

*Break the cocoon, Open your wings
and Fly like a butterfly*



Chrysalis
2022 - 2023

From the Principal's desk



Dear Esteemed Students and Faculty,

It brings me immense joy and pride to welcome you to the annual edition of our college magazine. This publication serves as a testament to the remarkable talent, creativity, and intellectual prowess that define our vibrant academic community.

Within these pages, you will discover a kaleidoscope of insights, achievements, and experiences that showcase the diverse tapestry of our college life. From scholarly endeavors to artistic expressions, the magazine encapsulates the essence of our collective journey.

I extend my gratitude to the editorial team, whose dedication has brought this magazine to life. It is a reflection of the collaborative spirit that defines our institution. May this edition inspire and ignite the flame of curiosity within each reader, fostering a sense of pride in our shared accomplishments.

Wishing you an enjoyable exploration of the myriad stories that weave the fabric of our college's rich narrative

Dr. Sr. Tanuja Waghmare
Principal
St. Teresa's Institute of Education

Competitions




Celebrating 50 Years of Quality Education

The IQAC & English Club of

ST. TERESA'S INSTITUTE OF EDUCATION
 S V Road, Santa Cruz West, Mumbai 400 054
 Re-accredited with 'A' Grade by NAAC (3rd Cycle)

Organizes an

**Inter College
Essay Writing Competition**



Let Your Creativity Amaze the World!

Teacher Incharge Principal
 Dr. Cerena D'Cunha Dr. Sr. Tanuja Waghmare

*The Art of Writing
is to Share
a part of your Soul
with the World*

Broad Themes

- Universal Ethics for a peaceful World
- Envisioning India @2047
- New Beginnings - A Post Pandemic India
- Terrorism - A Threat to humanity
- Environmental Protection & sustainable Development

(The themes are open to YOUR interpretation)

Rules

- 1) Essay should not be more than 1500 words
- 2) Must be typed in MS Word doc in a readable font.
- 3) Material should be plagiarism free.
- 4) Give an appropriate title to your essay

[Click here to Register for the Competition](#)

Registration is free
 Last date for registration- August 25, 2022
 For any queries please contact cerenaclassroom@gmail.com

Criteria for Judging

- Content
- Effectiveness in Presenting the point-of-view
- Arrangement & Originality of Ideas
- Creativity

Submission Details

Submit your original essays
 by August 31, 2022 on
cerenaclassroom@gmail.com


Winning essays will be published in the Annual College Magazine.

Certificate of Participation will be awarded to all participants.


St. Teresa's Institute of Education
 S V Road, Santa Cruz West, Mumbai 400 054
 Re-accredited with 'A' Grade by NAAC (3rd Cycle)

Inter-College Essay Writing Competition
 (Aug 31, 2022)


In a Competition of Creativity, we all share in the Victory, No matter who comes first...



Rovina Mathew Dmello
Pushpanjali College of Education



Rachel Viegas
The Lords Universal College of Education



Manisha Kandaswamy
St. Teresa's Institute of Education

Winners Are Not Those Who Never Fail,
But Those Who Never Quit

WINNING ESSAYS

First Prize

Name- Rovina Mathew D'mello.

Institution - Pushpanjali College Of Education.

ENVISIONING INDIA @2047

India also known as 'Hindustan' or 'Bharat' is described by Mark Twain as the cradle of human race, the birthplace of human speech, the mother of history, the grandmother of legends and the great grandmother of traditions. Out of the 195 countries in the world India has always stood out as a diverse nation with millions of people following different religion, culture and tradition. India today is seen as a strong emerging nation with progress being made in every field be it science and technology, defence or arts. Every Indian surely reminisces the words of Pandit Jawaharlal Nehru, " *At the stroke of midnight hour when the world sleeps, India will awake to life and freedom.* ", but have we really attained freedom that was envisioned? Are we really striving to make India a better place? Today as India is rapidly progressing there are many areas that still need to be worked upon to make India a better place tomorrow.

Population being a major factor leads to a variety of problems arising in the sector of education, employment, housing, etc. This issue of population can only be solved when every Indian pledge to acquire the fifth basic amenity that is education. It is only education that will drive away the darkness of illiteracy and create awareness about family planning. Moreover, by 2047 the capability of a child should merely not be decided by his or her degrees. There are several other sectors like sports, drama, music etc in which a child can excel and that needs to be considered as well. So, tomorrow's society should not be a society that pressurizes the child but instead encourages them to explore the creative sectors as well. Growth of India is stagnant due to reservation. Tomorrow's India should not be defined in terms of reservation. Every sector should have the 'deserved' instead of the 'reserved'. Reservation, low pay scale, lack of appreciation and no good opportunities often lead Indian youths to migrate abroad. This is indeed a great loss to our nation. Every Indian thus should support the thought of 'MAKE IN INDIA' which will solve the problem of unemployment.

A great poet once said, "*Sympathy for the peasants, hoeing millet in the midday heat, sweat dripping to the earth beneath, do you know the food on your plate, each grain*

was hard earned.” In the wake of globalization and modernization, the farmers who are the founders of civilization are being sidelined. Though the government of India has provided various facilities to the farmers, it is high time to think that are they sufficient? Are the farmers really benefitting from it? Tomorrow’s India should have small organizations to monitor the smooth functioning of these facilities. According to the current situation, defence is the most important aspect for a country. But, do we really acknowledge the efforts taken by our soldiers? It is due to them that we are at peace. Their life is also important as ours, so by 2047 the job of a soldier should be the highest paid job. The children should be taught to differentiate between a Hero and an actor. A soldier should be termed as a hero rather than the people in film industry who are merely actors.

The constitution of India grants freedom of religion to all of its citizens; but today the major riots in our country are in the name of religion. This situation is more deteriorated by our political leaders for their own gains. Every individual in the country should address themselves as ‘INDIANS’ rather than addressing themselves as Hindu, Muslim, Christians, Sikhs etc. If this is implemented India in future will surely be more united than ever.

When we dream of a better India, a thought of rape free India also comes into picture. The laws for other crimes are quite strict but what about an issue like rape? Why is the justice being delayed? The constitution of India should come up with strict laws which would guarantee women safety so that India will be safest by 2047. Change is the role of nature. It is high time that the constitution of India should be amended because even after 75 years of independence we are following the similar constitution that was adopted in 1950s. The political parties in India should include youth in large numbers because the youth of today are well paced with technology. Also, by 2047 every leader holding the position should be well educated. Corruption should be completely abolished. There should be restrictions on media. They should not discuss the defence strategies and should stop exaggerating things. There should be restriction on forwards and misuse of social media. India in future must give importance to mental health without considering it as a taboo.

So, my vision for tomorrow’s India is not only a digitalized smart country but also the one that is self-sufficient, satisfied, peaceful and unified. India should not only be strong from its exterior point of view but also from its interiors as well, so that if I were asked – **Under what sky the human mind has most fully developed some of its choicest gifts, has most deeply pondered the greatest problems of life and has found solutions?** I should proudly point out to **INDIA**.

Second Prize

Name- Rachel Viegas

Institution - The Lords Universal College of Education

What yesterday failed to do, today will

It happened in a split second. Our manner of life and how we interact with one another changed as a result of the pandemic. It forced us to spend time without the people we cherish, affected our professional lives, prevented us from seeing our friends, and interfered with our academic and social lives at school and college. Even dreaming of life after COVID-19 was difficult. Putting on a mask in public? Avoiding social gatherings? How will the workplace change after COVID? What about friendship, love, or faith? Will the way we view public health change? What about our morals and actions?, etc were few of the many questions running in our minds. In actuality, nobody was certain of what would happen next. The atmosphere remained uncertain. There is no doubt that the pandemic has negatively affected every element of life, from economic concerns to factors affecting each individual's welfare. But we must always remember that light enters via cracks. We knew deep down that this pandemic wouldn't last forever.

We never imagined that the twenty-one day confinement would last for months instead of just a week, and that it would finally last a year and completely overturn our lives. We began work from home, colleges and universities introduced online courses, and we witnessed some appalling changes, such as the cancellation of the SSC board exams. We all understand that ships are most secure when they are anchored close to land, yet that is not how they were designed. Similarly, we all want our life to constantly remain smooth and hassle-free without any problems, but that is neither what life is for nor how it can be! In the end, it is the experiences we receive from struggles, setbacks, and difficult times that help to mold us into more resilient versions of ourselves. And the COVID-19 outbreak is clearly one of the most difficult situations we have ever encountered. While COVID-19 held us hostage in its terror, it also gave us new eyes through which we could view the world. We've all been through the stage where we tried to bring out our inner cooks, created delicious treats like dalgona coffee and banana bread, and so on. Others gave up their safety for us, while a few had the opportunity to do so. We came to appreciate these COVID soldiers' importance. For

us to understand the value of life and what really counts in it, a global pandemic was necessary.

We were really lucky to witness our planet's recovery. Objectively true, every cloud has a silver lining. In the last year, we've discovered how uncertain life can be. We'll focus more on the benefits of physical friendship now that the COVID threat is almost over. It's given us the chance to take our time in this rapidly changing world and appreciate the things that actually matter- our friends, our families, and the ties we've formed over our life. A lot of us have been taking advantage of this opportunity to engage in activities that we otherwise avoid using the justification of lack of time. The truth is that we never prioritized ourselves. However, we will now see an increase in the amount of time people spend doing something for themselves. For a matter of fact, we will no longer take our friends and family for granted. People now know the value of being together and bonding. We know how it feels to be alone and get bored all by yourself. It's crazy how it takes the end of the world for us to realize that perhaps, we have been going about things the wrong way all along. Putting food on the table is obviously necessary, but it's also crucial to feed your heart with the things it truly desires. Speaking of the heart brings me to the reality that we are all now a little health-conscious due to our awareness of how detrimental getting sick can be. Thanks to COVID-19! We'll see an effort being made to focus on maintaining our health. There will certainly be more discussions about how to safeguard ourselves against pandemics in the future and promote better health. We'll be considering health in a broader context. On the other hand, businesses appear to have finally realized that their workers are whole individuals. While their lives outside of work are important and beneficial to their wellbeing, work is a component of their life. Flexibility in working from home or working from the office will be seen. To top it all, we shall have a generation that is acquainted and aware about technology because of its excessive use during the pandemic phase.

In all honesty, the most essential lesson we learnt from the pandemic is to not take nature for granted and to let it heal itself. We cannot exploit our earth because it is all we have. It's time to change our ways and adopt a sustainable one. Greta Thunberg was correct when she remarked, "Together and united, we are unstoppable." So let's move forward. Together, we overcame this challenge and will soon enter better times. Despite everything that has happened, the world turning to a standstill has had certain benefits. We have been forced to sit back, reflect, comprehend, and embrace what it is like to live rather than just survive. And that's something we'll work hard to maintain for a very long time.

Third Prize

Name- Manisha Kandaswamy

Institution - St. Teresa's Institute of Educatuion

ROUTE MAP OF INDIA 2047

Right from childhood, whenever we talk about future, all I could visualise is the progress in the field of science and technology. Even the movies based on the theme of future, talks about robots and time machines. It was deeply embedded in my mind that in near future we are going to be on a different level on technology, our houses will be on tall glass buildings, transport will be more convenient and what not! All these thoughts slowly began to change as I stepped out of school and started exploring more. When I compare our past with present, for sure there is a highly remarkable progress. Being an optimist, I really appreciate the positive side for all the advancements but the other areas which are left unseen bothers me. We all have a bigger picture in the context of future. I would like to focus on its contrast.

I have been brought up in a chawl system where we need to use public toilet. Even after all 22 long years, it is the same stinking public toilet. Not only mine but I have come across so many such localities where it is the same case and sometimes even worse. Where's the progress? We are proud to talk about the progress in technology and inventions. It is disheartening to witness manual scavenging still existing across various regions in India. Can't we find an alternative for the same? The last time I went to my native (a remote area), I could witness new general stores, hospital, petrol pump and mobile network towers which didn't exist few years ago. Even before I could be little happy about the same, the marriage invitation from my neighbour disturbed me. The girl of age 18 was getting married and the boy from the same house was provided with everything he needed. That's when I noticed, most of the girls have completed only till their 12th grade. The ones who got into degree college is countable. Where's our progress in gender equality? There are a lot of reasons to not accept someone as a partner. Everyone has their own choice and it is valid. The fact of rejecting someone just because they are dark, I couldn't digest. This incident didn't occur before ages but just roughly a year ago. Isn't dark skin tone one of our beautiful identities? Then why, the discrimination? We label ourselves as liberals. I have witnessed a lot of love relationships ending up due to rejection of parents. Even

today, our parents aren't able to willingly accept the choices of their children. They aren't able to accept the differences in religion, caste and economic backgrounds. Where are we heading towards? The project of Underground Mumbai Metro in my locality is going on for 6 years now. I'm personally happy for the launch but I miss the beautiful huge trees that's being cut down for this construction. Are we going to lose our colour of green slowly? The reservation quota has uplifted a lot of students and has acted as a pillar in their journey of pursuing higher education. I feel worried for the ones who are eligible and equally qualified compared to the reserved category students yet didn't get in due to poor financial conditions. Which sense of equality are we practicing? This is just a gist of few bothering of mine. The list will go on.

