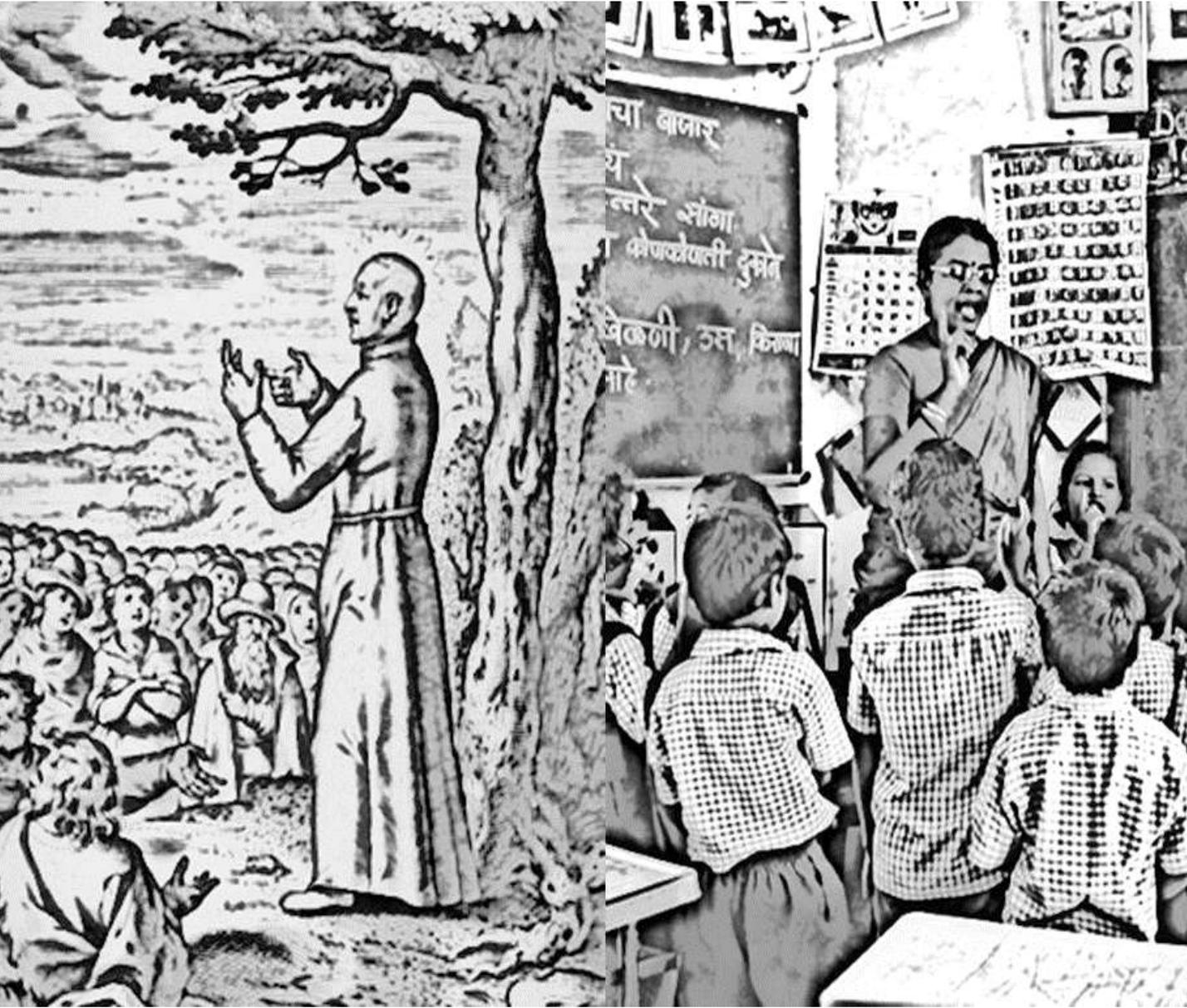




EHSAAS

VOICE FROM WITHIN



EDITORIAL NOTE

- Page No - 3

THE IGNATIAN 500TH ANNIVERSARY & ST. IGNATIUS FEAST ASSEMBLY

- Page No - 4

INTEGRATING IGNATIAN IDEALS

- Page No - 5

WORLD POPULATION DAY

- Page No - 6

RENDEZVOUS- A TETE-A-TETE WITH OUR ALUMNUS

- Page No - 7

AFTER HOURS

- Page No - 8 & 9

INTERNSHIP EXPERIENCES

- Page No - 10

INDEPENDENCE DAY

- Page No - 11

ONAM CELEBRATIONS

- Page No - 12

WHERE WE WRITE

- Page No - 13

LIFE AT SXIE

- Page No - 14 & 15

CREATIVE CORNER

- Page No - 16

LEARNING WITH PUPPETRY

- Page No - 17

IGNATIUS STICKER PAGE

- Page No- 18

RECOMMENDATION CORNER

- Page No - 19

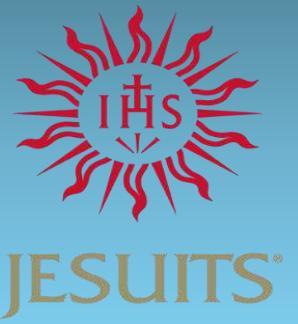
CONTRIBUTORS LIST :

