Education –
    - SUPW – Nazneen Themali , Aleshia Rodrigues
    - T-Shirt Painting – Fatema Ezzi, Lovina Pinto
  - BTTC –
    - Personality Contest: Amit Rodrigues, Christina Macwan
    - Duet Dance Competition: Rashi Samjiskar, Savlee Desai
  - Thakur College of Education – Secured
    - Poetry Recitation: Participated – Austina Machado  
2<sup>nd</sup> Prize – Judith Mascarenhas
    - Story Telling : Participated – Sanya D’ Souza  
2<sup>nd</sup> Prize – Sneha Singh
  - Gokhale College of Education –
    - Poster Competition – Vishnu Mestry
  - Pillai College of Education – Secured
    - 3rd prize in English Extempore Elocution: Diviny Davis
    - 1st prize in poster making: Archana Chandrashekharan
    - Participation in nail art; Geetanjali Dabre
    - Participation in English Essay Writing; Marossa Fernandes
    - Participation in Wealth from Waste: Vanessa D’Silva
  - Interhouse Sports Events (2013-14)
    - Tug of War
    - Caterpillar Race
    - Ping Pong Race
    - Lemon & Spoon Race
    - 3-legged Race
    - Gunny Sack Race
    - 50 mt Race
    - Reverse Gear Race
    - Paper Walk Race
    - Carrom Competition

- Chess Competition
  - Scrabble Competition
  - Badminton Competition
  - Table Tennis Competition
- Theme based Notice Boards set up for every function, - Monsoon Season, Teachers Day, Diwali Celebration, Republic Day, Independence Day, Campus Recruitment Day, Days Celebrated, Valedictory & Farewell Function Day, Competitions.

**Student Council Advisors:**

**Ms Shadab Paloji & Dr Rashida Kapadia**



**DIWALI DHAMAKA**

Bright lights....  
 Colorful crackers.....  
 Gifts of happiness.....  
 Prayers of prosperity.....  
 Everything at SXIE's Diwali  
 celebrations!!!!!!!!!!

Like every special day at SXIE; the king of all festivals, Diwali was also celebrated in full on style. Just before start of vacations we all enjoyed the day with dance, singing, various competitions and a message for diwali. On 26<sup>th</sup> October we had lantern making competition and the next day 27<sup>th</sup> we enjoyed firecrackers of skit competition.

For Lantern making competition the theme was “wealth from waste”. Student teachers were participated house wise for the competition in pairs. We were allotted two hours for making one lantern on the spot with the raw material that we collected previously. Many lanterns were made which were made from waste papers, balloons, strings, cloth, wool, paper cups, paper dishes etc. the winners were selected on next day. All lantern's were awesome, especially the one Ameda and Aleshia made! But as it was a competition there was only one best Lantern, the one made by me and Nazneen, and the runners up were also from Aasha house, Diviny and Preethi. Rest of the day we were practicing for skits.

And finally the day arrived, the Diwali Celebrations. We Started with decoration of classroom with lanterns that we made, various charts for Diwali and the

blackboard. All arrangements done, guests arrived and show began with prayers and dance by Savlee and group with fluent and delightful comparing of the show by Zelum. She revealed significance of Diwali days. After that program skit competition started. Theme for the same was “message for Diwali”. All three houses, Aasha, Aastha and Satya presented their hard work in their own style. Fairytale by Aasha house, women empowerment story by aashta and corporate fraud case by Satya, all reflected on the message of “Victory of good over evil”. Competition done winners chosen and now we all were together for dance, Garba that we missed during Navratri we had our best time on Diwali celebrations.

Diwali the festival of victory of good over evil, light over darkness and education over demons of society like illiteracy, discriminations, superstitions, riots and many more. On that day we all made a promise to ourselves to get over one bad habit in each of us. Show ended we all dispersed for vacations but these memories are unforgettable!!!

**Vishnu Mestry**

## **SPORTS AWARDS AND PRIZES**

The following prizes & awards for sports were distributed for the year 2013-2014:

- ❖ Sportsman of the Year – Justus Mendis
- ❖ Sportswoman of the Year – Archana Chandrashekhara

### **Interhouse Competitions (2012-13)**

- ✓ 1<sup>st</sup> Place in Interhouse Skit Competition – Satya House
- ✓ 2<sup>nd</sup> Place in Interhouse Skit Competition – Asha House
- ✓ 3<sup>rd</sup> Place in Interhouse Skit Competition – Astha House
- ✓ 1<sup>st</sup> Place in Interhouse Lantern Making Competition – Nazneen & Vishnu - Asha House
- ✓ 2<sup>nd</sup> Place in Interhouse Lantern Making Competition – Diviny & Preeti - Asha House
- ✓ 3<sup>rd</sup> Place in Interhouse Lantern Making Competition – Ruth & Merlyn M - Satya House

### **Interhouse Sports Events (2012-13)**

- 1<sup>st</sup> Place in Interhouse Tug of War – Satya House
- 2<sup>nd</sup> Place in Interhouse Tug of War – Astha House
- 3<sup>rd</sup> Place in Interhouse Tug of War – Asha House

[Girls Events]