When I envision our country in 2047, I would like to witness progress, a real progress from roots. I would like to see positive changes in sanitation, from public to private toilet or at least hygienic public toilet. 'No more existence of manual scavenging' will be the news that will make me the happiest. Even though we spread as much awareness as possible in terms of gender equality today, at certain instances we ourselves fail to practice. I want to envision ourselves in a place where 'gender inequality' does not exist anymore. I wish people to be a little more advanced in their thoughts before judging someone based on their appearance. I badly want a change in parenting styles. Authoritative parenting style is more appreciated than authoritarian parenting style. A child should have a special bond with parents where in he or she should not have any boundary to the context to be shared. This itself will resolve most of the problems we face in our adolescence with fear. A healthy parenting will mould the child in a way where he sees no negative differences among his or her peers. Also, a single parent should not be looked down in any ways. The importance we give to huge infrastructures should also be given to planting and taking care of trees. We must never forget that nature is superior to all. We all are not equal, few are ahead whereas few are behind in some or the other field due to some or the other reason for which reservation is essential. I personally believe that quota should be given on the basis of one's own ability and economic condition rather than the caste they belong to. I would like to see both men and women equally in all fields. Transgender should be equally respected. Everyone has their own choice in their identity. We must learn to completely respect. Even if you don't support, it's fine. At least don't hurt their belief. Mental health should be given equal importance just like physical health. I witness villages slowly

changing into towns and eventually into cities. In one way, even though it is beneficial, in the other way we are losing the pure essence of villages. In all the progress that we are attaining, let us not forget to adore the real beauty of our country.

A reputation of a nation is represented by the people. I envision a positive advancement in the behavior of people which itself will act as a strong solution to the major problems we are facing today. Let us all look ahead for a bright future filled with positivity. This attitude will make our country from a 'developing nation' to a 'developed nation'.



Celebrating 50 Years of Quality Education



The IQAC & English Club of

ST. TERESA'S INSTITUTE OF EDUCATION

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Organizes an Inter College Poetry Competition



*Let your emotions find thoughts and
thoughts find words*

Teacher Incharge

Dr. Cerena D'Cunha

Principal

Dr. Sr. Tanuja Waghmare



Believe in the Magic of
Your Words!



Rules

- 1) The poem should not exceed 30 lines excluding the title
- 2) Content in English will be accepted
- 3) Must be typed in MS Word doc in a readable font.
- 4) Poems should be ORIGINAL and any act of plagiarism will lead to disqualification.
- 5) Only one entry per person will be accepted.

[Click here to Register for the Competition](#)

Registration is free

Last date for registration- August 24, 2022
For any queries please contact cerenaclassroom@gmail.com

Submission Details

Submit your original poems
by August 30, 2022 on
cerenaclassroom@gmail.com

Theme - Open

(Let there be no Bar on
your Creativity!!)

Criteria for Judging

- Relevance to the theme or title selected
- Creativity/ Style and Originality
- Coherence of form and structure (harmony of words, presentation)
- Clarity of imagery and language

Winning poems will be
published in the
Annual College Magazine.

Certificate of Participation will
be awarded to all participants.

St. Teresa's Institute of Education

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Inter-College Poetry Competition (Aug 30, 2022)

In a Competition of Creativity, we all share in
the Victory, No matter who comes first...



**Desai Mukunja
Anand**

Gokhale Education Society's College of
Education and Research



**Singh Ajaypratap
Rajkaran**

Gokhale Education Society's College
of Education and Research



**Kanojiya Kajal
Rajeshwari**

The Lord's Universal College Of Education

Tressy Saldanha

Rizvi College of Education

Asfa Najam Ahmad

St. Teresa's Institute of Education

Piyadath Dantis

St. Teresa's Institute of Education

Winners Are Not Those Who Never
Fail,
But Those Who Never Quit

WINNING POETRIES

First Prize

Name- Desai Mukunja Anand

Institution - Gokhale Education Society's College of Education and Research

Superstitions Around the Globe

European community out there you see,
has some superstitions you would never believe to be.
Throwing salt over your shoulder,
will ward off the devil who's getting bolder!

'Watch your steps',
says the African folklore.
For stepping on a crack,
can break your mother's back.

If you are in the country Turkey,
and even if you are paid,
don't you chew the gum at night,
because it's equal to chewing the flesh of the dead!

Like the number seven,
magical for the Romans.
The number thirteen is
surely lucky for no one!

When in Russia, not to give yellow flowers,
don't you forget.
Since they are thought to be problematic,
symbolizing death.

If you happen to be in Brazil,
don't let the broom touch your feet.
Unless you want to remain single the rest of your life,
that's what it is!

When you are going through hardships,
and when life is a test,
cross your fingers,
and hope for the best!

First Prize

Name- Tressy Saldanha

Institution - Rizvi College of Education

LIFE!

Sing aloud, sing praises of your day
Sing because there is so much to say.
A beautiful life, so much to cherish about
Why stay silent? Why have that doubt?
Yes, they will talk, do everything to bring you down
They will taunt, they will laugh, they will make you feel like a clown.

Then you will know, how well you have grown
The way you have been brought up will then be shown
Your worth you yourself know, you know what you have been through
You have struggled, you have fought, you have learned to love you.
The process was yet tough, not everyone understands
But what you have accomplished, you have received in your hands.

So be proud, be happy, be grateful of it all
Now that you have stood erect you know there is no fall
Live the best of days this time isn't coming back
Make incredible memories because there's nothing you lack

Love, Live and laugh, enjoy in every way
Then sing aloud, sing praises of your day
And Sing because there is so much to say.

~ Tressy Saldanha

Second Prize

Name- Singh Ajaypratap Rajkaran

Institution - Gokhale Education Society's College of Education and Research

Who is she?

She is an art. She is a wonder.
She carries her own thunder.
She is the creator; she is the narrator.
She loves you even when you hate her.
She is a mother; she is a wife.
She is the only one who gives you life.
But still, I don't know why there's an everlasting banter.
She should get this or that.
What all are we supposed to hand her ?
It's not easy to bleed.
It's not even easy to give birth.
And yet, she carries her beautiful seeds.
With all her hopes and desires,
She brings you to life.
She becomes your wife.
She wipes your tears.
She gives up her years.
She doesn't get tired of walking for miles.
Playing every role with a beautiful smile.
You call her names.
You clean up her flames.
You stole her crown.
You brought her down.

- Singh Ajaypratap Rajkaran

Third Prize

Name- Kanojiya Kajal Rajeshwari

Institution - The Lord's Universal College Of Education

Mom and Junk

Junk food so hard to resist,

But mom always insists.

"Live and eat the healthy way

Please darling, throw that junk away."

I hope cheese, pizza, burgers last and last,

But mom says **"Dear you won't grow fast."**

The tasteless salad veggies and oats,

Simply gets stuck like a bone down my throat.

Proteins, Calcium, Iron and Vitamins

The rest she simply throws in the bin.

You better listen or she will get you grounded,

Harsh that she sounds.

Before she throws me out of the house,

And I shrink like a mouse.

Please someone come to help,

Before I start to cry and yelp!

Third Prize

Name- Asfa Najam Ahmad

Institution - St. Teresa's Institute of Education

Song of Autumn

As the scorching sun sets a little sooner,
the days get shorter,
and the weather feels colder.

Tender green leaves shrink and fall from the trees, grass-blades turn crisp, meadows take
the hues of
rust, vibrant colours vanish from flowers leaving them all pale, the season of the fall is that
of fading
glory.

There's a sombre aura with a touch of melancholy. as though nature is breathing its
last, and the innate
beauty of life ceases.

The season of the fall is symbolic of how all things beautiful are tender, sooner or later
they all come
to an end.

Everything that was so full of life now emanates a sense of lifelessness.
but, no end is really an end,
it rather marks a new beginning.

Third Prize

Name- Piyadath Dantis

Institution - St. Teresa's Institute of Education

Cheers My Friend

First day of new beginnings with overwhelmed feelings
Entering my institution to give my life new meaning,
Met a companion who felt the same
Instantly connected and friends we became.

When friends come around everyday is wonderful
Each thought we share is vibrantly colourful,
In their absence the essence is missing
Sitting in thoughts of their presence reminiscing.

In misunderstandings we fail to communicate
'You did me wrong' that is the debate,
Eventually we realise our time is wasted
The friendship with sweet words repainted.

Bursting with laughter and pranks weird
To days of emotional eyes teared,
In the twinkling of an eye blossomed as friends
From friends to sisterhood our relationship extends.

Everyday I look forward to spending the day
With you my friend life is beautiful and gay,
To our friendship there is no end
Cheers and many cheers to you my friend.

DLLE – Poster Making Competition

4th March , 2023



A poster-making competition was conducted on 4th March 2023, for the First Year B.Ed. students, under the guidance of Dr. Cinderella D'Mello in the Multipurpose Hall at St. Teresa's Institute of Education. The competition was part of the DLLE (Department of Life-long Learning and Extension) work and spanned from 11:00 am to 3:00 pm. The subjects of environmental concerns and women's empowerment were available for the students to select from. The students were given full freedom to utilize their imaginations and creativity to raise awareness on the topics. They highlighted issues/topics including the role of women, and the impact of man's actions on nature, while also demonstrating their point of view on how a woman can be many things. They addressed environmental problems, using methods like contrasting the natural world of the present with the past and illustrating how human settlements have had an impact on the ecosystem. The students showcased their artistic talent by creating a broad range of posters. These contests encourage students to notice, respond to ideas, be conscious of, and show care for current global issues.

The winners for the competition were;

First place – Sr. Romania Dias

Second place - Shania D'Silva and Numa Shaikh

Third place – Sancia Andrades and Sr. Venita D'Souza

After witnessing each other's points of view, the students learned a lot from the competition as each idea behind the poster came from extensive research on the topic. Albert Einstein's famous phrase,

“Creativity is seeing what others see and thinking what no one has ever thought“, is a perfect way , to sum up the creative minds of STIE .

1st Place- Sr. Romania Dias



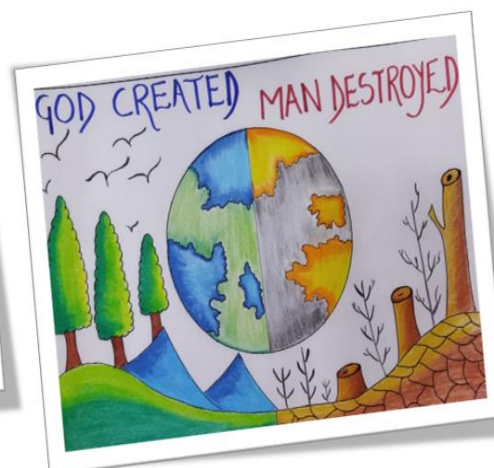
2nd Place- Shania D'Silva & Numa Shaikh



3rd Place- Sancia Andrades



3rd Place- Sr. Venita D'souza



Marathi Bhasha Pandharwada

14th to 28th January, 2023



St. Teresa's Institute of Education witnessed a vibrant and culturally enriching event, the "Marathi Bhasha Pandharwada Celebration" from the 14th to the 28th of January, 2023. The event, organized by Dr. Shakuntala Nighot, showcased the rich tapestry of Maharashtrian culture and traditions. It was held during college hours on the 2nd floor. The celebration brought together a diverse group of participants, including 96 students and college staff, with a special focus on 47 students from the F.Y.B. Ed class.

The event, which was a delightful blend of indoor and outdoor activities, aimed to achieve several important objectives. Firstly, it sought to commemorate and celebrate the unique cultural heritage of Maharashtra, offering a platform for students to explore and appreciate various aspects of Marathi literature, folk art, and music. This was achieved through a series of engaging activities such as quizzes, movies, dance performances, rangoli art, and elocution competitions. Not only did these activities serve as a celebration of culture, but they also encouraged students to participate, fostering the development of essential skills such as communication, creativity, and event management.

One of the highlights of the event was the gastronomical exploration of Maharashtrian cuisine. Students formed groups and prepared traditional dishes, giving them an opportunity

to not only taste but also understand the significance of these culinary delights. In addition to this, activities such as rangoli competitions and painting contests stimulated creativity, while a movie screening provided a platform for discussions on the values embedded in the film. Handwriting and elocution competitions further enhanced students' vocabulary and presentation skills, deepening their connection with Marathi literature.

The celebration also shed light on the diverse facets of Maharashtrian culture through various dance performances, including Vasai, Koli, Lezim, and Lavani dances, further enriching the cultural experience. These events were skillfully supervised by Sr. Tanuja and the teaching staff, ensuring a seamless execution.

As a result of the "Marathi Bhasha Pandharwada Celebration," participants not only gained a deeper understanding and appreciation of Marathi literature, folk dances, and music but also developed a strong sense of unity and respect for diverse cultures and traditions. The event succeeded in bringing forth the essence of Maharashtrian culture while nurturing the enthusiasm and confidence of students to proudly showcase their heritage. This celebration stands as a testament to the college's commitment to holistic education and cultural enrichment.





