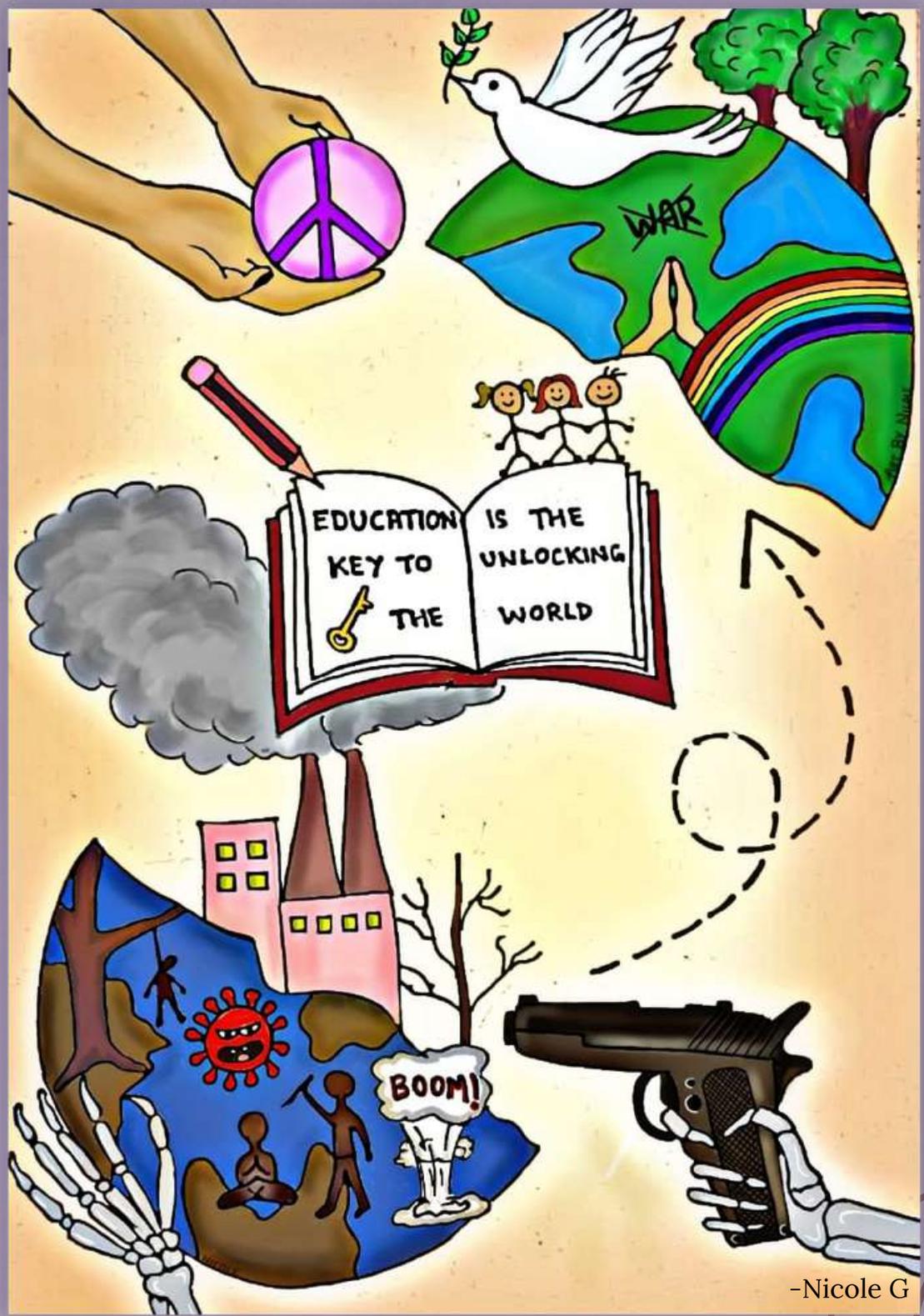




NOVEMBER - MARCH VOL.3 ISSUE.4

EHSAAAS

A VOICE FROM WITHIN



-Nicole G

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From Principal's Desk

St. Francis Xavier- A Model for teachers

Dr. Vini Sebastian, Principal-in-charge

We have heard a lot of facts about the life of St. Francis Xavier. He is known as the GOENCHO SAIB or God of Goa. Let us reflect on few of his works and qualities. St. Francis Xavier was asked to set out on a mission by St. Ignatius of Loyola. He accepted it as the need of the hour and set out on his mission to set the world on fire. St. Francis Xavier must have faced his own fears and felt uneasy on his journey. The Spiritual Exercises, the exercise that St. Ignatius taught his co Jesuits helped St. Francis Xavier to deeply reflect on his own spiritual strength and draw it out for the good of others.

St. Francis Xavier met so many people and he spoke to them with his charismatic personality. This personality didn't come to him automatically. We do so much to develop our personality. A charismatic personality is developed through self-sacrifice, commitment to one's vision, a prime focus on the outcomes for the poor and the marginalized. His mission was totally offered to the Lord God, who was taking care of his needs.

New situations always put a resistance to change. This resistance to change was not seen in St. Francis Xavier who overcame it through his own enthusiasm.. He changes accordingly, pushing aside all the resistance to change and constantly motivating himself through prayer and penance. He slept on hard rock on the ground and led a minimalistic life. When he went to Japan, he realized how poverty can push people to the margins and can become a barrier to communication with the authority. He had to redesign his clothes like the elite and then present himself in order to start his good work.

How many times have we ridiculed poor people who have come our way and considered them worthless? We must consciously reach out to the poor and the marginalized. This is the only way to show gratitude to our Creator. St. Francis Xavier worked on accomplishing His mission with vitality and zeal. Are we aware that we are all on a mission, a mission to transform the world into a better and a loving place to live in. The unlimited confidence in God motivated St. Francis Xavier to do the MAGIS.