- 1<sup>st</sup> Place in Interhouse Caterpillar Race – Astha House
- 2<sup>nd</sup> Place in Interhouse Caterpillar Race – Astha House
- 3<sup>rd</sup> Place in Interhouse Caterpillar Race – Asha House
- 1<sup>st</sup> Place in Interhouse Ping Pong Race – Preetha B., Swapnali J.- Satya House
- 2<sup>nd</sup> Place in Interhouse Ping Pong Race –Merlyn V, Sneha G - Astha House
- 3<sup>rd</sup> Place in Interhouse Ping Pong Race – Nazneen T, Rinet G - Asha House
- 1<sup>st</sup> Place in Interhouse Lemon & Spoon Race – Archana S - Satya House
- 2<sup>nd</sup> Place in Interhouse Lemon & Spoon Race – Raisa A - Asha House
- 1<sup>st</sup> Place in Interhouse Scrabble Competition – Tanya D – Asha House
- 2<sup>nd</sup> Place in Interhouse Scrabble Competition – Steffi D - Satya House
- 3<sup>rd</sup> Place in Interhouse Scrabble Competition – Greta L - Satya House
- 1<sup>st</sup> Place in Interhouse 3-legged Race – Austina M & Rashi S - Astha House
- 2<sup>nd</sup> Place in Interhouse 3-legged Race – Sapira F & Alisha - Satya House
- 3<sup>rd</sup> Place in Interhouse 3-legged Race – Rinet D & Tasleem H - Asha House
- 1<sup>st</sup> Place in Interhouse Gunny Sack Race – Archana S -Satya House
- 2<sup>nd</sup> Place in Interhouse Gunny Sack Race – Sneha S. - Astha House
- 3<sup>rd</sup> Place in Interhouse Gunny Sack Race – Blithe D - Asha House
- 1<sup>st</sup> Place in Interhouse Badminton Competition – Archana C – Satya House
- 2<sup>nd</sup> Place in Interhouse Badminton Competition – Venicia B - Satya House
- 3<sup>rd</sup> Place in Interhouse Badminton Competition – Merlyn V - Astha House
- 1<sup>st</sup> Place in Interhouse 50 mt Race – Merlyn V - Astha House
- 2<sup>nd</sup> Place in Interhouse 50 mt Race – Archana S - Satya House
- 3<sup>rd</sup> Place in Interhouse 50 mt Race – Ayesha A - Asha House

- 1<sup>st</sup> Place in Interhouse Paper Walk Race – Rashi S & Savlee D - Astha House
- 2<sup>nd</sup> Place in Interhouse Paper Walk Race – Larissa C & Charmine - Asha House
- 3<sup>rd</sup> Place in Interhouse Paper Walk Race – Durga S & Archana C- Satya House
- 1<sup>st</sup> Place in Interhouse Reverse Gear Race – Sonia A -Satya House
- 2<sup>nd</sup> Place in Interhouse Reverse Gear Race – Merlyn D - Astha House
- 3<sup>rd</sup> Place in Interhouse Reverse Gear Race – Merlyn V - Astha House
- 1<sup>st</sup> Place in Interhouse Table Tennis Competition – Noella S – Satya House
- 2<sup>nd</sup> Place in Interhouse Table Tennis Competition – Judith M - Asha House
- 3<sup>rd</sup> Place in Interhouse Table Tennis Competition – Rashi S - Astha House
- 3<sup>rd</sup> Place in Interhouse Caterpillar Race – Satya House
- 1<sup>st</sup> Place in Interhouse Ping Pong Race – Justus M & Raul D.- Astha House
- 2<sup>nd</sup> Place in Interhouse Ping Pong Race –Sushil S & Daniel D - Asha House
- 3<sup>rd</sup> Place in Interhouse Ping Pong Race – Vivek C & Amit R - Satya House
- 1<sup>st</sup> Place in Interhouse Lemon & Spoon Race – Daniel D - Asha House
- 2<sup>nd</sup> Place in Interhouse Lemon & Spoon Race – Sushil S - Asha House
- 1<sup>st</sup> Place in Interhouse 3-legged Race – Vishnu M & Sushil S - Asha House
- 2<sup>nd</sup> Place in Interhouse 3-legged Race – Justus M & Raul D.- Astha House
- 3<sup>rd</sup> Place in Interhouse 3-legged Race – Vivek C & Amit R - Satya House
- 1<sup>st</sup> Place in Interhouse Gunny Sack Race – Daniel D - Asha House
- 2<sup>nd</sup> Place in Interhouse Gunny Sack Race – Sushil S - Asha House
- 3<sup>rd</sup> Place in Interhouse Gunny Sack Race – Justus M - Astha House

[Boys Events]

- 1<sup>st</sup> Place in Interhouse Caterpillar Race – Astha House
- 2<sup>nd</sup> Place in Interhouse Caterpillar Race – Asha House