COURSES

English Grammar Course

January 5, 2023- February 10, 2023



The English Grammar Course, under the guidance of Ma'am Cerena D'cunha, was a comprehensive and enriching educational experience that spanned from January 5, 2023, to February 10, 2023. The course, consisting of 22 sessions, provided participants with a deep dive into various aspects of grammar, and Ma'am Cerena's expertise played a pivotal role in enhancing the learning process. The course adopted a multifaceted approach, incorporating live lessons, video lectures, and supplementary study materials to cater to diverse learning styles. The inclusion of assignments at the end of each session was a valuable component, serving as a practical application of the learned concepts. These assignments not only reinforced understanding but also facilitated self-assessment, allowing participants to identify areas that required additional practice. One notable feature of the course was Ma'am Cerena's prompt and thorough clarification of doubts and questions. This interactive element ensured that participants gained a deeper understanding of the content, fostering an environment conducive to active learning.

The curriculum design demonstrated a thoughtful progression, commencing with a pretest to gauge participants' baseline knowledge and culminating in a post-test on the final day. This pre-and post-assessment strategy served as a comprehensive measure of participants' progress, highlighting the effectiveness of the course in enhancing their grammar skills over the duration. As a recognition of commitment and successful completion of the course, participants were awarded certificates. These certificates not only symbolized the acquisition of knowledge but also acknowledged the dedication and effort invested by each participant in mastering the nuances of English grammar.

Overall, the English Grammar Course conducted by Ma'am Cerena D'cunha proved to be a well-rounded and engaging learning experience, leaving participants equipped with a solid understanding of grammar concepts and the confidence to apply them in practical contexts. In the words of Mark Twain, "The difference between the almost right word and the right word is really a large matter—'tis the difference between the lightning-bug and the lightning." This course, guided by Ma'am Cerena D'cunha, aimed to equip participants with the right words for effective communication.



Yoga Course

17th January, 2023 to 27th February, 2023



“Yoga teaches you to listen to your body”

The journey towards being healthy and becoming more aware of our surroundings commenced on the 17th of January through the Yoga Course conducted by STIE in collaboration with Ambika Yog Asharam. The course was spread across 45 days, three times a week. On the very first day Mr. Dave gave us a brief introduction on the benefits of Yoga. Each session began with a prayer i.e. the Gayatri Mantra followed by the various asanaas and kriyas. While performing the asanaas Mr. Dave also made sure to explain the benefits of every asanaas and kriyas performed.

Kapalbhaati, Shitkari, Shitaali and Vayusaars are some of the Kriyas that teach us mindful breathing. Bhramamudra focuses on the flexibility of the neck, shoulders and the hands. Vajrasana which is one of the most important asanas in yoga helps in digestion, improves blood circulation and helps in developing a correct posture. The rest of the asanas such as Tadasana, Chakrasana, Kagasana helps to improve body flexibility and strength. The yoga valedictory was celebrated on the 27th of February 2023. it started with remembering the

creator i.e the Almighty, after which Mr. Dave gave us the history of the Ambika Asharam and how it has helped transform the lives of hundreds of people. Three groups of 15 students performed various asanaas such as utkatasana, bhujangasana and so on along with Surya namaskar. Advanced asanaas were performed by an extremely talented group of students who displayed some advanced yoga asanaas. The programme ended with the distribution of certificates and a vote of thanks by DR. Sr. Tanjua Waghmare to Mr. Dave and his entire team for all the hard work and commitment they put in to help the girls get fit and healthy.



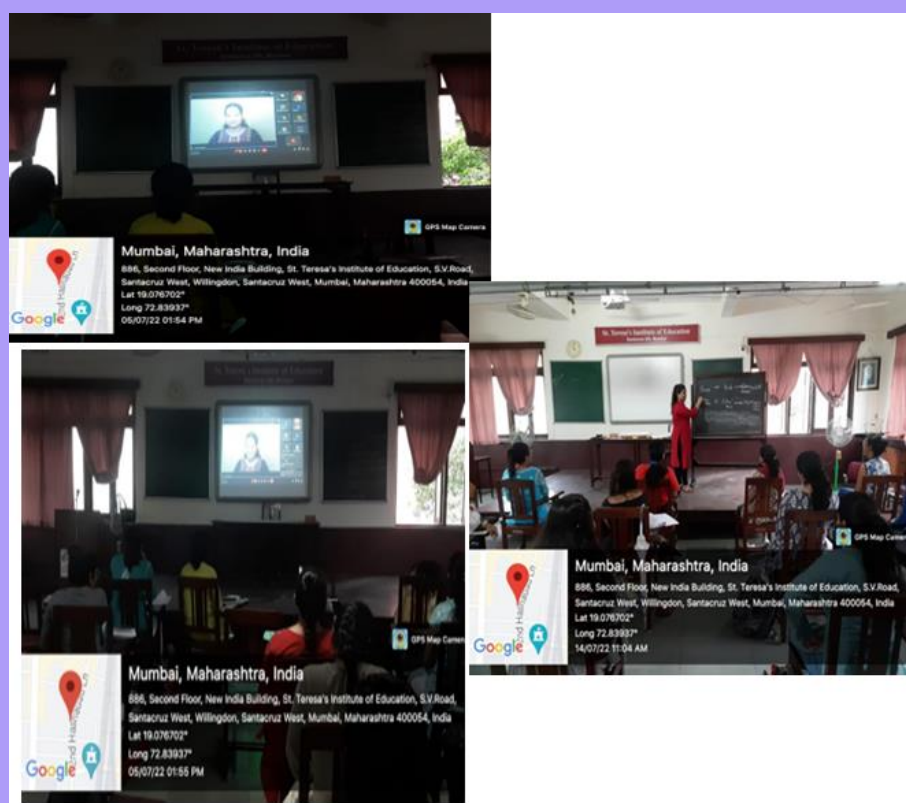


PROGRAMME/ TRAINING



Teaching Skills

05th July 2022



A session on Set Induction Skill in Teaching was organized by the department of St. Teresa's Institute of Education on 5th July 2022 for the students of F.Y.B.ED. The coordinator for this session was Dr. Cerena D'Cunha and the speaker for this session was an STIE alumni Felicita Rodrigues. The main objective of the session was to inform and help the students in understanding the basic concept and methodology of teaching through Set Induction Skill as a part of micro-teaching. It was a very informative and enlightening session as it helped the students in recognizing how to teach with the help of different types of learning aid to be a good teacher.

Ms. Felicita had prepared a wonderful and informative PowerPoint presentation in order to put forth her points. She began by asking the students how they would begin a lesson in class. Then, she explained what exactly a set induction is. She mentioned a variety of activities that can be conducted as part of the set induction like audio – video aids, asking

interesting questions, online games, performing an experiment or demonstration, or simply revising previously learnt concepts in the class.

Finally, she ended the session by asking the students if they had any questions or doubts about the skill being taught and answered the students' queries. After this, the student council member Amrita gave the vote of thanks and the students dispersed. This online session was very informative and managed to successfully explain the micro skill of set induction. The students were asked to incorporate the points given by Ms. Felicita in their micro lessons.

Four sessions on Macro Teaching Skills were conducted on different days at St. Teresa's Institute of Education.

The History Macro lesson session was organized by Dr. Reshma Cusher for the students of F.Y.B. Ed on 11th July, 2022 at St. Teresa's Institute of Education. The resource person was Ms. Srishti Nangalia, an alumna of St. Teresa who conducted the lesson in the History subject. She demonstrated how to make History an engaging subject by using various pictures, charts and by asking interesting questions to the students. She gave a lively set induction and many examples that helped the students to understand the topic easily. Ms. Srishti also used audio-visual aids and short games to cover the concepts thoroughly. She also gave the students many tips on how to make History class engaging and interesting for the students. All in all, it was a very informative session that threw light on the various techniques that can be employed to make History class interactive.

The English macro lesson for the F.Y.B. ED batch of 2022-23 at St. Teresa's Institute of Education was organized by Dr Cerena D'Cunha on 13th July 2022. STIE alumni Pearl Gomes was the chief educator who took the lesson. The main objective of the session was to enrich and motivate the first-year students of the B.Ed. course on how to proceed with their lessons in the practicing school. It was a very well-organized session of two core topics in English- grammar and prose which was explained by Ms Pearl with the help of various teaching aids (charts, pictures) asking thought provoking questions and learning experiences as a part of the Nai Talim scheme being followed in many school curriculum.

The Session gave us an idea of how to write the lesson plans, how to conduct a lesson as a trainee teacher and to be conscious of certain obstacles that may come up along the way.

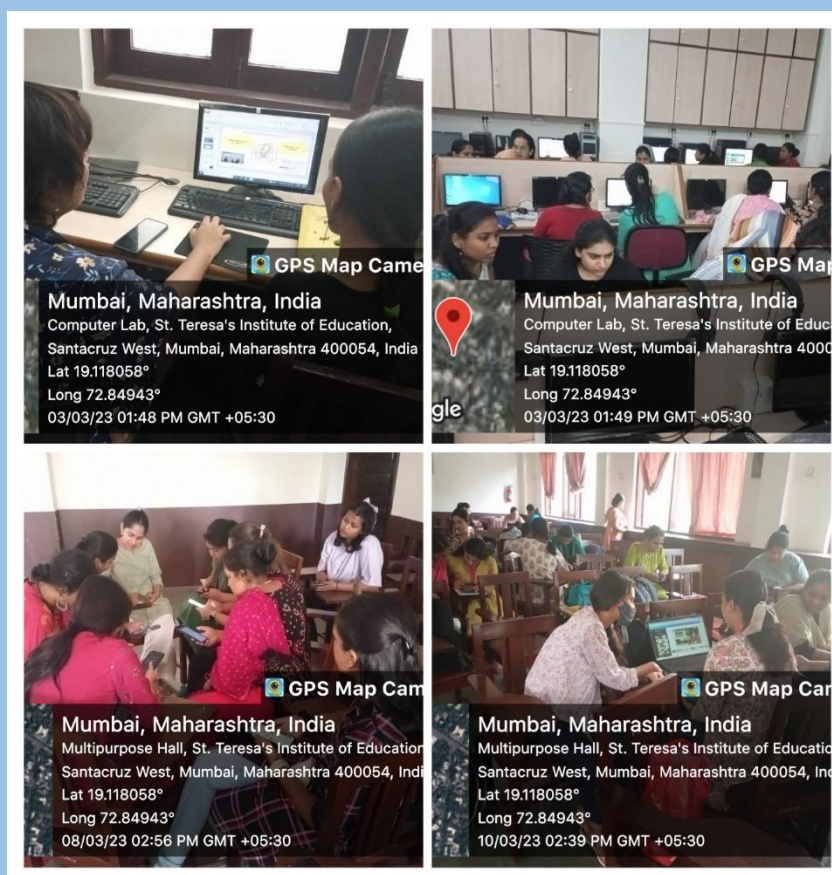
Overall, the session plan conducted was inspiring and motivating as we learned from our seniors how to improve ourselves and be a good teacher in the future.

An important session was conducted by St. Teresa's Institute of Education on 13th July 2022 for their First-Year B.Ed students by Dr Cinderella Dmello. STIE alumni Anam Shaikh was the chief educator for Math lesson, the objective was to enrich and boost the students as trainee teachers in various schools, the lesson was well planned, and it gave the students an overall process on how to proceed with their teaching plans, what mistakes to avoid and how to enhance their teaching methodology. Overall, the session was very informative and helpful as it guided the students on the path of how to be good teachers during their B.ED journey.

The Science Macro lesson session was organized by Dr. Giselle D'Souza for the students of F.Y.B. Ed on 14th July, 2022 at St. Teresa's Institute of Education. The resource person was Ms. Felicita Rodrigues, an alumna of St. Teresa who conducted the lesson in the Science subject. She made use of various flashcards, charts to introduce the concept of change and gave various examples to understand natural and man-made change. She actively engaged the class by asking equations and formulae from the students and by asking questions based on the concept. Ms. Felicita explained the concepts of photosynthesis and respiration through formulae, equations and charts. By using such varied teaching techniques, she made the class interactive and interesting. The session was very informative and helped the students understand what can be done by the teacher to make a science class appealing to the students.

Digital Efficacy Enhancement Programme

02nd March 2023 to 10th March 2023



Day 1 (02/03/2023): The Digital Efficacy Enhancement Programme was introduced to the students of FY B.ED by Dr Cerena D'Cunha. She introduced the program by explaining the features and importance of this program to the students. This program was designed with the purpose to make the students perform technologically sophisticated tasks easily. This program was extended over a period of four days in semester 1 and semester 2.

Day 2 (03/03/2023): The second session of the digital efficacy enhancement program was conducted in the computer lab of St. Teresa's Institute Of Education. Each and every student of FY B. Ed took an active part in the session. As per the guidance, each one helped the other to know and understand how to use various applications or features of the device.

Day 3 (08/03/2023): In the third session students were divided into groups. Each group consists of eight to ten students. In each group, students have to discuss or share what they don't know regarding any concept of computers or any useful application on mobile phones

and the member from the group who knows it will help the student to understand it. Through this students had gained knowledge and confidence to use digital gadgets more efficiently.

Day 4 (10/03/2023): The students formed their groups and were working in groups for their ICT assignments. The group members were helping each other to resolve their issues and were also simultaneously teaching and learning new technology.

The entire program was well put and very helpful. Each session helped the students to learn about different electronic tools.