St. Francis Xavier had unique qualities which we can emulate. He set high standards for himself. He had ambitious plans for the future before he met St. Ignatius of Loyola, shows that he was a hard-working person, striving towards excellence. He had quick perception and sound judgement. Even when he was not assigned and asked to go, he rose up to the situational needs and focused on his mission. He had realistic goals that could make an impact on people. A quality of mixing with all kinds of people helped St. Francis Xavier to reach out to different kinds of people. St. Francis Xavier believed that GOD was present in all things, cultures, peoples and places. He set out to find God in all things, a man of hope and faith with open mindedness, he always worked with love.

A willingness to do greater things and total submission to God is what the great saint offers us today. As we go through our work pressures and face uncertain situations, we need to submit everything to God, and take up challenging tasks which will help in molding us, changing us, forcing out our internal energy and leading us to the knowledge of our own self. We can become an instrument of peace and harmony through our mission.

By the Editorial Team

BE POSITIVE

It is often said that attitude is everything and that having a positive outlook can lead to success both personally and professionally. Being positive means seeing the good in any situation, rather than focusing on the negative. It means believing that no matter the outcome, it will have a positive result. It is about having faith that things will work out for the best, even when it seems like all hope is lost. Being positive can be difficult at times, especially when life throws us a curveball, but it is possible to stay optimistic. One of the best ways to stay positive is to practice gratitude. Taking a few moments each day to be grateful for the good things in life can help to shift your perspective and create a more positive outlook. Additionally, surrounding yourself with positive people who share your values and goals can help you stay motivated and continue to look on the bright side. Finally, engaging in activities that bring you joy and make you feel good can help to keep a positive mindset. At the end of the day, having a positive attitude can make all the difference in achieving your goals and living a happy life.