- Dr. Sosamma Samuel (Convener, Principal)
- Dr. Shadab Paloji (Editor)
- Dr. Vini Sebastian
- Dr. Bijoy Thomas
- Ronica Rodrigues
- Shantala Bhat
- Blythe Gonsalves
- Saarang Tuscano
- Nilseema Almeida
- Lester Frias
- Deepika Nayak
- Remy Koli
- Renita Sequeira
- Sancia Mathray
- The History Pedagogy
- Shreshth Dua

- Princia Gomes
- Potentia
- Rhea Fernandes
- Bonita Mascarenhas
- Chantelle Mascarenhas
- Madhulica Sharma
- Malvika Tiwari
- Abigail Tixeira
- Fatima Sayed
- Nakiya Teliya
- Larrisa Dabre
- Patrisia Lobo
- Leona Rodrigues
- Daniella Pinto
- Anjali Ray
- Manish Ram



Ignatius Soo
to see all things
new in Christ



EDITORIAL NOTE

NO ONE SURVIVES A CANNON BALL MOMENT ALONE.....

It is a great privilege to write an editorial message for this volume of ‘EHSAAAS *Voice From Within*’. I am so happy that this volume focuses on “Ignatian Year”, a global celebration marking the 500th anniversary of St. Ignatius, our patron saint, who was injured as a soldier by a cannonball in the battle of Pamplona. That was a moment where his life underwent a major transformation to seek God in all thoughts and deeds.

God is continuously inviting each one of us into deepening a strong relationship with him leading to transformation of ourselves and others. The beginning of every transformation is from the inner self. We should see all things new in God and discover spiritual insights for our own life. Ignatian spirituality is a spirituality for everyday life. It insists that God is present in our world and active in our lives. It is a pathway to more profound prayer, good decisions guided by keen discernment and active service life to others.

All God’s creation reveals something of God and God’s plan for our lives and others. That includes all our friends, parents, teachers, and even the homeless we see on the streets. God’s plan for us is not centred on us. Too often, we turn our gaze on our good at the expense of others. The self-emptying love that we practice through humility, poverty and rejection turns our gaze outward, seeking those people and places in the world that most need our love.

Cannonballs are those life-changers that come without warning: It can be an illness or injury, a loss of job, a loss of a loved one or a natural disaster. There is simply no preparing for or ensuring life beyond such experiences. Cannonballs are invitations to discern with God. Discernment is finding God’s call at the moment without being attached to the future. GOD is in the NOW. The grace of so many friends and family supporting us through our Cannonball moment is a living witness to the presence of God every single day. It will be genuinely an overwhelming experience when we realise that we are not alone in our life..... But the reality of human existence is that people are too often alone or marginalized in this world when tragic cannonballs hit them, and without the compassion of strangers, they do not survive. We must carry each other through our cannonball moments.

As St. Francis Xavier reminds us, “Our vocation is centred not on ourselves, but on others”. At this moment of celebrating the “Ignatian Year”, let us look around for people who need our help, love and intervention and extend our hands to reach out to them. Let this “Ignatian Year be an inspiration to go out in the world to help people who are going through such cannonball moments in their lives.... Maybe your friends, parents, neighbors...and assure them that they are not alone..... stretch out your hands to tell them that **YOU ARE NOT ALONE, because NO ONE CAN SURVIVE A CANNONBALL MOMENT ALONE...**

Dr. Sosamma Samuel

Principal



“The man who is set about making others better is wasting his time, unless he begins with himself.”

- St. Ignatius of Loyola

THE IGNATIAN 500TH ANNIVERSARY

CANNONBALL MOMENT

Knight to Pilgrim

The Ignatian year from May 20, 2021 to July 31, 2022 marks the 500th year of the Cannonball moment in the life of St. Ignatius, when he began his transformation into what God wanted him to be, a transformation to be other – centred, a transformation for service. What was the result of this transformation? Ignatius contemplated his life and realised what he was doing did not fetch him long lived happiness. It is only through service that he could find happiness and joy.

The sword was an extension of himself being a knight, it gave him a sense of duty and means for recognition. The cannonball changed his perspective, from seeing himself as the centre of his life to what God wanted him to be. He saw himself from the perspective of God, who had higher plans and dreams for him. The long convalescence in the life of St. Ignatius gave him time for deep reflection and he ‘DISCERNED’ to make a choice. He dropped his sword and picked up a pilgrim staff.

Why was this cannonball moment significant in the life of St. Ignatius? It is because he reflected and acted on it. We also face a number of cannonball moments, but do we give importance to them? St. Ignatius faced a lot of physical pain and discomfort but soon the physical was not important, the pain and discomfort moved to the level of his conscience which led him to “EXAMEN”. Do we reflect on the cannonballs that hit us? Are we ready to drop our old habits and perspectives or do we want to cling on to them? As teachers we cannot say no to “change”, we cannot be complacent. We need not wait for a cannonball moment to happen, to do the “MAGIS”. We have to be open to transform ourselves and metamorphose according to the context, to give an enriching experience to our students, reflect on our methods and develop meaningful action plans for critical evaluation of self. This will definitely help us make all things new and progressively work towards changing lives and the world we live in.

“Teach us to Give and not to count the cost”

- St. Ignatius of Loyola

- Dr. Vini Sebastian

SPECIAL ASSEMBLY ON ST. IGNATIUS FEAST

The Special Assembly in Preparation for the Feast of St. Ignatius of Loyola was held by the Staff and First Year B. Ed students of SXIE on the 29th of July, 2021. The assembled were reminded that this was also a celebration of the 500th Anniversary of the Cannonball Moment of St. Ignatius of Loyola.