- 1<sup>st</sup> Place in Interhouse Badminton Competition – Raul D.- Astha House
- 2<sup>nd</sup> Place in Interhouse Badminton Competition – Vivek C - Satya House
- 3<sup>rd</sup> Place in Interhouse Badminton Competition – Amit R - Satya House
- 1<sup>st</sup> Place in Interhouse 50 mt Race – Daniel D - Asha House
- 2<sup>nd</sup> Place in Interhouse 50 mt Race – Justus M - Astha House
- 3<sup>rd</sup> Place in Interhouse 50 mt Race – Raul D.- Astha House
- 1<sup>st</sup> Place in Interhouse Paper Walk Race – Vivek C & Amit R - Satya House
- 2<sup>nd</sup> Place in Interhouse Paper Walk Race – Justus M & Raul D.- Astha House
- 3<sup>rd</sup> Place in Interhouse Paper Walk Race – Vishnu M & Sushil S - Asha House
- 1<sup>st</sup> Place in Interhouse Reverse Gear Race – Justus M - Astha House
- 2<sup>nd</sup> Place in Interhouse Reverse Gear Race – Daniel D - Asha House
- 3<sup>rd</sup> Place in Interhouse Reverse Gear Race – Amit R - Satya House
- 1<sup>st</sup> Place in Interhouse Table Tennis Competition – Raul D.- Astha House
- 2<sup>nd</sup> Place in Interhouse Table Tennis Competition – Vivek C - Satya House
- 3<sup>rd</sup> Place in Interhouse Table Tennis Competition – Daniel D - Asha House
- 1<sup>st</sup> Place in Interhouse Chess Competition – Justus M – Astha House
- 2<sup>nd</sup> Place in Interhouse Chess Competition – Amit R - Satya House
- 3<sup>rd</sup> Place in Interhouse Chess Competition – Cynthia R- Astha House
- 1<sup>st</sup> Place in Interhouse Carrom Competition – Savlee D – Astha House
- 2<sup>nd</sup> Place in Interhouse Carrom Competition – Grenil D - Satya House
- 3<sup>rd</sup> Place in Interhouse Carrom Competition – Justus M - Astha House

#### **Laurels at Inter College Level**

- Participation in Intercollegiate Events:
  - K.R. Cama Oriental Institute Elocution Competition –

- Prize secured: Greta Lopes
- Thakur College of Education – Secured
  - Poetry Recitation: Participated – Austina Machado
  - 2nd Prize – Judith Mascarenhas
  - Story Telling : Participated – Sanya D’ Souza
  - 2nd Prize – Sneha Singh
- Pillai College of Education – Secured
  - 3rd prize in English Extempore Elocution: Diviny Davis
  - 1st prize in poster making: Archana Chandrashekharan
- ‘Prayas’ at St Xavier’s Institute of Education –
  - Extempore Poetry Writing Competition – Linel Vessaokar – 1<sup>st</sup> Prize
  - Creative Advertisement Competition –

Nazneen T & Sneha S  
– 3<sup>rd</sup> Prize

- Clay Pot Decoration – Archana C. – 3<sup>rd</sup> Prize

### Interhouse Winners



(Based on points collected on winning competitions over the year 2013-14)

1. 1<sup>st</sup> Place – 152 points – Satya House
2. 2<sup>nd</sup> Place – 138 points – Astha House
3. 3<sup>rd</sup> Place – 126 points – Asha House

**Dr Rashida Kapadia, Ms Shadab Paloji**  
Staffs’ in Charge

### AWARDS & PRIZES

The following awards & prizes were  
awarded for the year 2013-2014

### Appreciation Certificates 2013-2014

Sr. No	Name of the student	List of council
1	Florence Falcao	Class Representative
2	Pearl Frias	Assistant Class Representative
3	Christina Macwan	Leader of Astha House
4	Justus Mendis	Assistant Leader of Astha House
5	Linel Vessaoker	Leader of Asha House
6	Vishnu Mestry	Assistant Leader of Asha House
7	Amit Rodriques	Leader of Satya House
8	Ruth D'Silva	Assistant Leader of Satya House

### Certificate for students who got Sponsorship for Prayas 2013-2014

Sr. No	Certificate Awarded to	Name of the Sponsor
1	Dharini Suryanarayanan	S. Suryanarayanan
2	Amit Rodriques	Bassein Catholic Bank
3	Tinki Singh	Imran Khan

4	Vivek Coutinho	Well wisher
5	Steffi D'Cruz	Ryan Britto
6	Falcao Florence	Kerala Ayurvedic
7	Seema Mehta	
8	Dabre Geetanjali	
9	Macahdo Mona	
10	Desai Savlee	
11	Menon Sarita	

### Institutional Prizes for Present Batch Students

Sr. No	Name of the Prize	Name of the Student
1	The Herbart Farias Prize for Best All Round Student	Amit Rodrigues
2.	The Stanley Rodriques Prize for the Student with Outstanding Human Qualities	Coutinho Vivek Frias Pearl
3.	The Herbert Farias Prize for the Best student in CCA	Archana Chandrashekar

## **PRIZES FOR EX STUDENTS**

The Godfrey Sologran prize standing first among SXIE students

The Dr. Vincent Sanctus prize for securing highest marks in theory and practicum

The D.C. Maniar prize for securing highest marks in theory

The Kathleen Pereira prize for securing highest marks in practicum.

Ms. INCHIPARAM BAN  
SANDYCHRIS

The Raphael Conesa prize for standing second among SXIE students

Ms. LYNN MIDDLECOTE

The Douglas j. Dias prize for securing highest marks in Educational Philosophy

Ms. PEREIRA BENITA

The Douglas j. Dias prize for securing highest marks in Educational Psychology

Ms. D'SILVA SHEROL

The Kathleen Pereira prize for securing second highest marks in practicum.