Positive
Vibes
Only

Internship Experience

The internship program gave all of us an opportunity to unravel many layers of ourselves as we discovered parts of us we didn't even know existed. It helped us recognize our areas of improvement while we worked towards polishing and strengthening them. While we ventured in this journey together, there were times we came across feelings of helplessness as we were overwhelmed with stress and anxiety of not being able to meet deadlines or in executing the lesson plan as envisioned in an effective manner but it was these experiences that helped us learn, develop and enhance our innate skills and abilities. It made us believe in the impossible rather than perishing in doubt as we experimented in various types of lessons and techniques to make it an enriching teaching-learning experience for the students as well as the teachers. We didn't merely teach in our internship schools but rather learned and acquired several values and cherished memories. It helped us grow in this vocation we choose as we journey towards professionalism and accountability. We all are forever grateful for the privilege to be a part of each school internship group which wouldn't be as insightful and fruitful as it was if it wasn't for the guidance and blessings of our coaches, mentors, supervisors, teachers and peers.



**"Experience is a jewel, and it had need be so,
for it is often purchased at an infinite rate."**

-William Shakespeare

INTERNSHIP EXPERIENCE DESCRIBED

BY S.Y.B.ED. IN ONE WORD



I share my experience of Internship in line with the quote of Paulo Coelho, "When you want something, all the universe conspires in helping you to achieve it."

I began this internship as a journey of self-discovery as a teacher and as a learner. Thus, I committed to making the best use of every opportunity that came on my way, not only in terms of teaching but to have an overall learning experience a student-teacher. I could see the progress as I began my internship where I was and where I am now; be it preparing lesson plans, classroom management or organising an activity for the class.

I am extremely grateful to our college teachers who helped us in every way possible, for their guidance, support and encouragement at every moment kept us going through the difficult phases.

I am grateful to the school teaching and non-teaching staff, especially the school supervisor, who always stood by us. A teacher always went out of her way to support and help us. And that was one of the best lessons and inspirations I learnt from the school.

-Sunil S

Sher O Shayari

Shayari sunake dil behela du,
Tere liye woh Sahyar mein banu,
Ghire tuje khusiyon se bhara jeevan,
Atoot aisi teri taqdeer mein banu.
-By Nevelle Coutinho

SXIE ek munch he,
Aur hum iss munch k kalaakar,
Iss munch ka asali sitaara mein,
Aur baaki sab bekaar.
-By Fatema Ujjainwala

Zindagi ho toh smuggler jaisi, sari duniya raakh ki
tarah neech aur khud dhuen ke tarah upar.
-By Melissa Karkada

Safar lamba hai dost banate rahiye,
Dil mile na mile hath badhate rahiye,
Tajmahal naa banaiye mehanga padega,
Magar har taraf mumtaz banate rahiye.
-By Vindhya Saroj

Darr lagta nahi ab zindagi ke tanaav se (2)
Darr lagta hai ki (2)
lagta nahi darr iss tanaav se.
-By Myron Gomes

Matlab kya hoga degree ka (2)
jo kaam hi na aaye,
Degree toh ho aisa,
jisse aap dusron ki zindagi mein ujala bhardein.
-By Myron Gomes

Baarish kaa Mausam Aya,
Kitne suhaane yeh dard laaya,
Bike chalte yeh baarish he chubti,
Par neend chain Kahan,
hamari zindagi he phooti.
-By Fatema U and Nimra

Kal ki intezaar meh aaj jheena bhul gayi,
Kal ke talaash meh zindagi beechari guzar gayi.
-By Dominica Barretto

Shabdon kee kaash mo kaash se
junjh rahee hu, aage kya likhoon
vahee soch rahee hu.
- By Kinjal Tiwari



-Fatima H



-Joel D



-Myron G

Emotional Palette



The seesaw of emotions at any age,
If tamed well you can fly with courage,
If untamed, you will end up in a cage.

However challenging it may seem,
Uncontrolled emotions flow like a stream.
It's not the time to shout and scream,
Rather get up, and plan your scheme.

Don't be hindered by negative thoughts,
You are a reflection of your thoughts

Don't look down on yourself,
Know the worth of thyself.
With the touch of the Supreme,
Keep up high your Self-Esteem.