The guest Speaker on the occasion was the esteemed Fr. Dr. Roy Pereira who spoke of the importance of Magis and Forgiveness in our lives and profession as teachers, and the need to reflect and question if we were making a difference in the lives of our students and to always think positively. He played three of his compositions - The Challenge; Going Beyond the Stars; and Hope, Faith and Love for the assembly.

This was followed by a Question- Answer session in which the students asked Fr. Roy how they could relate various Ignatian teachings in diverse areas in their lives. Respects were paid in memory of late Fr. Stan Lourdsamy.

The other highlights of the assembly were the breakout room discussions and Q-A session with Fr. Pereira and the playing of the Ignatian March video.

-Shantala Bhat, F. Y. B.Ed



INTEGRATING IGNATIAN IDEALS



Magis - I believe Education is not just about giving and taking within the boundaries of the classroom but also beyond the limits of cognitive and affective abilities of the students and teachers. I feel every single moment of teaching learning should help students and teachers cherish, revere and appreciate knowledge and also work meticulously to make it more creative and innovative.

- Ronica Rodrigues

Promotion of Justice - We need to care that despite the religious, regional, class, caste, gender and skin colour variations, we are all humans. What affects and oppresses someone else today will visit our doors some time in future. We need to root out acceptance of injustice. Education has to teach that anything built on injustice is built on frail foundations and unacceptable. - Shantala Bhat

Seeking God in all things - It is the core value I wish to incorporate in my teaching because God has the solution to anything and everything. He helps all those who seek him in times of trouble and prosperity. Everything that I do as a teacher reflects that I am a child of the most High.

- Blythe Gonsalves

Honesty - It is a very important attribute that we must possess as it is what makes us who we are. Our true identity and character comes from honesty and that we must inculcate from within and draw in the field of education. - Saarang Tuscano

Compassion - Compassion is like a muscle, it gets stronger the more it is practiced. Teachers in school have a golden opportunity to cultivate the compassionate side of students by demonstrating the compassionate behavior in every single action. As a teacher, I choose to cultivate the seeds of compassion in order to build a harmonious society and make a meaningful difference.

- Nilseema Almeida

UAPs - My journey till here has been nothing but a close and I would say 'intimate relationship' with God. All the UAPs help us to have a connection with God, just like St. Ignatius did. I wish to incorporate each one of these as an educator as it brings out different traits, qualities, desires and creativity in every child, and above all supports Spiritual Growth. - Lester Frias

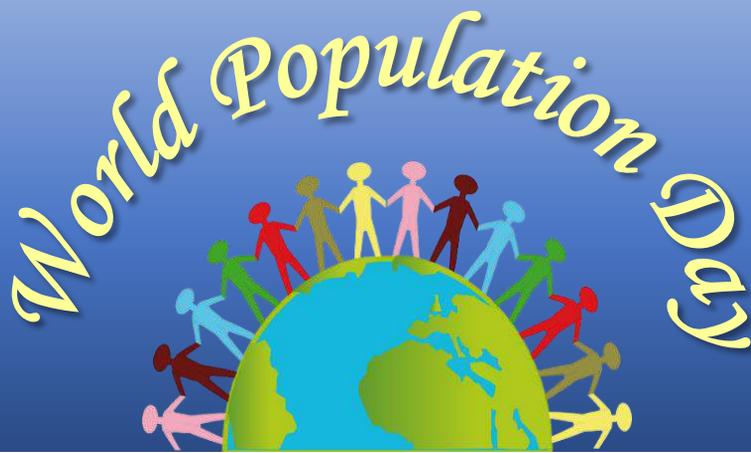
Contemplative in Action - I wish to incorporate this value in my teaching by making the students pause and reflect on their learning and experiences. Learning is not a mindless rather a mindful activity, deeper understanding of the knowledge and leading to everlasting learning.

- Deepika Nayak

Magis - I wish to inculcate the ideal of the magis in my students as in the present world we have built a high wall around ourselves and we are concerned only with 'me'. We as teachers need to nurture the value of the magis in our students so that they feel responsible to contribute towards the global society. - Remy Koli

Gratitude - I wish to teach my students to be grateful for the various gifts they receive (especially the gift of education), and give it back to society in the form of service. Education is an important weapon that can make this world a better place; and if my students are able to use it to make a positive difference in this world, there would be nothing like it. - Renita Sequeira

Walking with the youth - The youth are often misunderstood most of the time and get deviated from their life goals. It is important that someone understands their motives and supports and guides them in the right path. - Sancia Mathray



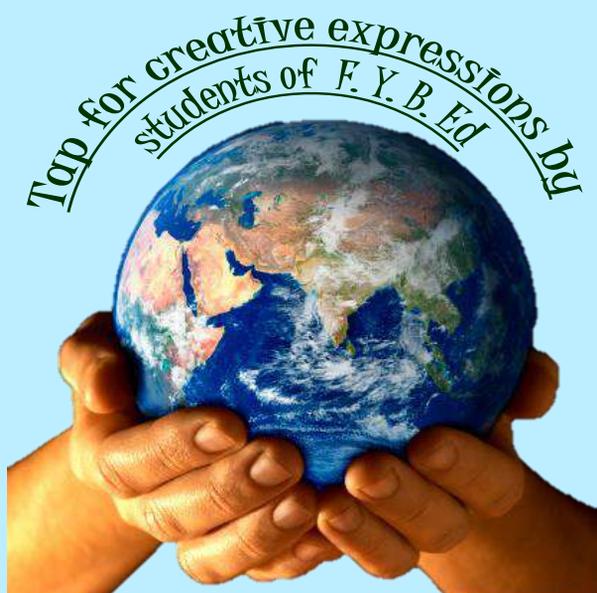
A SESSION ON GENDER PERSPECTIVE IN POPULATION STUDIES FOR THE WORLD POPULATION DAY