Ms. WARTIKA EDNA

Dr. Elaine Ann Charles Golden Jubilee Scholarship for securing highest marks in practice teaching among English method students

The Douglas J. Dias prize for securing highest marks in practice teaching

Ms. PUNAMIYA JAYNA

## **JALPRAYAS 2013-14: A REPORT**

### **LIFE SKILLS THROUGH SOCIAL ACTION**

### **ON 22<sup>ND</sup> MARCH WORLD WATER DAY**

**Staff Members In-Charge:** Dr. Geeta Shetty, Dr. Rashida Kapadia, Ms. Nishi Kumar, Mr. Bijoy Thomas and Ms. Priti S

1. Orientation and Education of students regarding water issues-WORLD WATER DAY -22<sup>nd</sup> March

2. Formation of groups for -
  - Street play
  - Poster making
  - Placard Making
3. For Street Play
  - Script writing by student teachers
  - Editing by the staff members
  - Taking up the practise sessions after college hours
4. Acquiring requisite permissions from,
  - The traffic police (Obtaining NOC from RTO)
  - Submitting a copy of the NOC and application letter to -
    - The Azad Maidan Police Station
    - The MRA Marg Police Station
    - The Marine Drive Police Station
  - Obtaining final permission from the District Commissioner of Police, Zonal Office.
5. Monitoring the poster making and placard making sessions.
6. Preparation of head bands with 'JAL PRAYAS' written on it.
7. Drawing up a water issue questionnaire for survey comprised of 11 statements, covering the Awareness, Attitudes and Action aspects of water issues. The survey was to be conducted on common people by each student teacher. The compilation, analysis and reporting was done by staff members.
8. Instructions regarding the street walk (route to be taken; dress code; code of conduct; display of banners, placards, posters; reporting time and the schedule).
9. Allocating students for the two venues of street play, namely Churchgate and CST.
10. Two banners were made for the Institution.
11. Efforts were made to get media coverage from Hindustan Times, DNA and Times of India.

### **SUPW ACTIVITY**

Every year the students to appreciate 'dignity of labour' are to produce "Socially Useful Productive Work". The SUPW activity also helps in identifying the hidden talents among its students and to showcase their talent by training their batch of B.Ed students.

The areas to conduct SUPW activity were identified by careful thought by the former Principal and staff in-charge after careful thoughts in terms of cost of resources to prepare the items and to promote sale of the products.

The following items were identified for the conduct of SUPW activity for the academic year 2013-2014

1. Pot Painting
2. Paper Bag
3. Jewellery Making
4. Puppet Making
5. Decoration of Gift Cards

Based on the skills of the five students, the above five items were conducted for SUPW activity. 20 students as per roll number were divided to form 5 groups for each activity. Each group was headed by the skilled student in-charge to teach students to make the selected items.

The pots for pot painting, the beads for jewellery making, and felt cloth for puppet making was brought from Crawford Market to cut down cost in making the product. The students were informed what materials they

need to have to make the product one week before the final date of the Activity.

The activity was conducted on 7 January 2014 from 1.30 p.m. to 3.40 p.m. The students were allotted five different rooms to perform the activity. As sufficient time was given to students, the final product was completed on the same day. Except for the pots, students were allowed to take the remaining items home to further enhance any decorate or to showcase their talent to their loved ones at home.

On a scheduled day the SUPW items were collected from the students and were displayed in the History Methods room during the Parent Interact Meet on 25<sup>th</sup> January 2014 for the sale of items. The sale of SUPW product was a good success as most of the items were sold. The items which were not sold were displayed at the time of campus recruitment.

**Priti Sivaramakrishnan**

Roundtable Consultation  
**TEACHER EDUCATION –  
ENHANCING QUALITY &  
RELEVANCE**

Organised By

**ST XAVIER'S INSTITUTE OF  
EDUCATION**

in collaboration with

**OBSERVER RESEARCH  
FOUNDATION (MUMBAI)**

10<sup>th</sup> May 2014, 10:30 am - 1:00 pm

**[Resource Person: Dr Anita  
Rampal,  
Professor at CIET Delhi]**

Collaboration with ORF, Mumbai was initiated by Principal, Dr Sybil Thomas. Flyer announcing the event was prepared in consultation with the ORF representatives and was sent to colleges of education across Mumbai. Keeping in mind the nature of discussion, Principals and teacher educators were specifically invited. It was very heartening to see a huge response from various colleges. A total of 87 participants registered for and attended the session.

The participants were ushered from the registration desk to the room for refreshments. While refreshments were being served, a presentation introducing the institute, ORF and excerpts of various documents (NCF, NCFTE, Justice Verma Report) was displayed. The Event started at 10:30 am with introduction about ORF, St Xavier's Institute of Education and the

objectives of the session by Ms Aparna from ORF. Welcome to the chief guests was also extended. Dr Sybil Thomas then introduced the speaker and set the stage for starting the session by explaining the need for such an event at a point in time when the B.Ed. course is on the anvil for complete change. Dr Sybil quoted the NCF (2005), RTE (2009), NCFTE and highlighted the contexts, concerns and vision for teacher education. She proposed four positions that the teacher educators and teacher education institutes could adopt towards the upcoming proposition for a new and overdue modification in the field of teacher education. She concluded by stressing on the point that this initiative by the institute was to bring together various colleges of education to work together as equal stakeholders in the process of improving the education scenario in the region.

Professor Anita Rampal began the session by asking pertinent questions related to the system of education. She presented fervently the need to look at the policies governing the countries education system. The need for RTE was felt because the several education commissions and curriculum frameworks were not understood and adopted by the educational institutes. This piecemeal approach of adopting

policies in order to do things for namesake had robbed the essence and spirit of the vision of education that the country had foreseen just after independence. Since the social fabric of democracy was not kept intact that the Supreme Court had to intervene.