-Nissy Elizabeth Daniel



-Rachel Thever

They have seen the months of summer pass me
by with the doors open
They have seen the months of rain wash the
city before it did them
They have sat in the winter months so busy to
even touch the cold steel
But today dawn breaks with a crack in the sky
Dappling pink and blue
Cutting open the edges of the town - a brand
new gift
And so we have arrived in the day and it will
last for a while
In yellow flowers, warm roads, soft kisses,
In tangled dreams and spirited walks,
In the late falling darkness, and morning dews
on scanty grass,
In sober-mindedness, but never in
remembrance of things past.
never in remembrance of things past.

-Pooja Rudagi



Each day I punch into the horrors of the
world...
With the hope that i punch out as a better
person,

What I feel and crave in time for,
Is a mix of what keeps me alive,
The whiff of smoke from the warm chai,
To the order for "cheese dosa dena mere
bhai..."

10am a bell rings to my stomach calling out
for sneks...
Lollipops and rolls,
I need more than a secs..

All this food has got into my head
I'm sure last night that's what she said

-By Tanvi, Eslinda, Leeandra,
Myron, Vindhya, Joel



A Journey of Self-Expression

"THE ENIGMA OF EXISTENCE: A QUEST FOR EXISTENCE"

My mind was very small
 until I explored
 I recognized the truth
 in my burning youth
 in deep waters,
 a small creature did exist
 no stars, no planets, no galaxy
 just a blur luminous mist
 darkness covered everywhere everything was black
 einstein gave it a thought
 but where did he lack?
 it was a rash explosion
 the vibrant colors bursted in the galaxy
 diffused from a ball of fire
 it was something for stephan and roger to admire
 for they said, the big bang was the beginning"
 the temperature rised and cooled the universe and oh
 boy! it was the final inning
 for millennia, the origin of life was thought
 to be the result of abiogenesis
 but scientists say,
 "it's an inappropriate thesis"
 who should i believe?
 who should i not?
 i don't understand, i just cannot!
 but then came edwin hubble
 he cracked the thesis and broke the bubble
 he concluded the universe is expanding
 his vision was all commanding
 who should i believe? who should i not?
 i don't understand,
 i just cannot
 too many scientists
 too many theories
 but who could possibly solve all these queries?
 the milky way, the galaxy, the planets, the stars
 then we investigate,
 the life on mars
 an astonishing appearance stood on the ground
 a wheezling wind then was found
 hey einstine!
 you are history
 you quoted "the most beautiful thing we see is a
 mystery"
 science is a true daughter of all times
 inquisitive me would like to ask you
 Who is god?
 Do you have a clue

-BY RACHEL THEVER



-Rhea G

WHO AM I?

Who am I?

In a world full of pain,

Where many a times, all our efforts go down the
 drain,

I have no clue where to find

Just a little peace of mind.

When I can just be walking down
 The twilight roads of any town,
 When i can talk and laugh and cry
 Without being judged oh dear oh why!

Then can I just be allowed to exist
 Or will I just fade away like mist
 I don't need alot, to live this life
 Just one step higher, higher I strive

In a world full of slurs and jibes
 We're all just searching for our vibe,
 All we can do, Is non stop try,
 To answer the question,
 Who am I?
 Let me decide

- BY MYRON GOMES

Continued...



-Blessy P



-Fatima H



-Nimra K

THE IMMORTAL HOUSE OF TIME

I saw myself reflected
 In bits and pieces,
 But it was me,
 Or it felt like it was me.
 I saw fragments of me,
 In each and every figure,
 In each and every art.
 A bit in me felt-a-calling,
 A call to rejoin,
 With the me, I found in there.
 But the fragments I saw there,
 Were frozen in time,
 They did not age, nor bled,
 Nor healed, nor slept.
 They were frozen.
 They were frozen,
 In the best of time,
 In the best of colour,
 In the best of shade and shine.
 They looked back at me,
 and whispered to me ,
 "Be the best you can,
 At all times,
 Because you do not know,
 When it will be,
 Your last moment,
 your last breath,
 Your last time,
 Before you too,
 Will be a part of this
 Immortal House of Time.