By implementing the Digital Efficacy Enhancement Programme, Dr. Cerena D'Cunha aimed to empower the students with the essential digital skills needed in the modern educational landscape, ensuring that they could engage with technology confidently and effectively. This program likely played a pivotal role in preparing the FY B.ED students for the demands of the digital age, helping them become more proficient in their academic and professional endeavors.

Training On CPR

14th March 2023

CPR Training workshop

Resource person:
Ms.Sumaiya Raghavan

Venue: Multipurpose Hall
Time: 8:55 - 10:35



On 14th March 2023 under the 'Health Cell' of St. Teresa Institute of Education a workshop training was conducted for the first year B Ed students. A team from Revive heart foundation came to train the students on CPR (Cardiopulmonary resuscitation).

The program began at 8:55 am sharp in the multipurpose hall with an Introduction of the resource person and the team by Bridgel Dunbar. The resource person for the training was Ms. Sumaiya Raghavan along with her team. Firstly, they explained to the students what is CPR, how to identify cardiac arrest, difference between cardiac arrest and a heart attack, and how to give CPR correctly and how to handle such situations. They also taught us how to use the AED (automated external defibrillator) machine. After a brief and clear explanation, they started the training and made the students also to do with them. They showed us CPR demonstration on a mannequin and also demonstration of AED machine. Next, the students were said to practice on the mannequin. A total of 48 students enthusiastically participated. As we came to end of the session doubts and questions from the students were addressed by the resource person.

The program ended with a vote of thanks by Hannah Godfree. Each and every one from the principal, the resource person and team, professors and of course the participants were thanked. Truly the event was an eye opening and informative session on CPR which will surely help the students in the future.





EXPERT TALKS

Learning for Effective Teaching

27th August, 2022



The Seminar began at 1:00pm that was organized by Dr. Cerena D’cunha in the Multipurpose Hall. The resource person that conducted the workshop was Mrs.Sarla Lobo. Ma'am Sarla first spoke about success skills that help us in life. She created a positive and happy atmosphere in the class. This helped us be active at noon. She shared with us skills that will help us with a positive, knowledgeable and more creative environment in the classroom. She then went on to guide us about the stress that we face in our lives on a daily basis. An activity of vigorously shaking a soda bottle and a water bottle was done by her. Followed by our perception on what was the underlying message of the activity.

She gave us solutions to relieve stress through her slides and explanations. What made this section more interesting than depressing was that she was pointing out the places that we can help ourselves and that not only one but all of us are under stress at the same time. The next topic she touched upon was Leadership. In which she had a few of our classmates along with Natasha our General Secretary do an activity on leadership. The group were blindfolded while being brought in class and had to follow the leader's voice for directions. Which was

done wonderfully without anyone having an injury by the objects placed. Ma'am then continued with her explanation using her slides. She made us believe that each one of us can be a leader by improving our leadership skills. The difference between a Boss and a Leader was made clear to us by her. We had an activity wherein there were two groups of girls positioned on either side of the platform placed in the hall. Those near the mic and those directly opposite to them were in one group and those near the projector screen were another group. Two girls, one from each group were made to sit on a mat and drag themselves to their members on the other end using the mat. This activity was so much fun as the girls went to and from

Emotions was the next topic that ma'am touched. She had an activity by programming emotions using facial expressions that were done by our sportingly active classmates. She not only gave us a few quotes but also a beautiful poem by Nidhi Mishra. She made us realize that we must not stagnate ourselves and get out of our comfort zones by speaking aloud the underlying meaning of one of my favourite songs "Pretty Woman" from " Kal Ho Naa Ho". Ma'am went on to giving us ideas of how to make studying more easy, enjoyable and fun for the students. She shed some light on the topic Critical thinkers and Reflective thinkers. She also did an activity here by calling two girls who are unmarried to wear a saree. And explained to those married why she didn't ask them to do the activity. For reflective thinkers she made us make articles that can be worn using paper and no scissors.

Last but not the least she spoke about communication skills and did the activity of story building. Piyadath our classmate was then requested by Dr.Cerena to give a thank you speech.

Mental Health & Wellness for Educators

19th September , 2022



St. Teresa's Institute of Education conducted a workshop on Mental Health & Wellness for Educators on 19th Sept 2022. The Resource person for the same was Ms. Riddhi Doshi Patel, Founder Director -Rhhyns Academy Pvt Ltd, LAJA - India's First Forum for Women - Mumbai. She is a certified Child Psychologist & Parenting Counsellor, also recipient of renowned awards like Karam veer Chakra & Young Entrepreneurs Award. The workshop was conducted under the guidance of Professor Dr. Cerena D'Cunha. Ms. Riddhi started the session by giving us a brief about Self Care -taking care of our physical & mental wellbeing. She spoke about how we should give time to ourselves, even during busy schedules through activities like exercise, proper sleep, managing to eat meals on time etc.

We should practice Self Love, by accepting the way we are and not constantly looking at our flaws, but loving ourselves the way we are. We should never miss a chance to appreciate people around us, our parents, siblings, friends, co-workers etc., this would make them feel nice & even if we end up feeling nice, it would also build our self -esteem too. She

highlighted the importance of the three A's in our life – Acknowledgment, Appreciation and Acceptance & how only once we are able to love ourselves will we be able to love & accept our others. She spoke about how students go through various problems in their day to day lives & we need to counsel them, talk to them, look for warning signs or signs of depression in children, have one on one sessions with them & encourage & appreciate them always. This will ensure the overall wellbeing of our students.

The workshop was very enriching & interesting & will certainly help us in our day-to-day life & as educators also. We ended the session by giving a vote of thanks to Ms. Riddhi Doshi Patel for enlightening us on such a beautiful topic, Professor Dr. Cerena D'Cunha for organizing such a wonderful workshop & our respected Principal Dr. Sr. Tanuja Waghmare, for giving us the opportunity for having this workshop.

Fighting the Odds

21st September 2022



St. Teresa's Institute of Education hosted a workshop on 'Fighting the Odds' by Asst. Prof. Dr. Megha D'Souza on 21st September 2022. The seminar was organised by Prof. Dr. Giselle D'Souza. In all there were 41 F.Y.B. Ed students who attended it. Dr. Megha commenced the session by asking us to introduce ourselves as something we symbolize ourselves with. It was very empowering. The main focus of the workshop was to inculcate the skill of Resilience in order to emerge as a victor from all the obstacles we are faced with in life. Ma'am narrated a story about a farmer and a donkey. The end of the story was truly inspiring and gave us a life lesson that there will be obstacles and dirt thrown at us, the donkey could have got buried under the dirt but like the donkey we should climb over the dirt and reach our destination. Dr. Megha exemplified the Cognitive Behavioural Therapy model proposed by Albert Ellis through various stories. She explained the connections between feelings and thoughts. She conducted an activity based on the ABCDE model given by Dr. Albert Ellis which was to recollect a personal event and write it down and section it according to the model.

The aim of the activity was to make us reflect on any incident or how we have reacted to it and how we could alter our behaviour and note the change. Another activity was a breathing

exercise in which Dr. Megha was narrating some situations and incidents and we had to concentrate on our inhalation and exhalation while placing one hand on the heart which was supposed to make everyone understand how each one reacts to a situation and also learn the skill of Resilience. The skill of Resilience is the ability to face and adapt to challenges to overcome them. A person with strong resilience skills can handle disappointments because they don't let setbacks stop them from progressing. The seminar ended with a story based on a disciple and a Chinese bamboo tree. The moral it left us with was that it is necessary to be persistent and patient in all situations. The takeaway from the seminar was to learn the skill of Resilience by fighting the odds, building a deeper connection with our thoughts and feelings and to use these skills to help others effectively.

Innovative Strategies of Pedagogy

17th October 2022



St. Teresa institute of education had organized a session on Innovative Strategies of Pedagogy on 17th October 2022. The session was conducted in the multi-purpose hall of St. Teresa's institute of education. It began at 11:30 a.m. and ended at 12:30 p.m. The coordinators of this session were Dr. Cerena Dcunha and Dr. Joan Lopes. 45 student-teachers attended this session.

The objectives of this session were to enlighten students to apply new ideas, methods and ways of thinking. And also, to improve Students engagement and academic outcomes.

The speaker of the session, Dr Vasumathi Badrinathan, Associate Professor, Department of French at University of Mumbai, was introduced by Assoc. Professor Dr. Cerena D'Cunha. Dr.Vasumathi Badrinathan began the session by asking a couple of question to the students. The questions were, Who has inspired you to be a teacher? Why you want to be a teacher? The responses of the students were very fascinating. Some of the students wanted to be teachers because of their love for children, while some were inspired by their own teachers they had encountered in their life. She then questioned further.... What do you like and

dislike about the whole teaching process? Students answered this question by sharing their own incidents and experiences of their school life. This question made the session more interactive and interesting. Some of the things students disliked about the teaching process were rote learning, comparison between the students and siblings and marks being given prime importance. Dr. Vasumathi opined that emotions are also very important and should also be taken care of by emotionally being connected to the students.

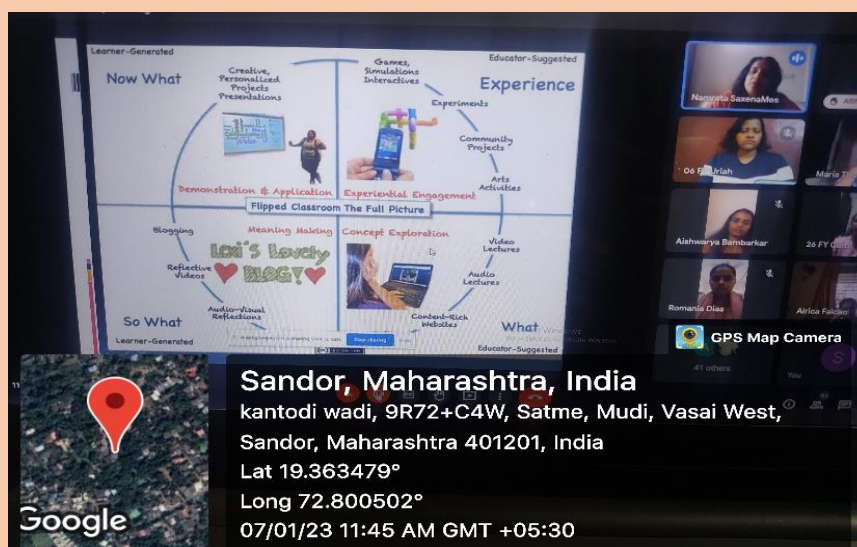
Dr. Vasumathi then explained that learning is a life-long process. Constantly we learn from different things we do in our daily life. As a teacher we should always keep ourselves updated as we are going to teach students born in the Technological Era. She then asked students about what innovation means according to you? Some of the students said to be creative, make something new, to give a personal touch etc. Dr. Vasumathi mentioned that one who is innovative inspires others so the teachers have to be innovative in their teaching process and thinking process.

She gave examples of innovative pedagogy like John Dewey, Swami Vivekananda, Aristotle, Rousseau, Paulo Freire, Maria Montessori; how they made a revolutionary change in the education system. She spoke about the Shantiniketan and Viswabharati Universities; how they used innovative ways to make learning and teaching more exciting. She also spoke on inclusiveness – how important it is for an educator to be inclusive by giving a small yet a meaningful example on inclusiveness.

The whole session was enlightening and motivating. The importance of being innovative in teaching process was very nicely explained through beautiful examples. The session will surely be remembered by all the students. The session ended with vote of thanks by Dr. Cerena D'Cunha.

Flipped Classroom

7th January, 2023



The seminar started with the assembly followed by the introduction to the resource person which was given by. The resource person for the Seminar was Ms. Namrata Saxena. She is an Assistant Professor of education at Pillai College of Education and Research, Panvel and also, the Program director for early years and curriculum head at Mahatma Education Society, Navi Mumbai. She is a highly motivated education who has teaching experience in India and abroad for more than 14 years.