She went on to compare the education systems and practices of countries like Finland, Korea, Japan and Canada; that seem to have surpassed the others in bringing about a qualitative improvement in their education endeavours. She presented the inequity and discrimination practiced due to ignorance by the teachers in the classroom and thus perpetuating it from one generation to another.

She identified the notion of competence as against the notion of motivating students, the mindset of students towards his abilities and the use of the term 'special children' in schools. She effectively suggested to the audience the error made in resorting to the reductionist formula of considering teaching as skill. She opined over the indiscriminate use of dominance of information transmission in classes as against knowledge construction. Citing instances from her experiences as a researcher she brought to notice the

ignorance of teachers towards understanding the knowledge base of their students and thus the inappropriateness in knowledge construction. She also cited examples of students who developed concepts on their own from their contexts. She emphasised the need to engage with the community as well as student's culture and aspirations to make teaching and learning meaningful. She highlighted the strong disconnect between the learner, the school, the teacher, the teacher educator and the educational policies.

She then presented the outline of the papers posited for the two year B.Ed. program. She emphasized that it was now time for developing education as a discipline. Use of contemporary studies and developing pedagogical courses to further the aims of teacher education was highlighted. Finally she pleaded to the audience to focus on understanding the need for the upcoming change. How the change can be implemented could be worked out, if the essence of the need for change is accepted.

After the session by Professor Rampal, a brief session on reflections and suggestions from the audience was coordinated by Professor Rampal herself.

Sixteen participants expressed their views and presented their concerns over the concluded session. Professor Rampal gave an eager hearing to all the inputs. She also successfully satisfied the queries that were raised. Most of them were concerned about the implementation of a long internship and the uncooperative attitude of schools towards student teachers. There were some who felt the need of government policy intervention to promoting mandatory cooperation between schools and teacher education institutes. Professor Rampal suggested ways of overcoming these hindrances and also requested each one present to think of different ways to suit their needs. In conclusion Professor Rampal reiterated the feeling of many of the people present in the audience that once we decide to make the changes work then there will be ways of making it work.

The concluding remarks were then presented by Ms Aparna. She also invited the chairman of ORF to present his views. Mr Kulkarni briefly highlighted the focus of ORF and expressed delight at the initiative taken in the collaborative effort by St Xavier's Institute of Education and ORF. He also conveyed the message of welcoming more such efforts on part of educational institutes. Vote of thanks was proposed by

Ms Aparna on behalf of both the organizing institutes. Following which the participants proceeded for lunch for further informal deliberations.

**Dr Rashida Kapadia**

## ***IMPRESSIONS***

**BY LEADER OF ASHA HOUSE**

With all about Academics said and done, we move on to none other than Practicum. Although, Practicum managed to keep us on our feet all the time, it also gave us an opportunity to experience an exposure to learning of a very different kind, through the 'doing' aspect of our course.

The Practicum part of our course began with the introduction of Micro Skill Teaching which made us understand the basics of how to start a lesson and how to give a good lesson. Micro skill and Simulated lessons encouraged us to be our creative best and come up with ideas one would not think of under ordinary circumstances. We all experienced a sense of achievement after completing the various skills and to have reached the Integrated Lesson.

Practicum was not restricted to just the Micro Skills lessons, as there were a number of workshops and skills that we student teachers were made aware of. Our college gave us the opportunity of being part of several guest lectures conducted by experts in the field of education who not only gave us insights in the field but also motivated and encouraged us to do our best.

Practice teaching ensured that there was a constant hustle and bustle in college and that we were all busy. Right from coming up with new ideas to writing lesson plans to the many drafts to coaching and that final enter, life with practice teaching was always complicated. What eased the complexity was being appreciated for the lesson you gave at class by both the Supervisor and the students. Nothing can beat the Euphoria felt at those moments.

‘All work and no play, makes student teachers dull beings’, and as the saying goes, Rural Camps enabled us to not only work but also have fun. We were divided into groups and were sent out on the adventure of our lives. We were all appalled at the difference in the state of education all over the country and how children in these places yearned to learn even if it meant travelling two days just to reach the main centre where we were going to teach. On the

last day, we realized that they learn a lot more in the four days that we are there than they do the whole year round. Rural Camp filled us with mix feelings, happiness at what we experienced, anger at what we witnessed, a certain amount of helplessness at the fact that we were not able to make a permanent change and determination to give our best and do all we can even if that meant for just four days.

We, students as part of our Method clubs or subject Clubs have also managed to conduct assemblies on important days, conduct a Canteen day, go on visits to places of importance to our respective Methods with the help of our Method in charge teachers.

Sitting in class, we never realized that we ourselves had so much to share and contribute to our class and so, we had student conducted workshops on Self Defense, Movie Making, SUPW, etc. which is of tremendous use to us.

Students were also given the task of reviewing and analyzing the dynamics of a book of their choice.

On the 22<sup>nd</sup> of March, 2014 on the occasion of World Water Day, the staff and students of St. Xavier’s Institute of Education went on a Peace walk to bring awareness about Water Issues and its saving.

The theme selected for the day was 'Jal Prayas -Water- the elixir of life'. Our college also conducted an Inter- B.Ed College competition with the same theme and had many of our students taking away prizes.

The sessions on Life Skills were conducted by staff members and brought to focus various Life Skills and how they are of importance and how they can be implemented in our class rooms.

The session titled Dhvani was conducted by Teacher Lata who brought along auditory impaired students from her school to teach us that the role of a teacher in Inclusive education is a very important one.