-BY BLESSY PAROKKARAN



"Self-expression is a beautiful amalgamation of words and personal experience."

-Diana Paul

Green Horizon

Acts of service: Towards nature's cause

I, **Srishti Dedhia**, am a part of a group called "Mumbaiploggers" which is a youth initiative started by **Rashmi Singh**. We conduct clean up drives at **Prabhadevi Beach** every Sunday. These clean up drives make us realize how much harm we have caused to our environment and now it's our pay back time and if we don't do so then we will not only cause more harm to our environment but also to ourselves as we live in the same polluted environment. Through our act we aim to spread awareness in our society about this cause and how can we contribute in healing our mother Earth.

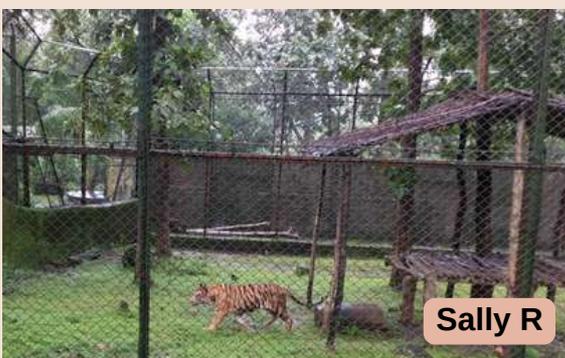
Doing something for the environment gives me immense pleasure and satisfaction and I am glad that I am a part of such an initiative.



Khushboo J



Kileshwar P



Sally R

OUR COMMON HOME

**Jungle! Oh the beautiful lavish jungles
We messed you up with our industrial
bungles
Your embrace is the warmest
But we were always unjust.**

**Jameen! Oh the splendid green scene
Towards human you are always keen
But we couldn't understand
Rather we always demand**

**Jal! Oh how blissfully flows the water
Your ripples and babbles are sweet
laughter
You are generous as the creator
But we changed your worth to dollar.**

-By Nissy Elizabeth Daniel

Guiding Lights



A BUDDING FLOWER

In this beautiful arena of a garden,
I see plenty of beautiful flowers around.
But a budding flower like me,
Is left all shocked and astound.

Look there's a beautiful Jasmine,
It's like a gift from God.
How tender, loving, solicitous in nature,
Geeta Ma'am is what she is called.

How pleasing is it to the eye,
We have the Daisy flower in the frame.
It's a symbol of Boldness, empowerment and class,
Ma'am Elvina is her name.

Next we have the dauntless flower,
Dahlia, a symbol of hope and confidence.
Just like Vini Ma'am, oh so beautiful,
It has dreamy, creamy petals of coloured
exuberance.

In the fields of mist and fragrance,
A Lily dances whole-heartedly.
Shadab ma'am is what we name her,
A symbol of feminine beauty and purity.

She exhibits wisdom, she exhibits modesty,
She stands tall with her beautiful bloom.
Kalpana ma'am is that Violet flower,
Who mesmerises the field with her sweet perfume.