The 11th of July marks the World Population Day. The Women Development Cell of St. Xavier's Institute of Education, Potentia, in collaboration with Sophia Centre for Women's Studies and Development held an enlightening session on 'Gender Perspectives in Population Studies' on 10th July, 2021 to solemnize the occasion. The session was held via the Zoom platform and was presided by Potentia's chairperson- Dr. Sosamma Samuel, the convener- Dr. Vini Sebastian, and the faculties-in-charge – Dr. Shadab Paloji and Professor Nishi Kumar. The attendees for the session included students from St. Xavier's Institute of Education and Sophia Centre of Women Studies and Development, 3 YWCA representatives, and 8 teachers from both the colleges along with 2 resource persons. The main session commenced with Dr. NVR Kapali taking the stage and enlightening the attendees about the paradigm shift in population education. With years of experience in teaching and spreading awareness about the ill-effects of population, Dr. Kapali broadened perspectives to deal with such issues. This was followed by the next resource person of the session, Dr. Dubey, throwing light on Gender Parity - highlighting how education plays a crucial role in the social development, and the importance of removing gender biases. The numerous real-life occurrences highlighting why population education is the need of the hour, served as an eye-opener. The session was truly educative, empowering, and motivating for all the attendees.

- Potentia (Women's Development Cell)

DID YOU KNOW

- New Zealand has more sheep than people. There are approximately 5.6 sheep per person.
- More people in India speak English than in the UK. India is the world's second largest English speaking country while USA tops the list.
- 250 babies are born in some part of the world every minute, making it more than 130 million a year.
- Niger has the youngest population in the world with the average age being 15.3 years old.



Sources- <https://www.google.com/amp/s/www.one.org/us/blog/10-surprising-population-facts/amp/> and <https://www.one.org/us/blog/10-surprising-population-facts/>

RENDEZVOUS

A Tete – a– Tete with our Alumnus

INTERPERSONAL ACUMEN IN TEACHERS BY MS. ALETHEA VAZ

On the 20th of July, 2021, the Alumni Association of St. Xavier's Institute of Education conducted its first 'Rendezvous- A Tete-a-Tete with our Alumnus.' The alumnus invited was, Ms. Alethea Vaz who shared her knowledge and insights on the theme 'Interpersonal Acumen in Teachers.' The first session was conducted by the members of the Student Council, Ms. Sukanya Iyer, Ms. Cliona Dsouza, Ms. Prerna Jain and Mr. Daris Lobo, under the guidance of the staff coordinators of the Alumni Association- Dr. Geeta Shetty and Dr. Elvina Pereira.

The session was extremely lively, interactive and insightful. Ms. Vaz guided us on the importance of stepping up to a more humanistic approach, to remain positive and motivated in all situations. She laid stress on how we as teachers need to set a triangle with the parents being an absolute part of it playing the role of stakeholders. Ms. Vaz pointed out on the importance of being joyous as teachers, enjoy the process of teaching and at the same time set boundaries between personal and professional lives.

We left the session, inspired by Ms. Alethea's words on how we must put the reputation of the institution above personal biases and being calm while interacting with guardians/parents and manifest qualities of a good teacher by maintaining a good relationship with students, colleagues and the school management.

-SXIE Student Council

SPIRITUAL CONNECT BETWEEN TEACHERS AND LEARNERS BY BROTHER AGNELO BENJAMIN

On the 18th of August, 2021, the Alumni Association of St. Xavier's Institute of Education conducted an educational and enlightening session with one of our esteemed alumnus- Brother Agnelo Benjamin. The session was aptly named '**Rendezvous- A Tete-a-Tete with our Alumnus**' and explored the theme '*Spiritual Connect between Teachers and Learners*'.

The session was held online on the Zoom platform from 3 p.m. to 4 p.m. It was presided by manager Father Blaise D'souza, principal Dr. Sosamma Samuel and the staff coordinators of the Alumni Association- Dr. Geeta Shetty and Dr. Elvina Pereira.

In keeping with the theme of the event, Br. Agnelo clarified that one does not necessarily need to be religious to be spiritual. Spirituality is the spirit of the person, the view of life, the attitude towards work, relations with others, and being a good human being. According to Br. Agnelo, a teacher is a leader, a model, someone held in high esteem and therefore, needs to set a good example. The essence of being a teacher is to be a good person, a committed citizen, and a passionate facilitator.

As we left the session, all of us had gone through a transformation. A transformation in the way we think about spirituality, its importance, and how we can implement it in our daily lives. It was indeed an inspiring, enriching, and eye-opening session that instilled in us the urge to follow the path of spirituality and implement it in our future profession.

- Madhulica Sharma, F.Y.B.Ed

After Hours!

QUALITY ASSURANCE SESSION

The Student Engagement for Quality Assurance session was held on 17th August, 2021. It was presented by Ms. Kalpana Chavan, Dr. Vini. Sebastian, Dr. Geeta. Shetty and Dr. Bijoy. Thomas. Ms. K. Chavan introduced and explained the importance of Quality in education and aspects of NAAC that ensure constant striving for better quality in the process of imparting education and running a quality educational institution like SXIE. Dr. V. Sebastian summarized the Jesuit values needed to be integrated as educators, habits for quality and stressed on the relevance of Ignatian Pedagogical Paradigm in the Community Work. Dr. G. Shetty highlighted the various social and team skills that are fostered in the various student activities the SXIE students undertake in the Alumni programs, Assemblies, Special Events and Student Council Activities. Finally, Dr. B. Thomas highlighted the STAR model to improve the employability of the student teachers.