**Linel Vessaoker**

**BY ASSISTANT LEADER  
OF ASHA HOUSE**

This journey has been a very enriching one and our course would not be complete without practicum as practicum helps us to put our learning into practical use and apply it to different situations we are faced with daily. Teaching is a skill and practicum is a methodology how we attained this skill during this year.

First we started with imitation of microskills through observation of the demo lessons given by our teachers. We tried to replicate those steps in our ways following the instructions. Microskills bridged together in a simulation lesson which gave us idea on what areas we need to manipulate before proceeding towards practice teaching. Our coaches were with us throughout this phase correcting our every action towards acquiring the teaching skills. Feedback that we got with rubrics was also an important factor in our improvement after each lesson.

During our rural camps we were tested for the precision of the command on our teaching skills. We were placed in a completely new and challenging situation and given total freedom to face the challenges. We learnt so many things other than teaching which are going to be helpful for our future life.

Then we reached the step of articulation; Internship. Where we got chance to be a part of a school for a week. We got an opportunity to experience rules and regulations of school climate. And finally we naturalized the teaching skills when we created new things like Jal Prayas to bring awareness among society on issues like water management. We did action

research and book review to shape our thoughts.

Though it made us run throughout the year and gave us many sleepless nights, the PRACTICUM, that is the doing part of our B Ed course is of great importance and it will help us a lot on our future life.

**Vishnu Mestry**

### **BY ASTHA HOUSE LEADERS**

The value of Cocurricular activities may not be tested or graded, but they have educated and benefited us in ways that classroom activities could never have. Here we stand before you, the leaders of Astha group; Christina Macwan and Justus Mendis, presenting you the values learnt from the co-curricular activities.

#### **1. Harmonious living**

Our college began with its first dhamaka activity by the blending the talents of every individual as per the needs of the group. The talent day helped us to come closer to each other and know each others. It was a perfect start for group building.

#### **2. The spirit of sportsmanship**

Battling fiercely to get our team's flag always flying high, the indoor tournaments

and the sports day geared the sportsmanship spirit among us. Organizing such events for our students next year will surely help us to imbibe the spirit of sportsmanship into our students.

#### **3. Spirit of reverence and gratitude**

Showring our respect and reverence to our beloved teachers was the memorable moment we celebrated on the teachers day. The mixture of red carpet, teachers interview and the hilarious games helped us to know a lot about the views of our teachers in the field of education. Dear teachers you will always be revered and adored by us.

#### **4. Festive day celebrations**

The new year onam feast of kerala, was celebrated unanimously with onam dance and the kerala delicacy as its unique speciality. The significance of nine days of navratri, animated by the council and the participaton of the class by coming dressed in the specified colour mentioned made the days colourful. Diwali, the festival of lights was celebrated by preparing lanterns and performing the skits based on the message of diwali. Christmas was celebrated by getting the shepherd of the jesus' times to the present century, having spontaneous dance performances, singing christmas

carols and distributing gifts to the underprivileged ones.

The various days culminating to the traditional day like mask day, mismatch day, twin day, etc made each person here come out of their reserved selves and celebrate it with full spirit, even if at times if it had made teachers uneasy during the lectures. The womens day was combined with the traditional day event and was animated by the bachelors of sxie who by their simple and heart warming performance won the hearts of all the women present here.

#### 5. Nurturing the spirit of patriotism

Independence tridum beginning from the kranti day helped us to know more about our indian freedom fighters and our duty towards the development of our country. Such events like gandhi jayanti organized made us to grow in nurturing the spirit of patriotism within our hearts.

#### 6. Joyous and fun filled moments

The picnic to ammu resort was a fun filled event at the swimming pools with funny dancing and the prevalent item songs on the floor. The fellowship meal and the food fest

organized by the was once again a moment of a xavier family dining and knitting our bonds while feeding our stomachs.

#### 7. Celebrating college belonging

The theme 'jal prayas' taught us to come up with creative street plays with a knitting of fellowship, co-operation and hardwork. The peace walk was an silent effort to create awareness in saving our water through our costumes, charts and banners. The various competitions like pot painting, advertisement and poem competition organized at the second half of the day felicitated the talents of the students of not only our college but also of other colleges too. It became an oppoturne time to interact with other b.ed students and share our thoughts on education. It departed us with the message to continue to 'heal the world' through our lives as educators.

#### 8. Aesthetic and life long learning

The supw activities taught us to appreciate our art and aesthetic beauty treasured in ourselves. The life skills of various types helped us to develop a problem solving geared towards life long learning skills.

To conclude, this short report has already resonated the memories of the yearly events.

They say that most painful goodbyes are the ones that are never said and never explained. (we hope that you don't encounter such goodbyes) and hence now we are here to say a farewell reminding you that

*Goodbyes are not forever, they are not the end. They simply mean you will be missed until we meet again.*

**Christina Macwan & Justus Mendis**

## ***ALUMNI SPEAKS***

### **HER REFLECTION**

She brought you into this world  
As loudly you yelled and bawled,  
I've answered you more than readily  
Every time, my name you've called.

She taught you to take each step  
You mastered it, as you stumbled and fell,  
I've taught you to stand your ground  
In life's toughest situations, to do well.

She cooked up a meal for you  
In the twinkling of an eye,  
I've given you food for thought  
And helped you aim for the sky.