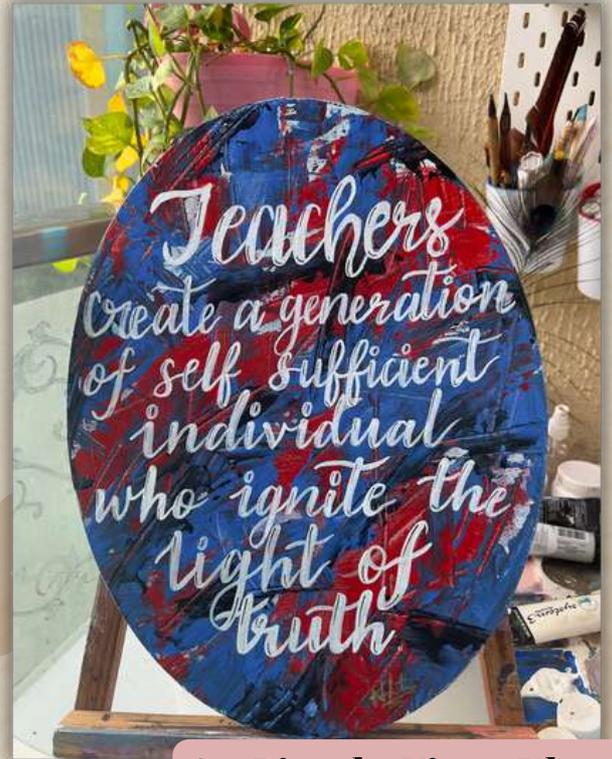
Oh so kind, oh so warm,
She sings around like a melodious Bluebell.
Nishi ma'am, oh how graceful she is,
She loves her children so well.

Down to earth like the Carnations,
How simple yet elegant they are.
There comes Preeti Ma'am and her exquisite self,
She is like a shining star.

Like the Hibiscus flower,
He symbolises happiness and strength.
Bijoy Sir, what a ray of sunshine he is,
He has blessed us to a great extent.

To all these beautiful flowers,
Grown with experience, knowledge and power.
I thank you all for being by my side.
A note from this budding flower.

-By Fatema Ujjainwala



Art Piece by Nimra Khatri



Teachers as Blooming Flowers

-Rhea Gonsalves

Breaking Barriers, Shattering Stereotypes

I KNOW WHY SHE IS BORN CAGED

She waited day and night for his wings to touch
her being,
Yet as she waited dawn to night,
He sucked sweet nectar from every flower he
could find.
Her bed as dry as a raisin,
The sheets as cold as ice,
Sick of the curse she was forced to watch,
Him bloom as she withered in sight.
Words beaten and molded with the burden of
acting like a lady,
Stuck to her tongue that is forced to taste sweet
for all the busy bees,
Stitched to the kitchen her soul must be,
Her body to her husband and mind to her
children.
Where sacrifices were not a choice but a duty,
Love not a feeling but a routine,
Drowning from the responsibilities enthroned
because she was a 'she',
Swimming in a pool created by society and
nurtured by thee.
Not once she could raise her voice,
Not until eternity.
With a smile sketched on her face,
She faded like a breeze at the inequality.
Yet a small spark burned within the ashes,
The ancient chains rusted yet continued to
rattle,
Her dreams weren't different than others,
Then why only species like her were othered?
So a song she sang,
An elegy to the lost buried voices of her sisters,
Forced to wear blinkers designed by them,
Internalized to dance to the tune they played.
So she helped them see the light,
To relish the sweet taste of nectar,
At last surrounded by calmness in the midst of
chaos,
She finally began to breathe.
No silence will they now keep,
In their battle to achieve their dreams,
They raised their voices and helped one
another find a voice,
As they let it echo while it synchronised in a
beat.
How foolish were they to compete,
As in order to grow, there's got to be a 'we'.

-By **Dominica Barretto**

Industrial Revolution

In the 19th century
Life became weary,

Horrible living conditions
With poor nutrition

Had dangerous workplace
No other place to chase

Children were laborted
Left unfavoured

Women were discriminated
And a long they waited

Had no better ways
As they had miserable days.

-By **Meral, Sinera, Vindhya, Sanorita, Osdan,
Sally, Maurisa, Eslinda, Nicole, Leeandra**

RESILIENT WOMEN

Women of today are known for their
resilience;

Women of today exude a sense of strength &
substance;

Despite the inequality and other challenges,
women have always stood the test of time;

Women of today hold galaxies within them,
look around and see the generations that are
created through them;

Our women must be empowered,
They must be given that well deserved respect
& appreciation;

Because when women are encouraged to live
their dreams,

Motivated to build a life different from the
traditional expectations,

The world is sure to enter a phase of
revolution!