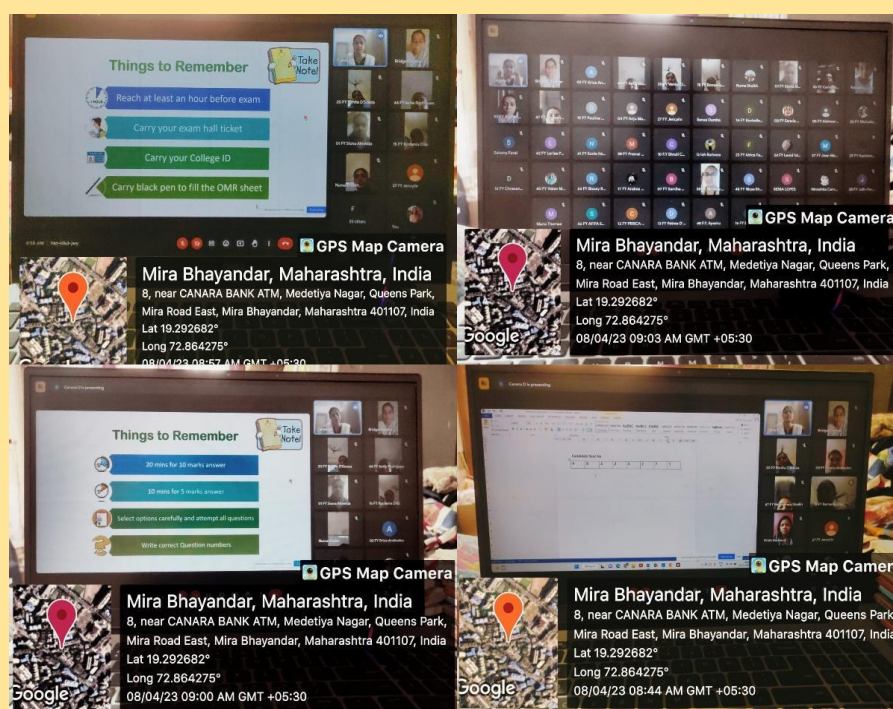
Ma'am began the seminar with a warmup activity/ icebreaker, wherein all the candidates participated. Further she focused on what is the purpose of Education. Also gave an opportunity to all the candidates to participate in the activity conducted on padlet on the above said topic. A video was shown on the K-12 students i.e., Kinder Garden to std twelve students. Information about the 3 C's was given i.e., Communication, Creative Collaboration. Ma'am also explained about Blooms taxonomy and the basic principles of flipped classroom and how we as teachers should encourage our students to take part in various activities and help them to make the best use of technology. She also explained various concept of education by giving reference like Khan Academy etc. Ma'am also stated that it is not a sage on the stage, also explained the difference between old ways and new way of classroom and how it is necessary to adapt to the changes and try to be as innovative as possible. She also explained about the comparison Traditional and Flipped classroom, and the diverse ways to get to flip classroom.

SESSIONS



Orientation to Sem I University Examination

8th April 2022



Orientation to Semester 1 University Examination of the F.Y.B. Ed 2022 batch was held on the online platform Google meet on 8th April at 8:30 am. Dr. Cerena Aurin D'Cunha, the facilitator of the session, initiated the meet by providing a comprehensive overview of the rules and regulations governing the upcoming university exams.

Dr. Cerena took the opportunity to stress the significance of effective time management, enlightening students on the importance of allocating their time wisely during the examination. One of the focal points of the orientation was a detailed walkthrough on the proper method of filling out information on the OMR sheet of the answer booklet. This step-by-step guidance aimed to ensure that students were well-acquainted with the process, reducing any chances of errors during the examination. The interactive nature of the session not only clarified uncertainties but also fostered a supportive learning environment, reassuring students ahead of their exams.

As the orientation drew to a close, Dr. Cerena Aurin D'Cunha extended warm wishes to the students for the upcoming examinations. This concluding gesture not only served to boost morale but also reflected the professor's commitment to the well-being and success of the students under her guidance.

Mentoring by Alumni: Words of Wisdom- Tips for University Exam

03rd June 2022



An online session on ‘Mentoring by Alumni: Words of Wisdom- Tips for University Examination’ was held on 03rd June 2022, it was conducted on Google Meet and the resource people were the alumni of our college St. Teresa’s Institute of education. There were 46 participants for this workshop. It was organised by Dr. Cerena Dcunha and Professor Dr. Reshma Rodrigues.

The resource person for this session were the alumni Miss Felicita Rodrigues and Miss Upassana Sanghvi.

The session started by the alumni giving the student-teachers a brief about why is it important to not procrastinate with studies and the deadly impact of stress as a result of procrastination at the last moment during the exams. It was a real eye opener to all the students since everyone has experienced the ill effects of procrastination.

They further explained how one could prepare for the exam, the planning and scheduling that could be done, the way the units could be divided to skillfully to cover the entire portion. They also shared various tips to memorize the content such as skim reading, use of mnemonics, use of post-its/sticky notes, the number of points to be memorized according to

the marks allotted to the question and to make good use of library resources to upgrade one's knowledge.

The students were guided to study for the MCQs by remembering important figures and dates. The alumni also suggested various ways to build concentration by having one's own study space such as one's 'study work station'. They asked the students to be calm during examination and the most important advice was to fill the cover page of the answer booklet with utmost care and precision, to read the questions carefully and to not panic.

The students were shown a short clip from the movie '3 Idiots' which was very inspiring. At the end, there was a question and answer round wherein everyone's doubts were cleared. The session was very helpful as everyone were preparing for an offline examination after a long while. It was a very correct dose of motivation that was needed during the season of examination.

The session ended by a vote of thanks proposed by one of the student-teachers, Miss Siddhi Rajguru.

‘Waste it or invest it’- A Session on Waste Management and Composting

23rd September 2022



The Green warriors of St. Teresa’s Institute of Education attended an activity based learning session on Waste Management and Composting titled ‘Waste it or invest it’ on 23rd September 2022. It was conducted by environmentalist Ms. Manjiri Patil- a Sustainable Programs Senior Executive of RUR GreenLife Private Limited. The session was organised by Prof. Dr. Giselle D’souza and attended by 48 F.Y.B.Ed students as well as 05 supporting staff of the institution.

The primary objective of this session was to create awareness regarding Waste Management and to practically learn about Composting. It also aimed at encouraging the student teachers not to regard waste as useless material but rather to consider it as something of worth that is to be given back to nature.

Ms. Manjiri began the session by introducing the gathering to simple terms and concepts related to the environment. She kept the session alive with her constant flow of questions simultaneously throwing light upon important facts relating to waste treatment and composting. She then demonstrated how the composting bin functions, the procedure of

composting and harvesting the manure. The daily life examples cited by her were very informative and helped to understand the concept easily. She was very open to questions and willingly solved doubts of students. She informed the students that St. Teresa's Institute of Education now has 2 composting bins installed on the campus and has initiated the Organic Waste Composting Project under the able guidance of Principal Dr. Sr.Tanuja Waghmare. The support staff also shared their personal experience of composting kitchen waste and how it is transformed into something productive. The entire event was very lively and thought provoking. It came to an end as Ms. Manjiri summed up the half an hour session in a nutshell. One of the students gave a formal vote of thanks on behalf of the entire institute. We were all alerted to our role as agents of change for a greener tomorrow.

Alumni Mentoring

24th September 2022



St. Teresa's Institute of Education organized a session on Alumni Mentoring. The session was conducted under the guidance of Dr. Sr. Tanuja Waghmare and was coordinated by Dr. Joan Lopes, Dr. Cerena D'cunha and Dr. Reshma Rodrigues. The session was attended by 48 students as well as 3 staff members. The objective of this session was to provide information about two different boards, International General Certificate of Secondary Education (IGCSE) and Indian Certificate of Secondary Education (ICSE) and share their experience about their respective schools the alumni are currently working in.

The speakers of the session were Ms. Rohini Save, Ms. Cheryl Viegas, and Ms. Bruchelle Pereira began the session by introducing her school and board, followed by Ms. Cheryl Viegas. They shared the process of their interviews and how they were appointed to their respective schools. They also provided information about the curriculum of the IGCSE and ICSE boards. They shared their experience of their working environment and how they were treated by their staff members. Most of our peers asked questions about their salaries and how to deal with the children. The queries of my peers were solved and answered appropriately, which will be valuable to us in the future.

The entire session was very lively and thought-provoking. The session was both necessary and beneficial. Our speakers summed up the entire session in a glimpse with their enlightening guidance. The entire session was organised and managed in a timely manner

which proved to be a successful session to all those who attended the session. The session was conducted so that the students will be more confident and aware about the ICSE and IG boards.

Our peer gave a formal vote of thanks on behalf of the entire institute, and we are grateful that our principal gave us this opportunity to learn more about our future careers and working environment.



Financial Planning

19th January 2023



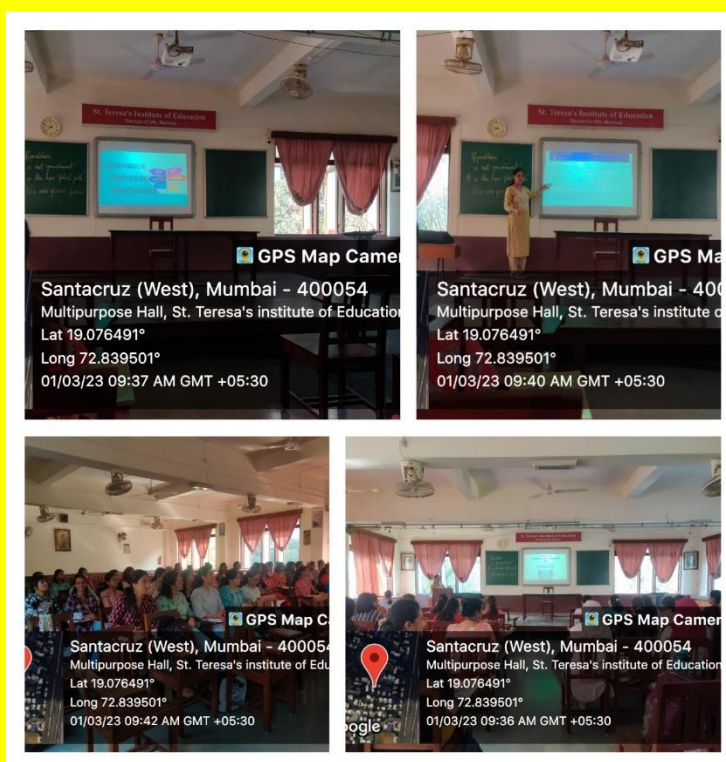
St. Teresa's Institute of Education organized an important and very informative session on financial literacy and investor education on 19th January 2023. The seminar was conducted by Professor Minal Gala from the Krisha Foundation which is a trusted charitable trust. The program was held in the multipurpose hall of St. Teresa's Institute of Education at 11 am. All the F.Y.B.Ed and S.Y.B.Ed students attended the seminar.

Professor Minal began the seminar with a short audio-visual story explaining the importance of right investment with rising inflation. She further elaborated the essential sutras of investment i.e Plan for emergencies and retirement, understanding the impact of inflation on value of money and power of compounding. She also explained the risk factor involved and vividly explained the connected bridge between risk and returns. She encouraged us to start saving and investing in smaller amounts at a young age further explaining the steps involved in financial planning , structure of Indian capital market and also briefed us on the working of stock market and how to invest.

She concluded her session by teaching us how to apply in IPO (Initial Public Offering) and how to open a Demat (Dematerialisation) account, further informing us about the documents required. The session ended with a vote of thanks. The session was indeed informative and educating.

Orientation To The Grievance Redressal Cell And Anti-Ragging Cell

1st March 2023



An Orientation to the College Grievance Redressal Cell and Anti Ragging Cell of St. Teresa' Institute of Education was organised on 1 March 2023. The resource person was Dr. Cerena D'Cunha. She briefed the FY B.ed students about the purpose of the cells and the GrievanceRedressal mechanism at St. Teresa's Institute of Education.

During this event, a faculty member introduced the students to the online portal of the College Grievance Redressal cell. This platform was designed to provide an avenue for students to report their grievances and concerns. It offered a practical and convenient way for students to voice their issues, knowing that their concerns would be addressed promptly. The assurance that their grievances would be resolved within 15 days of submission not only provided a sense of accountability but also conveyed the institution's commitment to student well-being. This commitment to swift issue resolution undoubtedly reassured the students and instilled confidence in the grievance redressal process.

Recognizing that not all students might prefer the online route, an offline alternative was also made available. A grievance box was placed in a common area within the college premises, securely locked and accessible to the students. This offline option ensured that

every student had a means to express their concerns, regardless of their technological preferences or accessibility.

In essence, this informative and useful session equipped the students with the knowledge and tools to express themselves effectively. It emphasized the importance of open communication and transparency within the institution. By providing both online and offline channels for grievance reporting, the college demonstrated its commitment to the well-being of its students, fostering an environment where their voices are heard and their concerns are addressed promptly. This not only enhances the educational experience but also contributes to a supportive and responsive academic community.

Curriculum Development

11th March 2023



The session on curriculum development was organised by Professor Dr. Joan Lopes on 11th March, 2023 at 4.00 pm on Google Meet. The resource person, Ms Steffi Cusher was welcomed and introduced by Dr. Joan Lopes. Ms Steffi has a teaching experience of 15 years and she is currently the Head of Department: Financial Literacy and Entrepreneurship subject at Podar International School. She is also a part of Curriculum Development Committee.

Steffi ma'am began the session by informing the students of the important role played by a curriculum developer in the development of an appropriate curriculum based on the ages of the students. Further, Ma'am told the students about the skills and the qualities that a curriculum developer should possess; especially the importance of team management. She also told them that it is important that curriculum developers plan the curriculum grade wise as the capabilities and interests of the students change according to their age. Ma'am told them regarding several operations that a curriculum developer has to undertake and also made them aware of the hierarchy in the said field.

There were 44 participants who attended the webinar (42 students, 1 Professor and 1 Resource person). The students found the session very helpful and informative. This session provided the students with an opportunity to learn more about the process of curriculum development. The session was concluded with a vote of thanks.

Visual Art Technique on Emotional Well-being of Women.

15th March 2023



Emotional wellness includes the degree to which one feels positive and passionate about one's self and life.

This session was conducted by Dr. Joan Lopes under the Women Development Cell of St. Teresa's Institute of Education on the 15th of March 2023 at 2PM.

The speaker, Ms. Munira Husein started the session with a brief introduction about the various techniques for emotional well-being and then proceeded to tell the students how she got into Visual Art Technique.