The session ended with a question-answer session and reflection by Fr Blaise stressing making quality education an integral part of both, our studies as student-teachers and us as future teachers.

- Shantala Bhat, F.Y.B.Ed



S.R. Ranganathan, a notable librarian and mathematician
his birthday is observed as **THE NATIONAL LIBRARIAN DAY**

He is known for his two great legacies.

**THE FIVE LAW OF LIBRARY SCIENCE
&
COLON CLASSIFICATION SYSTEM**

REPORT ON LIBRARIAN'S DAY

12th August 2021 is celebrated as National Librarian's Day. To commemorate this event, the topic chosen for the library resource presentation was 'My Experience with Joyful Library, Librarian and Gardener of My Reading Habit.' It was organized on 10th August 2021. Roll No. 21 to 30 shared their library experience and critically evaluated some chapters from the book 'The Personal Librarian – From Resources to Relationship.' The experiences and reflections highlighted the significance of a librarian in each student's life.

Dr. Priya Pillai, an associate professor in Bombay Teacher's Training College, was invited to the session. Dr. Pillai's contribution to the field of library and information science is outstanding. It was a privilege to hear Madam's inspirational and delightful thoughts on her experience as a librarian during an interaction with students. We would like to extend our gratitude to Ms. Meena Subhash Suryavanshi, without whom this session would not have been possible.

-Bonita Mascarenhas, F.Y.B.Ed

After Hours!

WORKSHOP ON UAP 'CARE FOR OUR COMMON HOME'

The workshop on the Universal Apostolic Preferences with special emphasis on 'Care for our Common Home' interspersed with soothing music and dance was hosted by Ms. Hazel, an artist, activist and mental health practitioner and co-hosted by Ms. Hetal and Fr. Prashant from Interplay India Department of Inter-religious studies on 22nd and 23rd July for Roll nos 1-25 and 26-50 respectively. The workshop was conducted by Dr. Vini Sebastian and Dr. Geeta Shetty.

The session began with a question asked by Hazel Ma'am - "What caring meant for our common home?" It was given to understand that we cannot discover ourselves without first discovering our Earth. An interactive environment was created wherein the students were paired up and were sent to the breakout rooms. They were asked to relate to the elements of nature viz. water, wind, ether(space) and fire and discuss with their partner. These indicated that humans are made up of the elements of nature. The internal weather like being stormy, windy, cloudy or sunshine represents oneself. Display of videos created the conscience of the real power belonging to the people and change in the hands of the people.

Every student was provoked and given the opportunity to question 'What nourishes them?' Ms. Hazel enlightened us with a thought-provoking message that we are continually nourished and know for ourselves that our life is an interconnected dance with the environment.

The workshop ended with words of Fr. Blaise saying "if we destroy the Earth, it will hit back in the form of natural calamities. What goes around comes around" and vote of thanks by the students Rachael Fernandes and Madhulica Sharma.

-Rhea Fernandes, F.Y.B.Ed

TRANSFORMATIONAL EDUCATION IN THE IGNATIAN QUINCENTENARY

The Internal Quality Assurance Cell of St. Xavier's College (Autonomous) (SXC) and St. Xavier's Institute of Education (SXIE) jointly organized the inaugural session and its first webinar of their webinar series on Transformational Education on 14th August 2021. The webinar topic was surfaced on the 'Meaning and Relevance of the "Cannonball Moment" - A symbolic immersion' by Fr. Jossie D'mello, SJ. The attendees of the webinar included the principals, programme coordinators, staff and students of the two institutions.

The IQAC Cell believes in assuring and enhancing the quality of life of all its stakeholders and attempts to discover contemporary applications of St. Ignatius' teachings. The webinar highlighted the journey of St. Ignatius and his cannonball moment which led to the crumbling of 'self-glory', building a deep relationship with God and becoming an 'other-centred' person. The sifting moments consisted of a process from thoughts to choices indicating a battle which goes on within each one of us. It is a way to segregate good from bad, pleasant from unpleasant and helps one to think and act based on the sifted materials in life. It was indeed a collaborative and goal directed webinar and triggered every thought and perspective in our lives.

The webinar series will continue every once a month (up to January) thus leading every stakeholder to assess one's thoughts and choices through deeper introspection, seek relevance with applicability and perceive a higher purpose in life.

- Chantelle Mascarenhas, F.Y.B.Ed



75
Glorious Years

COLOURING THE WORLD IN TRI - COLOURS

75th Independence Day Celebration- Report

On 15th August, 2021, the student members of History Pedagogy Club, Ms. Aldina Gomes, Ms. Andrea D'silva, Ms. Sukanya Iyer, Ms. Shantala Bhat, Ms. Deepika Nayak, Mr. Manish Ram and Mr. Vipinchandra, under the guidance of teacher in-charge Dr. Elvina Pereira and Ms. Kalpana Chavan of St. Xavier's Institute of Education conducted a virtual celebration of the 75th Independence Day. The session was presided over by Manager Father Blaise, Principal Dr. Sosamma Samuel, professors and students of F.Y. B. Ed 2020-21.