-By **Diana Paul**

Moments to Remember

Beach Clean Up Drive

On Saturday, September 17, 2022, the nation-wide coastline clean-up drive was organised in collaboration with the KAASH Foundation Mumbai at Girgaum Chowpatty. Volunteers for the coastline clean-up initiative included student- teacher collaborators from various Mumbai colleges. This wonderful experience of beach cleaning have made me reflect on, Where does the huge amount of trash come from? The answer to this is "Humans". We are the one's who hurl trash and pollute our surroundings. Therefore, participating in this activity meant accepting responsibility for our environment. Through practising beach cleaning, one would realise that minimising garbage is crucial since it helps to keep the beaches clean, safe, and beautiful in the end.



SEEL

Emory University's SEE Learning (Social, Emotional, and Ethical Learning) is an innovative K-12 education programme. Ms.Mona Seervai Madam, facilitator and coordinator from SEE Learning India and her respective colleague. Dr. Bijoy Thomas and Ms. Kalpana Chavhan the teacher coordinators were actively a part of course along with students. In this value course, we learnt about grounding and resourcing methods, as well as the three dimensions compassion, awareness, and engagement as well as the three domains social, personal, and systems. In addition, we practised mindful listening in pairs and talked in depth about forgiveness. SEE learning was a beautiful learning experience for us as future teachers. When we enter classrooms full of students, it is critical for instructors to understand our hopes and dreams for children and SEE Learning provided us with the opportunity to do so.



Ignatius feast



2022 marked 500 years since the cannon ball movement and therefore the Ignatian feast was celebrated with even more gusto and importance. The feast was celebrated over a course of 3 weeks. The first celebration was on the 23rd of July, where the students presented a small assembly that reflected the 3 special symbols of St. Ignatius' life - the cross, a book and a sword. The second celebration was on 30th July '22, organized by the students and staff of SXBA. A mass was held to honor the feast of St. Ignatius. The last celebration was held on the 6th of August, 2022 to celebrate the Ignatian Year Culmination. The students of each internship group worked together to make the program a joyful celebration. The celebration was very wholesome, enlightening the students about the life of St. Ignatius, and making all reflect on his teachings which are still relevant today to make a difference in the field of teaching!

PICNIC



The annual picnic to Sogno Farm gave us an opportunity to escape from the stress and anxiety that goes hand in hand with examinations as we sought refuge in nature and drew solace with one another's presence amid life's challenging moments. It helped us move out of our comfort zone in many different instances such as the lack of network connectivity available in that area but it is through these experiences that we also learned how to explore and rediscover various ways to entertain ourselves devoid of these electronic resources. The time spend in the presence of each other's company helped strengthen our bond as well as create more cherished memories as we celebrated the day in fellowship on 14th November, 2022 .

Moments to Remember

PRAYAS' 22

On 20th December 2022, the students of St. Xavier's Institute of Education celebrated their inter-collegiate event called "Prayas". The theme of this year was "Folk Flair Fiesta". It started off with an introductory speech by Principal in Charge Dr. Vini Sebastian. She welcomed the manager Fr. Blaise, the chief guest and also the judges for the event. Dr. Sosamma Samuel was the chief guest of Prayas '22. In her speech, she highlighted the meaning of folk culture and also touched upon its significance. The event continued with beautiful performances by students of SXIE as well as other prominent colleges. The unique performances highlighted the folk culture and traditions of certain parts of India. All students displayed great enthusiasm and competitive spirit throughout the event. It was the joint efforts of the organizing committee, faculty, non-teaching staff, technical committee, and students that made this event a grand success.