In 2010 Ms. Munira attended a session conducted by a British Art Therapist, Dr. Susan and that's when she felt that she wanted to do something more in her life. She chose to work on the emotional well-being of women as she believed that women are the makers of the world and should have a say in the decisions being taken.

Ms. Munira then asked the students to close their eyes and picture a scenario where they were near a waterfall and had found a box and wanted to take something from it but also keep something that'll stay forever there in it. They were then asked to draw the things

that they saw or pictured with their eyes closed and it need not be perfect since the whole reason behind the activity was to calm the students and take them back to being a kid. Ms. Munira then concluded the session by asking the students to come on stage one person at a time and read out what was that one thing that they brought back with them and the one thing they kept in the box. One student shared that she brought back with her the childhood memories that she had forgotten and locked in the box forever all the negative memories that cause her to stress.

The students felt that the session was very calming and soothing and that they felt really relaxed after doing the necessary exercises.

Gender Jurisprudence in The Indian Context

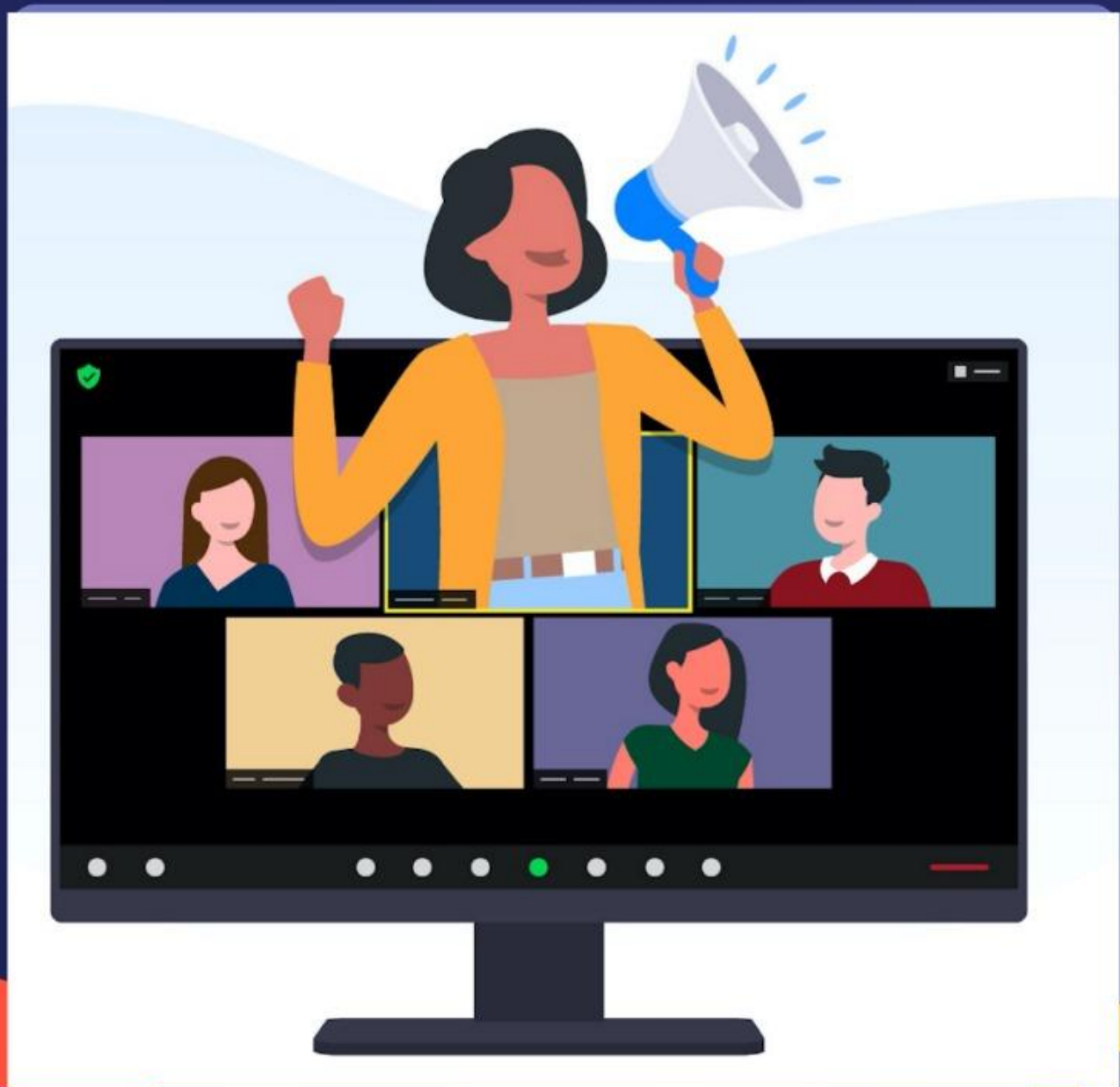
16th March 2023



The Seminar of Gender Jurisprudence in the Indian Context was conducted on 16th March 2023 at St Teresa's Institute of Education in the Multipurpose Hall for the students of FY.B.Ed. The coordinator for this session was Dr. Reshma Rodrigues. This session was conducted by the Honourable speaker Dr. Sharmila Ghuge.

The goal of Dr. Sharmila Ghuge's seminar on gender law in the Indian context was to educate students about the value of gender equality and the necessity to eliminate misconceptions. The POCSO Act, Domestic Violence Act, and PNDT Act—three of the most important laws of the Indian Constitution—were all efficiently explained to the participants. The seminar was effective in involving the students and promoting open debate on issues including gender-based discrimination, sexual assault, domestic violence, and the inappropriate use of technology through a combination of lectures, case studies, and interactive discussions. The audience was inspired to actively support the implementation of laws like PNDT, POSCO, and PWDV by Dr. Ghuge's passionate appeal to remove misconceptions and promote gender equality. Overall, the seminar provided a platform for the exchange of information, inspiration, and empowerment, inspiring fresh determination among participants to promote a society that is safer and more equal.

Webinars



Learning Disabilities and Developmental Issues in Children

15th October 2022

RIZVI EDUCATION SOCIETY'S
RIZVI COLLEGE OF EDUCATION
Govind Patil Marg, Khar Danda, Khar (W), Mumbai - 400 052
(Affiliated to University of Mumbai)

ST. TERESA'S INSTITUTE OF EDUCATION
S Y Road, Santa Cruz West, Mumbai 400 054
Re-accredited with 'A' Grade by NAAC (3rd Cycle)

Jointly Organises
Talk on
Learning Disabilities & Developmental Issues in Children
on
October 15th 2022, Saturday
10:00 am - 12:00 noon

CHIEF PATRONS
Dr. Akhtar Hasan Rizvi
President
Rizvi Education Society
Adv. Mrs. Rubina A.H. Rizvi
Director
Rizvi Education Society

CHIEF PATRONS
Sr. Mary Lilian
Provincial
St. Teresa's Institute of Education
Sr. Wilma Mendes
Manager
St. Teresa's Institute of Education

RESOURCE PERSON

Dr. Manoj Bhatawdekar
Practicing Psychiatrist
(Mumbai)

I/C Principal
Rizvi College of Education
Mrs. Nahida Mandviwala

Principal
St. Teresa's Institute of Education
Dr. Sr. Tanuja Waghmare

Coordinators
Dr. Spoty Karthik
Dr. Cerena D'Cunha

Organising Committee
Dr. Gyanprakash Arya
Dr. Priyanka Pandey

Organising Committee
Dr. Giselle D'Souza
Dr. Joan Lopes
Dr. Cindrella D'Mello
Dr. Reshma Rodrigues
Dr. Shikuntala Nighot

Google Meet joining info
Google Meet Link:
<https://meet.google.com/moe-cagd-aux>
Google Meet Code:
[moe-cagd-aux](https://meet.google.com/moe-cagd-aux)

A guest lecture organized online on 'Learning Disabilities and Developmental Issues in Children' was jointly organized by the management of St. Teresa's Institute of Education and Rizvi College of Education on 15th October 2022 for the students of FY.B.Ed. The coordinators for this session were Dr. Spoty Karthik and Dr. Cerena D'Cunha and the Resource Person for the session was Dr. Manoj Bhatawdekar, a Practicing Psychiatrist, in Mumbai. The session began at 10.00 am with an introduction to the topic by Dr. Priyanka Pandey. Dr. Spoty Karthik introduced our keynote speaker Dr. Manoj Bhatawdekar. The objectives of this webinar were to evaluate the impact of labelling children's self-concept and social relationships and to Identify common learning disabilities.

Dr. Manoj began the session by talking about who are the children we term the 'The Problem Child' in our classroom as a teacher and how to identify them. He emphasized the 5 domains of the problems and shared his expertise on how we approach and help students with developmental disorders. He explained to us the diagnosis, the varying symptoms, the treatment, and the outcome of attention deficit hyperactivity disorder (ADHD). He further explained the general guidelines that we need to keep in mind for

recognizing students with learning disabilities. Dr. Manoj shared his expertise on the topics of Dyslexia, Dyscalculia, and Dysgraphia. He further enlightened us about Autism. He highlighted the distinction between terminologies such as disorder, disability, difficulty, and how the Teacher's attitude should be towards their students, and how they would inculcate their teaching methods, and practices.

He also explained how parents can deal with such children. Subsequently, he elucidated the Teacher's role and responsibility to diagnose and understand various kinds of individuals whom they are teaching. He further carried out the session by making everyone aware that to understand the true meaning of Learning Disabilities, it is necessary for teachers to examine the problem not just in black and white but with all its shades of grey. These grey areas are the practical and experiential difficulties when dealing with these children in schools. Finally, the session ended by asking the students if they had any questions or doubts about the topic and answered the student's queries. In conclusion, Dr. Cerena D'Cunha proposed the Formal Vote of Thanks and the session ended on a highly informative, enlightening, and comprehensive note for the students.

Academic Integrity Webinar

15th October 2022

The poster is for a webinar titled "ACADEMIC INTEGRITY" organized by the NDLI Club & IQAC of St. Teresa's Institute of Education. It features the institute's crest and a NAAC 5th cycle accreditation logo. The event is scheduled for October 15th, 2022, from 1:30 pm to 3:00 pm via Google Meet. The Principal, Dr. Sr. Tanuja Waghmare, and the CC-ordinator, Dr. Shakuntala Nighot, are listed. The Organising Committee includes Dr. Giselle D'Souza, Dr. Joan Lopes, Dr. Cinderella D'mello, Dr. Cerena D'eunha, and Dr. Reshma Rodrigues. The Resource Person is Dr. Sujata Rajurkar, Librarian at St. Andrew's College, Bandra. A Google Meet link is provided at the bottom.

NDLI CLUB & IQAC OF
**ST. TERESA'S INSTITUTE OF
EDUCATION**
S V ROAD, SANTACRUZ WEST, MUMBAI 400 054
RE-ACCREDITED WITH 'A' GRADE BY NAAC (3RD CYCLE)

*Organises Webinar
on*
**ACADEMIC
INTEGRITY**
On
October 15th 2022, Saturday
1:30 pm - 3:00pm
Venue - GMeet

PRINCIPAL
St. Teresa's Institute of Education
Dr. Sr. Tanuja Waghmare

CC-ORDINATOR
Dr. Shakuntala Nighot

ORGANISING COMMITTEE
Dr. Giselle D'Souza
Dr. Joan Lopes
Dr. Cinderella D'mello
Dr. Cerena D'eunha
Dr. Reshma Rodrigues

RESOURCE PERSON

Dr. Sujata Rajurkar
Librarian
St. Andrew's College
(Bandra)

 Google Meet Link : <https://meet.google.com/rks-warf-twv>

St. Teresa's Institute of Education had organised a webinar on Academic Integrity on 15th October 2022. The session was conducted under the guidance of Dr. Shakuntala Nighot, librarian of St. Teresa's Institute of Education. In all there were 55 participants including the students and the faculty members.

The guest speaker for the webinar was Dr. Sujata Rajpurkar, librarian of St. Andrew's college, Bandra. Objectives of the webinar were to guide future educators about the importance of Academic integrity in academic research and allow students and staff the freedom to build new ideas, knowledge and creative works while also respecting and acknowledging the work of others.

The webinar began with Dr. Shakuntala, the coordinator of the webinar playing a video on knowledge followed by a warm introduction of the resource person. The resource speaker then started her presentation by an incredibly beautiful quote by the former president of

India Dr. A.P.J. Abdul Kalam, "Creativity is seeing the same thing but thinking differently". Truly one can achieve wonders by the ability they think and express. However, some researchers tend to copy the content from other people without acknowledging them which leads to unethical practices like plagiarism. Dr. Sujata while guiding us on the same said that there are several principles like trust, honesty, fairness, respect and responsibility of Academic integration which should be taken into consideration while working on a research paper. Failure to do so may result in punishment for the students and the teachers. Sujata also made us aware about the punishments for the ones who engage into plagiarism. She said that UGC has recommended punishment for the students at three distinct levels. The criteria differ depending upon the severity ranging from no mark or credit given to students and asking them to submit a revised script within six months to cancellation of the registered course for their acts of plagiarism.