The theme of the Independence day celebration was ,'Evolving India', highlighting the many evolving moments our country had gone through in the journey of 75 years. The program began with the welcome note followed by the virtual hoisting of the Indian national flag and singing of the national anthem.

The program was full of creative contributions done by the students of F.Y.B.Ed in the form of posters, poems, songs, dances, in line with the theme of 'Evolving India'. A short video focusing on the cannonball moments from the lives of Mahatma Gandhi, Dr. B.R. Ambedkar, Maulana Azad and Abul Kalam was also shown.

In line with the theme a mortgage showcasing the contributions of many leaders and heroes towards the growth of our nation for the last 74 years post independence was presented. The objective of the Montage was to make everyone reflect upon the evolution of India for the last 74 years.

The session was further made more enriching with the words of wisdom by Father Blaise D'souza and Principal Dr. Sosamma Samuel, that left the students inspired and motivated to become an active contributor and creator in the further growth of our country .

The ending of the program was marked by the 'Tri-colour of SXIE,' a collage of pictures of teachers and students in the form of the Indian Flag, a symbol of harmony and unity of the students and teachers of SXIE. Further there was singing of the national song and college anthem.

-The History Pedagogy Club

'Tri-Colour of SXIE'



(- created by Manish Ram- History pedagogy)

CREATIVE EXPRESSIONS (Tap the Chakra)

ONAM CELEBRATIONS



ONAM THE HARVEST FESTIVAL OF KERALA

A special assembly on the celebration of the auspicious occasion of Onam – the harvest festival of Kerala, was held on 21st of August 2021 at 2 pm on zoom meeting. The assembly was organized by a team of student volunteers under the guidance of Dr. Vini Sebastian.

Onam is the converging point of diverse arts and lives. It is an annual feast, celebrated by all, irrespective of race, class or religion. The assembly was compered by Suzan who started with an introductory welcome note followed by a heartfelt thanksgiving prayer “Where mind is without fear” by Rabindranath Tagore as recited by Sukanya. The assembly took us on a tour of the history and traditions of this festival. The mythos behind Onam is the legend of King Mahabali- the just, benevolent king and a cultural hero, who gave up his rule to protect his subjects! This wonderful story was enacted by Daris, Manish and Cyrus as a short movie with remarkable editing and lightheartedness. As a display of culture and art, our talented students Dr..ishya, Sheba and Sukanya performed a dance, called the Thiruvathira Kali with great poise.

It also incorporated the dance of amity and fraternity by Cliona, Prerna, Malvika, Bythe, Daris, Sheba and Sukanya. Ms. Priti Sivaramkrishnan was called upon to address the attendees on the significance of this festival. After all the exciting contributions, the audience was treated to a melodious musical performance by Sukanya, Patrisia, Sheba and Dr..ishya which gave us a peep into the celebration of Onam. As Onam is a celebration of the homecoming of King Mahabali. Daris Lobo played King Mahabali and interacted with students and staff members. The highlight of the message conveyed was, “Love without any boundaries and care limitlessly.”

The session ended with some insightful words on ‘unity’ by Fr. Blaise D’souza. We left the assembly feeling happy about how Indian festivals serve as models of religious brotherhood and keep alive the spirit of unity in diversity.

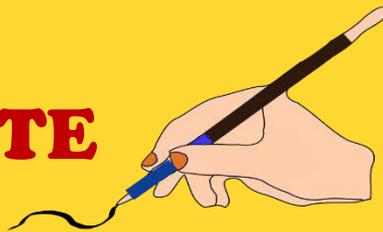
- Malvika Tiwari, F.Y.B.Ed



ഓണാശംസകൾ

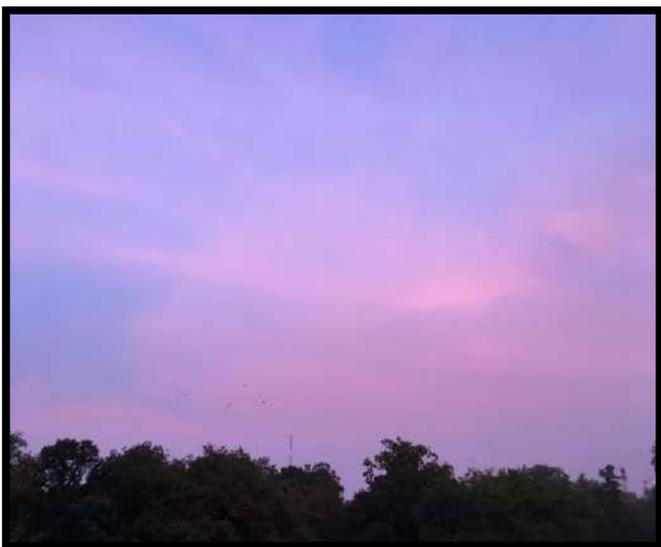
(Tap here for excerpts from the celebration)

WHERE WE WRITE



ON YOUR MARK, GET SET, STOP!

It is 7:13 in the morning. The first lecture starts at 7.30. My college is one and a half kilometers from my Pg. Hurriedly, I get out of my bed and say to myself, “If I don’t bathe, skip my breakfast and run as fast as I can then I might actually be able to make it on time for the lecture. In fact, I don’t have any other option since it’s the last day to submit the assignment.”



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

-Shreshth Dua, F.Y.B.Ed

MELODIES EVOKE MEMORIES.

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

With a little help from my friends - The Beatles.