X-Led Activities

Xavier's Leadership Efficacy Development Program primarily aims to develop leadership skills among students. It provides a platform for students to become resource persons and exhibits their unique skills. The first X-Led activity was conducted on September 29, 2022, by our musically inclined classmate Mr. Myron Gomes and his father Mr. Roney Gomes. Their exceptional knowledge and love for music was the highlight of the event. The session included an activity wherein the students had to compose a song based on the topic of 'Industrialization'. The session encouraged students to be creative and innovative with music. Another X-Led Activity was conducted on October 15, 2022 by our classmate Ms. Srishti Dedhia. Like a true environmentalist, she taught us the process of paper recycling that can be easily done at home. She highlighted how used papers can be turned into sheets of papers for further use. This activity encouraged us to think of ways to be more mindful and responsible for our actions towards the environment. Overall, these activities provided us with opportunities to learn new skills and gain new knowledge.



Notes from Alumni

JO TU NA HOTA TOH...

Subah ki chai se pehle
Neend bhari aankhon se
Agar Kuch Sochti Hu toh
Woh hai tu

Din bhar ki thakaan mein
Dopahar Kuch waqt akele mein
Raat ki neendiya se pehle
Agar Kuch Sochti Hu toh
Woh hai tu

Tere khayal mein Maine din hai kaate
Chhuttiyan toh bas hai kehne ki baatein
Har din iss bandhan ko sawarne ke vaade

Kahi tu humse na ghabraye
Kahi hum tujhpe baras na jaayein

Teri ek muskaan ki itni hai keemat
Ki harr gusse ko hum pee jaayein
Teri har pukaar mein itni hai chaahat
Ki dil har baar bhar aaye

Teri masoomiyat humko behadd bhaati
Kaash tu jaanta teri ehmiyat kya hoti
Jo tu na hota
Toh main kabhi main na hoti.

- Bazela Hawa

// a lot of you would think of this as a love poetry at the first read but the writer has written this from a pov of a teacher for her student, you may now reread it from a different context. //

Artists of SXIE



-Srishti Dedhia



-Nicole Gonsalves



-Rachel Thever



-Nimra Khatri

Photographers of SXIE



Adele



Blessy



Fatema U



Kinjal



Rhea



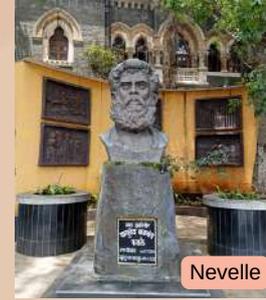
Fatima H



Nissy



Melissa



Nevelle



Gaurav



Sanica



Tanvi



Rachel



Myron



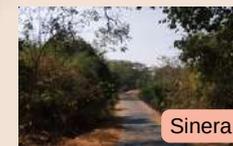
Neral



Kileshwar



Khushboo



Sinera



Nimra



Sally

Entrepreneurs of SXIE

Rachel Thever -
@aesthethever

<https://instagram.com/aesthethever?igshid=ZDdkNTZiNTM=>

Aesthethever is an Instagram art account that celebrates the beauty of art journals and paintings. From vibrant watercolor paintings to intricate sketches, this page showcases my work.

Sinera Crasto -
@poetry.by.sinera

<https://instagram.com/poetry.by.sinera?igshid=ZDdkNTZiNTM=>

On this page, I express my ideas, thoughts and emotions through poetry.

Delviya Misquitta -
@hoops.n.loops._

https://instagram.com/hoops.n.loops._?igshid=ZDdkNTZiNTM=

Something I am extremely passionate about is the area of jewellery and by creating jewellery designs of my own, I get to share this joy to others by helping them experience my love for it in their own unique and special manner.

Neral Carval -
@artbyneral

https://www.instagram.com/invites/contact/?i=kn3ir7f4li3c&utm_content=9hk7fut

A bird free from any cage, Embellishing her Instagram page. Come, have a glimpse of my creative side.

Diana Paul -

@theruminatingexistence

https://www.instagram.com/_theruminatingexistence/

Giving words to my thoughts, while using nature and people around me as my muse!

Nimra Khatri -

@theartisticdream_

<https://instagram.com/theartisticdream?igshid=YmMyMTA2M2Y=>

Art is one thing that keeps me connected with my inner self. I always wanted to do something related to my passion and therefore started my own business where I sell customised paintings and different kinds of artwork.