She sat up late nights with you  
Whenever you've been ill or sick,  
I've lent you a ready listening ear  
It's all it takes to do the trick.

She's the one you'll always turn to  
At life's every twist and turn,  
I hope what I've taught you will help  
At times when you're about to crash and burn.

Her's is the shoulder you will lean on  
Whenever life weighs you down,  
I hope the lessons you've learnt from me  
Will keep you away from every frown.

You'll always be there for her  
Till the day you bid each other farewell,  
I wonder how long, we'll stay connected;  
That's something only time will tell.

Our roles in your life have been so similar  
We've both helped you mature and grow,  
And yet, one of us gets to stay on in the game  
While the other, becomes merely part of folklore.

In making you who you are  
We've both played a vital part,  
It's just biology, and what we call fate

That gave her a bit of a head start.

I know I can never replace her

Though for a few hours each day, I  
actually do;

But I just wish I could get to share in her  
role

For more than just a decade or two.

She'll never have to bother about being  
remembered

Cause you'll always be close at hand,  
What I dread most is that with time, I'll be  
forgotten

I'll vanish from memory, like the wave in  
the sand.

But there's a long way to go before I cross  
that finish line

Over time, I'll meet countless others like  
you, each day,  
And I hope that at least in a few of your  
minds and hearts,

Like a mirror-image of her, I can forever  
stay.

**Ms. Lynette Sequeira (SXIE - Batch of  
2004)**

**Presently at Don Bosco High School,  
Borivli**

## WHAT HAS TEACHING TAUGHT

ME?



“What has ‘teaching’ taught me?” -  
When I think on these lines, I feel,  
‘Teaching’ has taught me those things that  
even ‘Learning’ hasn’t. For such a kind of  
‘learning-through-teaching’, I am thankful  
to all my students.

Celebrating all these ten years of  
relationship with my near-n-dear students  
has developed a kind of maturity within me.  
My students taught me patience, at times,  
even tolerance. They imbibed a kind of  
creativity in me. I had to think beyond their  
thoughts. I had to run through their  
imagination. I had to be original, natural and  
creative. I had to think of many innovative  
ideas for their internal projects, so that they  
could learn a lot out of it. More than the  
novel topics that I could give them,  
according to the batch I had, their projects  
made me raise my brows. I used to be

astonished, as well, would proudly take the credit of being their teacher.

Every year, that I faced a new batch in my teaching career, I had goose bumps thinking whether they would accept as a teacher or not (that is because, I still look 'smaller' for a teacher, yet I decided to be a Degree College Professor). Howsoever, I determined to be a Degree College Professor only because I knew I did not have the patience to teach the school children. In fact, I was lucky enough to teach the 'already-matured (?)' kids. They understood me, when I was not well. They argued with me, whenever they had to oppose. They expressed love without any words. They could read between my unsaid lines.

Teaching or planning for a lecture cannot be scripted, I feel. Because as a teacher, my students always gave me surprises, by asking questions or doubts; that were intelligent, anxious, witty, difficult and even crazy, at times. I had to plan my lectures, accordingly.

My students taught me to believe in the saying 'Practice what you preach'. They would observe every minute detail of their teachers. This not only made me more responsible, but also made them respect me.

Similarly, when they saw me trying to behave 'ideally', their conduct improved day-by-day.

Moreover, with my today's students being so tech-savvy, often I am the student and they are my teachers. Any doubts regarding the machine-controlled world, would be solved by them within seconds. During such moments, the teachers seem to be 'innocently ignorant' and the students are found to be 'intelligently learned'.

All these years, I have observed students studying, working together for group projects, enjoying teamwork, giving suggestions, disagreeing politely and coming to a consensus, even if it meant giving up one's original idea. I saw them sharing everything - their subject notes and uniforms, their problems and joys, their Ice-creams and Frankies, their messages and photos, even their mobiles and laptops; with such ease. It is wonderful the way they appreciate their classmates' talents. When asked, "Who do you think should be given this task?" they were sure to pick the most suitable person from their class. Thus, I could learn teamwork, trust, love, loyalty acceptance, adjustment etc.; all that needs for a strong relationship to lasts.

On occasions, when I taught nice, they were mine. When I tried to make teaching interesting, they reciprocated. When I tried to make them smile or laugh, they simply did. I just had to understand these lovely ‘Little Gods’ (the term originated by the Principal of my College, where I work). They wanted my care, love, warmth, compliment, accolade and so on; during various occasions. They wanted me to be present on their birthdays to wish them. They came to see me on the days of their results, so that I could congratulate them. They called me on the days of their interviews just to clarify their doubts. They messaged me saying they got a job. They called me up just to say that they earned their first salary. They asked me to visit their weddings only to seek my blessings. Thus, they ‘accepted’ me as a part of ‘them’.

I could learn from them sheer ‘love’ and ‘trust’. I may not have been able to imbibe in them these values through the value education classes that I undertook, but unknowingly, they could create the same within me. Thus to say, my ‘learning’ goes hand-in-hand with my ‘teaching’. Each day, each child, each subject brought with it an immense number of learning

experiences. To me, this is what made teaching so amazing, yet so challenging.

To conclude with these apt lines,  
*“I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind... I am [grateful] to those [students].”*

- Khalil Gibran

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### **THE CHANGING DYNAMICS OF EDUCATORS AND LEARNERS**

For a brief moment, I stood speechless. I had to act fast before things take a turn for the worse. I could see myself being relegated into a childish but demeaning (by my standards) category. I cleared my throat and kept a straight face. I pursed my lips. I tilted my head heavenward, sighed aloud and then looked directly at Rohit. I said, “Great joke, Rohit! Really! However, it is ill-timed.”