Dr. Sujata also highlighted several ways through which one can avoid plagiarism at institute level. Exposing students to workshop on writing skills and critical thinking, sessions on how to write a research paper and research ethics are few ways through which students can avoid plagiarism. Lastly, she said, 'Lack of ideas lead to plagiarism. Get habituated to reading', thereby encouraging all the students as well as the staff members to practice reading on daily basis.

Making Thinking Visible Through Sketchnoting

2nd January 2023



St Teresa's Institute of Education, Santacruz organized a creative and interesting workshop on 'Making thinking visible through 'Sketchnoting''. The workshop was organized and co-ordinated by Prof. Dr. Giselle D'Souza and witnessed 50 S.Y. BEd. students on the Zoom platform. The objective of this workshop was to learn a new form of art, which incorporates the use of aesthetic and artistic skills.

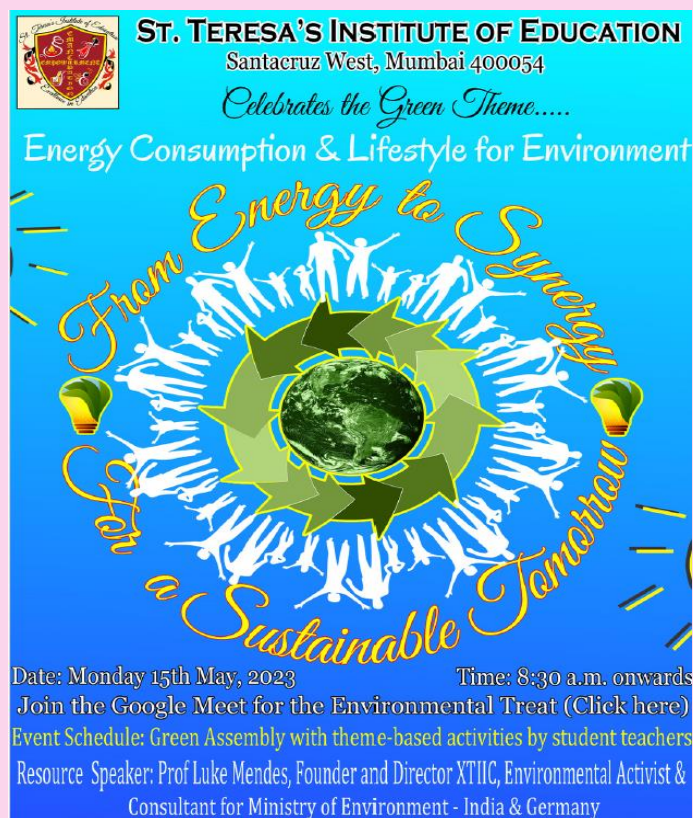
The resource person for the session, Ms. Kirtida Kale Swami an alumnus of S.T.I.E., provided the students with a spectrum of reasons for the 'why, how and when' of Sketchnoting as a concept. She also highlighted the advantages of such a creative technique as a powerful tool in the hands of both a teacher as well as a student. Ma'am Kirtida, spoke about her innate interest in sketchnoting and how this passion soon blossomed into a profession through several workshops and seminars she conducted across the globe. She further narrated the student-teachers about famous YouTubers, who originally started the concept of sketchnoting and are now running their own Blogs and conducting workshops for students all over the world. A treasure trove of her students' collection of sketchnotes was

thereafter displayed, which provided the teacher trainees with the much-needed impetus to create their very own.

Since the workshop was conducted right at the beginning of a New Year, the topic/ theme selected was none other than 'New Year Goals'. Each and every student geared up their creative, imaginative and artistic skills to prepare sketches that were representations of their hopes, ideas, visions and missions for the New Year 2023. The wonderful team of enthusiastic, excited and enthralled students put in their heart and soul into creating a variety of sketchnotes. It was one of those few instances where learning transcended the boundaries of a classroom and the zoom platform, as it beautifully blended teaching-learning with art and passion thereby drawing out the inner child from within. The workshop could not have drawn to a better close than our very own resource person Ma'am Kirtida driving home personal and powerful messages to the student teachers as food for thought, such as, "Creativity is all that is required to sketchnote; artistic ability is not mandatory!", "Every individual has the inborn potential to be creative" and "One has to have a clear picture in mind before one can really begin to sketchnote". Indeed, it was a worthwhile and memorable experience for each one of us as we painted with the palettes of our hearts.

Energy Consumption and Lifestyle for the Environment

15th May 2023



Sustainable development is the pathway to the future we want for all. It offers a framework to generate economic growth, achieve social justice, exercise environmental stewardship and strengthen governance. – Ban Ki Moon.

St Teresa's Institute of Education conducted a webinar on "Energy Consumption and Lifestyle for Environment" on 15th May 2023 on the Google Meet platform. The speaker for the session was Professor Luke Mendes who is the Founder and Director of XTIC Environmental activist and consultant for the Ministry of Environment India and Germany.

The Webinar was hosted for the first-year B.Ed. students to help them become aware of the increasing development in the field of Technology and its impact on the environment. The speaker even threw some light on how certain human activities lead to the destruction of the environment and in return deplete renewable resources.

To set the stage for the webinar the students hosted a green assembly which was based on the same theme. The organising students' group kept the assembly lively by incorporating

word search, jam boards among the few. The session helped in developing the students' knowledge on sustainable development. The outcome of the event was to create awareness on importance of water and the dependence on biodiversity.

The session was enriching and enlightening, it helped the students to become sensitive to harmful human activities that can reduce the chances of creating a greener-brighter future for the coming generations.

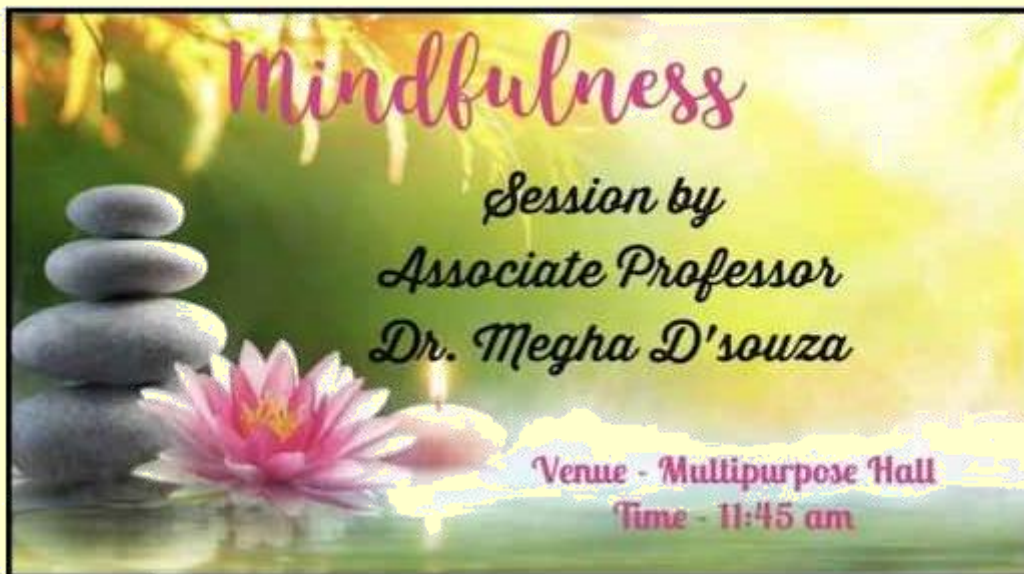




WORKSHOPS

Mindfulness

19th September 2022



A workshop on “Mindfulness” was organized by Prof. Dr. Giselle D’Souza for the F.Y.B.Ed students of St. Teresa's Institute of Education on 19th September, 2022. The resource person was Asst. Prof. Dr. Megha D’Souza, from Kapila Khandwala College of Education. The topic "mindfulness" was related to the subject of "Understanding the Self". The workshop aimed at making student-teachers aware about mindfulness and helping them integrate mindfulness in their daily lives.

This session was full of engaging and enriching activities that were aimed to facilitate mindfulness of one’s self and others. Education is not only for the mind but also for the heart. Dr. Megha D’Souza commenced the session with an enlightening story of Gautam Buddha, which beautifully delivered the message to loosen the knot that people tie themselves with and instead start to make peace with themselves. Then she demonstrated an experiment using a jar and glitter in it, relating it to the thoughts that come in every individual’s mind and being aware of it. The innovative experiment explained the need to listen to one’s thoughts and become more aware of oneself.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations. Ma'am explained about three components of mindfulness, namely, paying attention, being present at

the given moment and being non-judgemental. She made everyone aware about the importance of mindfulness and made them understand that accepting problems rather than denying them is always a better choice as it is rightly said that "What we resist, persists and what we accept, transforms"

She also elaborated on the formal and informal practice of mindfulness, where Yoga and meditation are formal and familiar practices that humans follow for physical and mental wellbeing. Taking decisions diligently and refining emotions as and when required, proves that one is aware and conscious of what one experiences through the senses. When that kind of awareness is cultivated, it denotes that he or she is being mindful. Practicing mindfulness helps an individual to obtain self-control, self-mastery and self-discipline. Dr. Megha also made the audience aware about the importance of a mindful pause. She then engaged the audience in several mindful activities, like "mindful listening", mindful walking "mindful share-pair activity" and "mindful dancing". The activities were enjoyed by the audience and each one of them participated with great enthusiasm. The session ended with a vote of thanks, to the resource person proposed by Ms Umme Kulsum. Overall, it was truly an informative session!



Art and Craft Workshop

28th July 2022

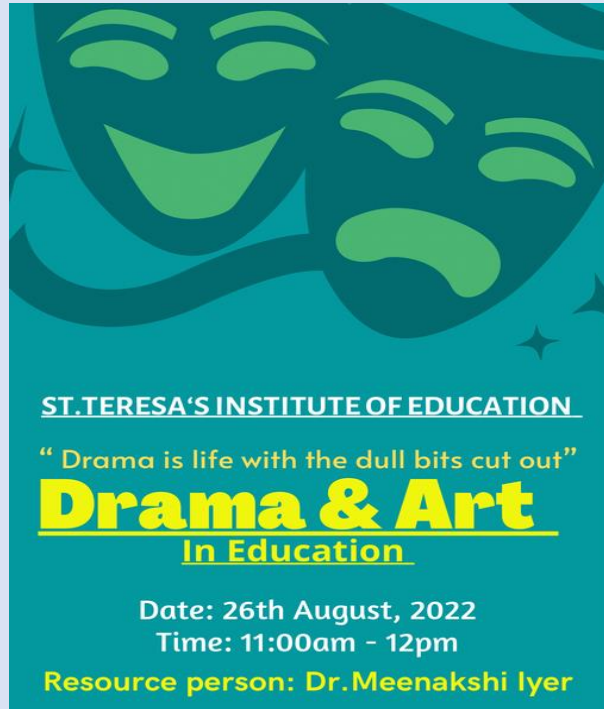


The workshop on art and crafts was conducted on 28 July 2022 by Harshita Sharma and Rachel D'Souza. The workshop was organized by Dr. Joan Lopes. The venue was the Multipurpose Hall of St. Teresa's Institute of Education. Harshita Sharma showed the materials required to make a stocking flower such as single-colour Nylon, dual-colour nylon stockings, stamens, wire, thread, steam wire, scissors and floral tape. She showed the students the sample of stocking flowers that she had made. She demonstrated the procedure of making the flower step by step which the students easily understood. The first flower was one petal flower. Then she explained how to join these petals and make a whole flower. She also demonstrated two types of designs for the petals. Students made one petal flower and then tried to complete a whole flower.

The second workshop was conducted by Rachel D'souza. She first showed the materials needed to make the bookmark like white paper sheets, watercolours, brushes and sketch pens. She also showed the students a sample of a bookmark to the class. She then gave measurements about the paper required to make a bookmark. Rachel herself demonstrated the process group-wise. The theme of the bookmark was related to the completion of 50 years of the college. Then every student made the bookmark using different watercolours. The students were happy and satisfied to learn something more colour and artistic in nature.