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

Lean on me- Bill Withers

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

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

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

You’ve got a friend in me- Randy Newman

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

Thank you for the gift of friends.

-Princia Gomes, F.Y.B.Ed

Life at SXIE



A HEART FULL OF GRATITUDE



25 Years of learning and growing

It was in 1993 that I was admitted as a student and in 1996 as a teacher educator. The years 1993-1994 with Dr. Celine D'Lima as my Principal developed in me an immense love for teacher education. She was an ideal teacher educator with the slogan 'Participate or Perish'. She helped me discern my call as a teacher educator. It has been since 1996 the learning began.

25 years down the line the learning still continues. SXIE has always pushed people to achieve more. The culture at SXIE helped me draw out the best of myself. The journey from a raw material to a mature professional was not easy. There were a number of difficult moments, where the expectations from the Principal, colleagues and students had to be met. These were the challenges that shaped me and moulded me into a person who now looks at giving off the best to the institution.

"Work, according to me, is a means to develop oneself into the better version of self". The Ignatian Pedagogical model has become a part of me. The Ignatian spirit has infused in me the inner motivation for growth. The values that SXIE stands for Discernment, Magis, Cura Personalis, Reflection is what I am trying to inculcate in myself. I would like to thank the Rectors, the Principals and my dear colleagues who helped, supported and may tolerated me sometimes. A big thank you to all the students, who gave shape to my understanding and helped me work towards constant improvement. The journey continues with positivity and zest for the better.

- Dr. Vini Sebastian



Life at SXIE

A DECADE OF TRANSFORMATIVE LIFE JOURNEY AT SXIE

I could not believe that I completed 10 years at St. Xavier's Institute of Education, Mumbai. I joined the college on 4th July 2011. First, I met Ms. Violet in the office. Everyone in the office looked at me as a 'Newcomer' (especially a male teaching faculty after a long period of time). I waited outside for the principal, and during that time went through the details of SXIE like former Principals, vision and mission etc. There were no students on that day in the college because admission for the year had not yet started. After some time, I met Principal Dr. Adelaide Vaz. She had given me a brief information about management, college regulations, and introduced me to the teaching and non-teaching faculty.

My first assignment was to help the office in the admission process of 2011-12. From that point, my professional life got a turnover with the new experiences enriched with joyous and creative life at SXIE. I really enjoyed the work and tried to learn from the experienced faculty. Dr. Vaz, was a taskmaster, she pushed me to do a lot of work in my initial years like student council, campus placement, admission, Prayas, seminar organization, annual excursion and madam explored my passion and interest towards technology for the institution. Being a part of annual excursion to Hyderabad and being a committee member of organizing 'Mamma Mia' a Broadway show as a part of Diamond Jubilee in 2013 are some of the memorable events during the year. It was difficult to cope up with the new style of working, but it helped me to gain a lot of knowledge and experience regarding various institutional tasks. It was important for a beginner to get exposure to various tasks in the beginning of the career. I strongly believed that these years helped me to develop a strong foundation in my professional career.

From 2014 to 16, I had an experience of working under my Ph.D. guide, Dr. Sybil Thomas. Dr. Sybil Thomas joined the college as Principal in the year 2014. The style of leadership of Dr. Sybil helped me to adopt a novel approach in my professional life in such a way that, for an academician, it is important to have a reflective life based on a research-oriented mind. During these years, I got an opportunity to work with the NAAC committee member, IQAC and in 2015, I tasted my life with a Ph.D. degree, my first promotion, recognition for P.G. teaching from the University of Mumbai, etc. Along with other faculty members, I also had the time to work for NAAC and Xavier's got A grade in the NAAC accreditation process. During these years, I interacted with our manager Fr. Blaise D'souza S.J. The association and interaction with him made me understand the philosophical stand of Jesuits in the contemporary world.

From 2016 to 17, Dr. Geeta Shetty and Dr. Vini Sebastian were the in-charge principal. During this academic year, experience as IQAC Coordinator, conducting campus placement were some of the enriching experiences received. From 2017 onwards, under the leadership of Dr. Sosamma Samuel, I could be a part of various activities of the institution like Autonomy, RUSA, developing LMS for the institution, etc. During this year, one of the memorable events was when the University of Mumbai approved two of my Ph.D. student's topics. Prayas during the year 2019-20, was another event, which made me understand the power of the support of students. I worked with a group of amazing students during this year for Prayas.

My story at SXIE goes on like this... even though I shared with you my positive experiences, there were several challenges, struggles and conflicts during these 10 years. Let me thank all the people who have been a part of this journey, and I am glad to be part of this great institution.

SXIE offered a unique range of events and opportunities to me throughout these years. SXIE gave me a wealth of new experiences through new friends, incredible opportunities for academic exploration and reflective thinking.

I am sure that St. Francis Xavier's would lead me in the coming years too.