Everyone went silent. Either they waited for me to smile/laugh or they did not understand what ill-timed was. I wasn't sure.

I, however, stood stone faced. They in turn resembled those innocent people in war/alien movies just before a war. Before I could launch into a tirade of what appropriate behavior is ... the recess bell rang. The din returned. All was lost. My hard-work was razed to mindless peals of inexplicable laughter and then silence and then noise. The students ran out of the classroom like the teacher wasn't there. Just as if I was never there.

Such is the classroom scenario; nerve-racking most of the days. The teacher plans, works hard, reads up, prepares and then executes with care and élan. But nothing or no one can prepare her or him for the onslaught of questions and perceptions of a teenage mind and the disruptions that follow. That's what makes teaching wonderfully exhilarating and terribly exhausting at the same time.

As a teacher you realise. And it is a realization that keeps hitting you time and again because as working individuals you tend to forget and still believe in the fairytales. Books like "Effective Classroom Techniques" , "Teaching for Dummies" all

tell you each lecture you take in school is going to and should produce the most sane, intellectual and creative students each time and every time. The best answers, the best classroom, the best classroom management. Even your experience as a student is marred with illusions like a quiet classroom where the teacher would speak and pupils effectively listen; where the teacher would not have to yell or settle disputes from life threatening eraser robbing incidents to subtle ragging amongst classmates; where the teacher is like a god or goddess who walks in and dishes out never-heard-of isms that knowledge hungry students are just craving for.

As a teacher you realise that today, a teacher is not a God. Not even a guru. The 'New Age' calls in for teachers to be friendly but not friends. To guide but not to command discipline and respect. The tables have turned. The child is the center.

Today it's not only about the sacred bond between a teacher and student. Everybody is hungry for a stake in the future- THE CHILD. THE PUPIL. THE LEARNER.

By 'ALL' I mean the parents, board members and committees, the SYSTEM at large and then every other lay person (self

appointed bastion) wants a say in the future of the child. All must be pleased to ensure that the future is well-guarded. So what are the rules eventually? And who forms them?

While the system is in shambles and questions are raised back and forth constantly, there is complete disregard to the two most important components of teaching-learning process; the Learner and the Teacher.

While the confused learner is bombarded with the ever changing stance of the media, parents and information that is well beyond their time, the confused teachers are suffocating under the pressure to cater to ALL and the result is chaos.

Ultimately we will be churning highly complex individuals who have great potential but are unable to discern right from wrong; black from white or grey. They would be

*“Wandering between two worlds, one dead  
The other powerless to be born”* (Mathew Arnold)

Not all hope is lost though; the learner still manages to surprise the teacher time and again despite the confusion and daily drama. Just like Rohit- the class clown,

I have Sai- the quiet intellectual, Umar- the athlete, Sonia- the fashionista, Dhruv – the artist, Naaz – the singer, Ankita – the leader, Ibrahim- the orator, Dania – the actress... all willing to break down the barriers created by ALL.

These give me reason to wake up each morning and happily head to work. Without them I wouldn't be where I am. And even if things don't go according to planned in the classroom it's perfectly fine.

The key is to understand that each child or learner is different and unique and will respond to stimuli differently. We as educators then would always need to appreciate this fact and react differently each time every time. We need to create more good, happy and excited learners. It is a huge task and extremely vital responsibility but it's time to move on- think out of the box and accept more than one “best” answer.

**- Ms. Chriselle Fernandes  
Batch 2012-2013**

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## EVENTS 2013-2014



ENJOYING MEAL TOGETHER



CAMPUS RECRUITMENT



CATERPILLAR RACE



CHRISTMAS CAROLS



CELEBRATING FEAST



CLICK WITH THE NEW PRINCIPAL



FUN IN WATER



GANDHI JAYANTI



ITS TIME FOR GARBA....!!



INDOOR GAMES



Finally Elected...!!



GEAR ON THE HEAD



OUTDOOR GAMES



LANTERN MAKING



PRAYAS STREET PLAY



MISMATCH DAY



PAPER WALK



PRAYAS POSTER MAKING



TALENTS DAY AT SXIE



PRAYAS PEACE MARCH



STREET SMART DAY



TOO MANY TWINS



TEACHERS IN FOR A CAUSE



TRADITIONAL DAY

## *COLLEGE SONG*

*We have a vision for tomorrow*

*Just believe, just believe*

*We have a goal for SXIE*

*We can achieve, we can achieve*

*You and me, we'll do our part*

*Stand together, heart to heart*

*We're going to show the world*

*What Xavier's can be*

*We can achieve, we can achieve.*

*There is something down the road that we can try for*  
*We are told no dreams too bold that we can't strive for*

*There is a spirit, in the air*

*It's a feeling, we all share*

*We're going to show the world what Xavier's can be*

*We can achieve, we can achieve.*

*Count on me St. Xavier's*

*Count on me to give my best and more*

*You and me we'll do our part*

*Stand together heart to heart*

*We're going to show the world*

*What Xavier's can be*

*We can achieve! We can achieve!*

*We can achieve! We can achieve!*

**B. T. 1953-1954**



*St. Xavier's Institute of Education*  
*B. Ed. 2013-2014*