-Dr. Bijoy K. Thomas



CREATIVE CORNER



IGNATIAN CROSSWORD PUZZLE



INSTRUCTIONS:

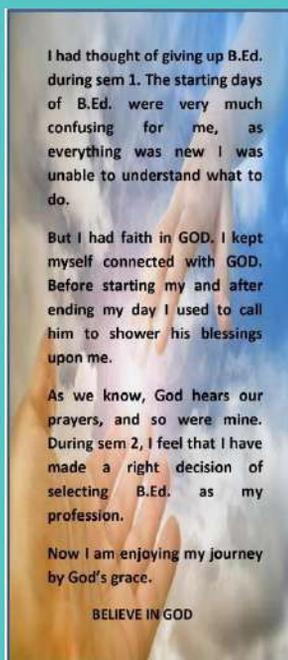
- 1) Click on St. Ignatius to start the puzzle.
 - 2) Once completed, take a screenshot and send it to sxienewsletter@gmail.com
 - 3) Names of the winners will be announced in the upcoming issue.
- (FATSEST FINGER FIRST- ONLY THE FIRST 3 WINNERS WILL BE ANNOUNCED)

To view bookmarks of the remaining participants [Click Here](#)

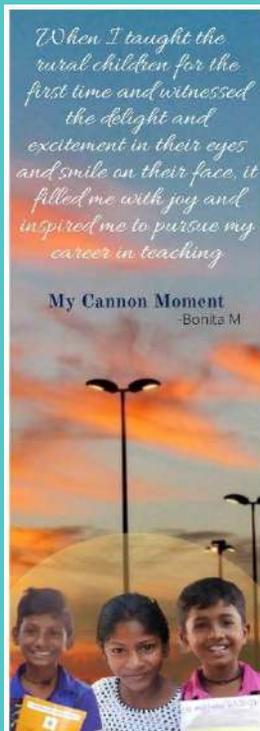
CANNONBALL MOMENT BOOKMARK CONTEST WINNERS



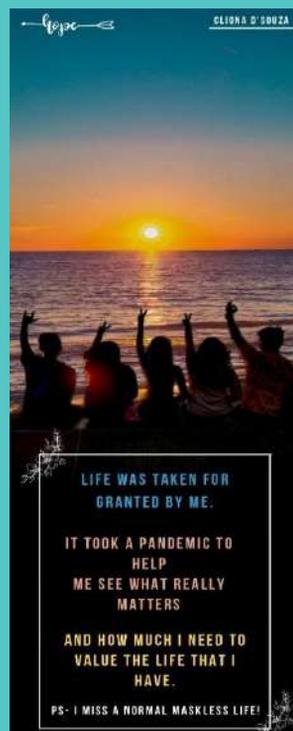
Snovia Fernandes



Bonita Mascarenhas



Cliona D'souza



TALENTS AT SXIE!

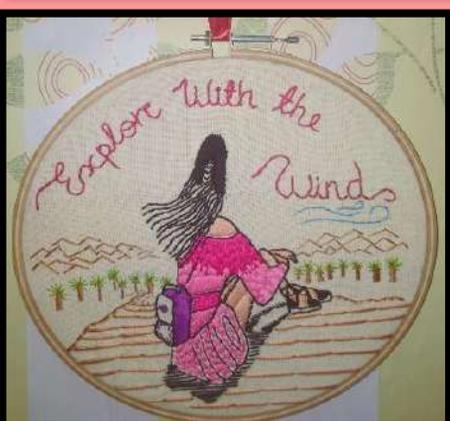


Fatima Faiyaz Sayed, F.Y.B.Ed



[\(@Frostedconfections\)](#)

Madhulica Sharma, F.Y.B.Ed



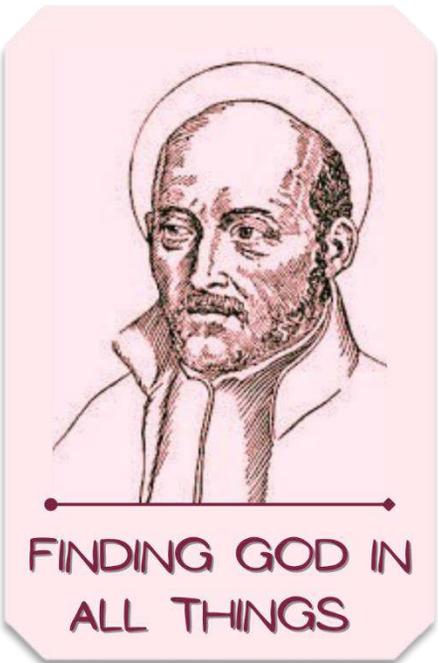
Chantelle Mascarenhas, F.Y.B.Ed

Nakiya Mustafa Teliya, F.Y.B.Ed



Ignatius Soo Sticker Page

Print it on a A4 sticker sheet, cut along the lines and enjoy!!



#JESULIT

#JESUITEDUCATED



WHAT'S YOUR



CANNONBALL MOMENT??

IGNATIUS
IGNATIUS
IGNATIUS

RECOMMENDATION CORNER



MOVIE: SHERSHAAH

(Portrait of an Indian Army Officer Vikram Batra, Amazon Prime)



WEB SERIES: MONEY HEIST

(Portrayal of eight robbers conducting heist at the Royal Mint of Spain, Netflix)



PODCAST: THE RANVEER SHOW

(Motivational speaker, Content creator, & Entrepreneur, available at Spotify & YT)



BOOK: ATOMIC HABITS- James Clear

(A practical guide on how to create good habits and break bad ones)



APP: JOURNEY WITH IGNATIUS- a virtual pilgrimage app based on the life of St. Ignatius Loyola (the app also has a steps challenge and aims to facilitate user's growth in mind, body and soul.)



EHSAAAS
VOICE FROM WITHIN

If you haven't seen our previous issue of this volume, here you go!!



We'd like to know your views on the issue.



HAPPY BIRTHDAY

JULY

6TH - SHEEBA

11TH - CLIONA

16TH - SALONI



AUGUST

5TH - MADHULICA

6TH - RACHAEL & RHEA

18TH - PRERNA

24TH - LEONA

25TH - NAKIYA