Drama and Art in Education

26th August , 2022

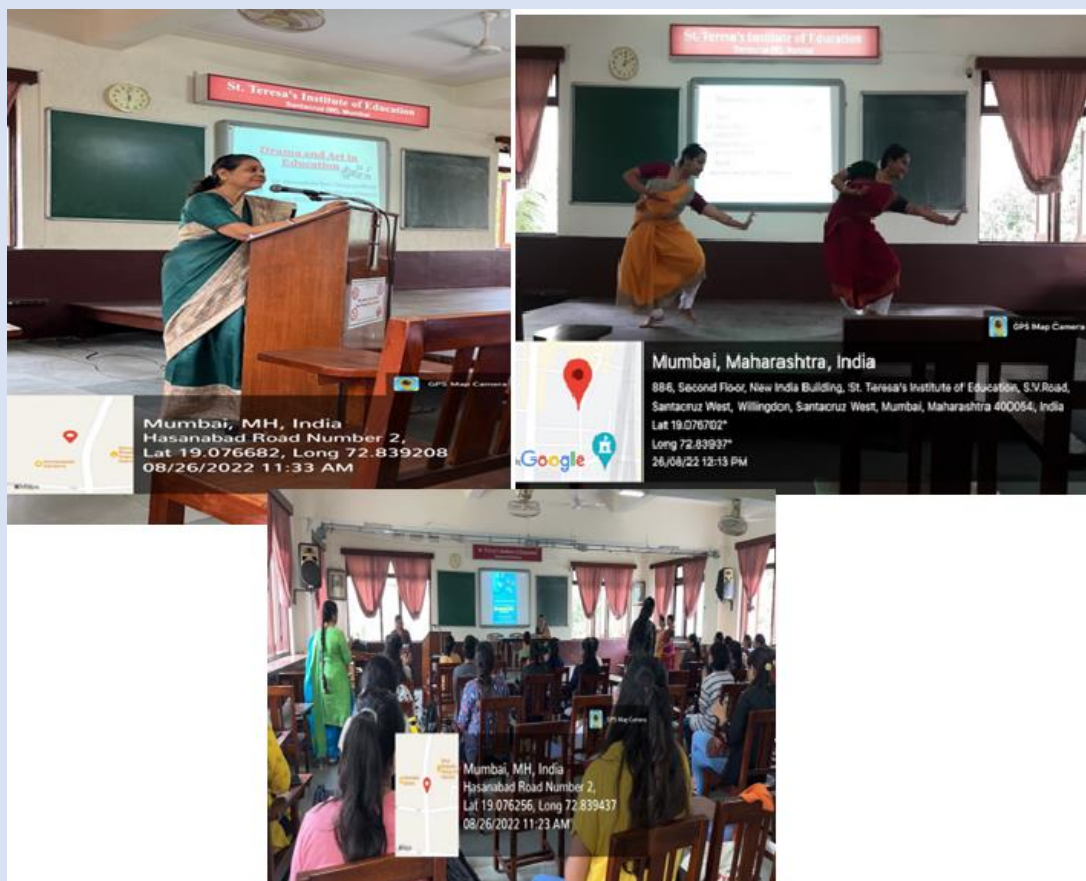


“Tell me and I forget, teach me and I may remember, involve me and I learn”

- Old American Proverb

The Drama and Art in Education session began at 1100 am that was organized by Dr.Joan Lopes held on 26th August 2022, in the Multi-purpose Hall. Dr. Meenakshi Iyer Gangopadhyay was the resource person who conducted this wonderful session for us along with her two students Ms. Simran Chettiar and Ms. Anuskha Ramnathan. Dr Meenakshi led us through this entire session. She first began by explaining why drama and art is important in education. Ms. Simran and Ms. Anushka performed a folk dance for us followed by the different dance forms existing in India. Dr.Meenakshi then explained us how speed and pause is an important factor to keep in mind while performing. She then described the different concepts of Abhinaya, Aangikaabhinaya, Vaachikaabhinaya, Aahaaryaabhinaya, Saativikaabhinaya and the Nava Rasas. Ms. Anushka illustrated the twenty eight single handed gestures and Ms. Simran illustrated the twenty three double handed gestures. They both then, demonstrated different action talk gestures.

Dr. Meenakshi helped us to analyse how we could include different activities to make our class interesting. Dr. Meenakshi demonstrated the Nava Rasas so beautifully that we all were mesmerized by her performance. A very interesting quote “Take the opportunities that are there to incorporate the art no matter what subject you teach” grabbed our attention. All the students were very happy that they got to learn something new. We were glad to have Dr. Meenakshi along with her 2 students Ms. Simran and Ms Anushka who put in a lot of efforts to make us understand new concepts which we would be imbibing in our teaching . The workshop was organized to incorporate the use of drama and art in education leads to holistic learning, accelerates personality development and to impart students with crucial life skills, problem-solving skills, leadership, cooperation and collaboration .It also helps pupils to recognise the layers of meaning that exist in texts and contexts, to develop their knowledge of dramatic conventions and their sense of audience.



Geogebra: A Math Tool

6th October, 2022



"If we teach today as we taught yesterday, we rob our children of tomorrow." – John Dewey

With the changing times, the traditional method of teaching cannot continue where the teacher only uses the blackboard as the teaching material. Subjects like Mathematics cannot just be taught without any experiential teaching aids and there are times when students do not understand the complex concepts in maths. So, for that reason, the teachers should use certain dynamic software like GeoGebra where the students can explore and 'learn by doing with fun'.

A workshop was conducted on 'GeoGebra - A Math Tool' on the 06th of October 2022 in the computer lab of St. Teresa's Institute of Education. Dr Cinderella D'mello organised it. There were 47 participants in the workshop. The resource person for this session was Mr. Mandar Bhanushe: Assistant Professor-cum-Asst. Director, Mathematics - IDOL University,

Mumbai. The session started with the introduction of the resource person done by Dr Cinderella D'mello, she even mentioned how useful it is for all the facilitators irrespective of their methods to know about their fabulous software because no new knowledge gained is a waste it might come in handy at any given time. The workshop was conducted in the computer lab where all the participants got to have hands-on experience with the software. Sir taught various kinds of features of the software like drawing a line using a particular function, the intersection of two lines, the coordinates of a particular point, the angles of a triangle, and drawing a polygon. Sir even demonstrated how dynamic this software is by using animation features through the slider option present where just by dragging the slider the no. of vertices increased and eventually the sides of the polygon increased there came a time when the number of vertices was quite large the polygon turned to a circle. The animation was quite fascinating to watch. Just like we facilitators enjoyed this animation, even the students will love this kind of animation and learning will become fun and interesting for them. Sir explained about 'Applet' where we can create our own animation application and share it across the globe where anyone can access it on the GeoGebra interface. The session ended with students learning how to use this dynamic tool and how to incorporate it in their classroom.

“Technology will never replace great teachers, but in the hands of great teachers, it’s transformational.” – George Couros

Heartfulness Education Programme Day- 1

10th October, 2022



Heartfulness is the state of being heartfelt or rather it is a heart-centred approach to life. It is to live naturally, in tune with the noble qualities of a heart, enlightened and refined through spiritual practice. It is a meditation that connects us with the light and love in our hearts. A workshop on heartfulness workshop was organised at St. Teresa's Institute of Education on 10th October 2022. The workshop was held in the multipurpose Hall, at 8:30 a.m. Four members from the heartfulness committee came to conduct this workshop viz. Mrs Rakhi, Mrs Poonam, Mrs. Kavita and Mrs. Kirti who were the trainers of the workshop committee.

The workshop started with a brief introduction of all the four resource persons by the coordinators of the workshop i.e., Dr. Reshma Rodrigues and Dr. Joan Lopes, who introduced and welcomed the trainers. The first speaker of the day was Ms. Rakhi Arora who introduced herself and then addressed the FY.B.Ed students about heartfulness and what exactly it means. She also introduced the heartfulness committee, their mission and their work. She gave information on the two main elements of the heartfulness workshop which was practicing heartfulness as a person and as a teacher.

She also addressed the audience on heterogeneous learners and gave in-depth knowledge about the heartfulness tool for day one of the workshop and then led the audience into a meditation. The second speaker for the day was Poonam Ma'am. She started her talk by asking a question to the audience i.e., "Who is a teacher?" and further addressed the crowd on the importance of a teacher, moulding the students, teacher as a mentor, guide & mother. She also gave information about the present life of a teacher and how teaching is a demanding and the most noble profession among all the other professions.

After this, all the students were asked to stand in their respective places and a short fun-filled exercise was done which was followed by a group activity where all of them were divided into groups and an activity called pair and share was conducted. The session came to an end with a Formal Vote of Thanks proposed by Sanida Nunes. The feedback form was given to all the students to know their opinions and their input. The workshop was a grand success and it really had an impact on every student.

Heartfulness Education Program Day 2

11th October, 2022



Day 2 of the Heartfulness Education program was on 11th October 2022. The teacher coordinator for the program was Ma'am Joan Lopes and Ma'am Reshma Rodrigues.

The first speaker for the day was Kavita Shannay who has an experience of five years as a full-time heartful teacher. The topic selected by her was emotions. She emphasised the topic by saying how our thoughts and imagination play a vital role in shaping our emotions. A video was shown about the rejuvenation tool followed by meditation. The students felt really calm after the meditation session.

The next speaker for the day was Ma'am Uma. She spoke about the concept of "perspective". She insisted on how we need to put ourselves in others' shoes and not jump to conclusions without considering others' perspectives. She mentioned about the Gardner's theory of multiple intelligence. A Stroop's test was conducted for the students.

Followed by this the third speaker for the day - Sir Shashikant Nayak spoke on the topic of effective communication. He spoke about the importance of effective communication. He has examples from everyday instances of how the right communication can lead to the right results. he insisted on verbal and non-verbal ways of communication.

The students had an enriching and experiential day. They learned a lot and enjoyed the session to the fullest. A vote of thanks for the session was given by Harshita Sharma.

Heartfulness Awareness Workshop – Day 3

12th October 2022



St. Teresa's Institute of Education organized a three days' workshop on 'Heartfulness' conducted by certified trainers Ms. Rakhi Arora and Ms. Poonam from Wonder, Wisdom Heartfulness Education Trust. 12th October 2022 was the final day of the workshop which lasted for about five hours. In this session the students of St. Teresa's Institute of Education were taught about heartfulness that supports peace of mind and personal transformation. The session taught the students about relaxation, meditation, cleaning techniques and Rejuvenation techniques. The session was started by Ms. Rakhi with a small recap on the previous two sessions on heartfulness. She did a run-through on three important concepts taught earlier: Relaxation; Meditation and Rejuvenation.

Ms. Rakhi explained the importance of these three concepts and how practicing these would bring a positive change in a person's life. She spoke about positive affirmations and how it would help people in day to day life. With the use of examples related to teachers she made it even easier to understand the idea. A small session of meditation was carried out for thirty minutes which gave the students an insight of how meditation works in simplest ways. After meditation, Ms. Rakhi introduced the students to 'Essentials of Inner Connect'. In this, she explained how to make contact with your inner self so that you can become a better person

through your own beliefs and attitude towards yourself. With her relevant examples she made it clear that the power is in our hands to unleash our inner potential. We just need to begin somewhere, stop hesitating and doubting ourselves.

After a break of fifteen minutes, the session was restarted by Ms. Poonam. She began by talking about Inspire and Inspired Living. To give the students an idea about the terms inspire, leader and vision Ms. Poonam showed the students a short video song called 'Tum chale toh chale hindustan'. The video showed what leadership and leading the way should actually be. She also spoke about how teachers inspire their student's every day. Students visualize their teacher as their role model. To talk about teacher student relationship in a classroom she illustrated the concept with a study conducted in a classroom setting by Rosenthal and Jacobson. The study named 'Pygmalion in the Classroom' gave the students an insight as to how even a teacher's perception of a student can change his/her behavior in the classroom.

The session was again handed over to Ms. Rakhi Arora after a short break. Ms. Rakhi Arora started the last half of the session with the concept of heart centered education for life. With the help of the famous story of crow and jackal and with few modifications and evolutions added to it, she explained how people change in various ways because of time and experiences. She also enlightened the students about the four pillars of education by the International Commission for education for the 21st century advocates. Ms. Rakhi showed a few videos which spoke about how differences exist and it should not be a parameter on how we judge people. Everyone is alike. At the end she concluded the session with a few fun activities that students really enjoyed. The session was winded up with a Formal Vote of Thanks proposed by one of our peers. It was an amazing workshop for 3 days and we learnt a lot about ourselves and how we can improve and prove to be better teachers in the future.

Spiritual Enrichment Program

18th October 2022



In our daily lives we give utmost importance to our physical and mental health, but often neglect Spirituality which is an equally important aspect. Since the exam season is soon at bay, the Principal and the Professors found it necessary to organize a session on spirituality here at St. Teresa's Institute of Education.

The Resource person for the day was Fr. Allwyn Misquitta a Salation Priest from Karjat. Fr. Allwyn was introduced by our Sr. Principal, by a verse taken from the book of Sirach from the Holy Bible. The session began by invoking the presence of the Almighty by reciting prayers in 3 different languages.

After the prayers session there was a video on self-motivation titled [I feel alive]. Father told us that we should spare a few moments of our day Thanking God for the 5 A's which are for us to be Alive, Awake, Alert, Active and Awake. Our prayer should also include the line **"God aspire me to inspire someone before I expire."** Father brought in a tinge of positivity every time he told us about his line to invoke positivity that is **"All is well, the best is yet to come."**

Father made us aware of the 5 survival instincts which include Respiration, Perspiration, Digestion, Urination and Defecation. Along with these instincts a person with a sound conscience, a sound mind, clear thoughts, words and actions.

The session encapsulated all the values that an effective teacher must possess and father explained the various points pertaining to it in a very innovative manner by applying the principles of sreal-life experiences to it. The session made us ponder about the various choices an individual makes in life and the impact those choices have on our everyday life.

Street Play Workshop

28 February, 2023



A workshop on Street Play was organized by St. Teresa's Institute of Education for its F.Y.B.Ed students in the St. Teresa's Multipurpose Hall. The resource person for the day was Mr. Jagdish Sansare, a professor of St. Joseph Junior College, Satpale, Virar on 28th February, 2023. He was accompanied by his student Miss Madhavi. This workshop was attended by students of F.Y.B.Ed which began at 11.00 a.m. with an ice-breaker. The workshop highlighted important elements of Street Play Drama. It was an entirely practical workshop and it involved an active participation of students.

The important elements of street play like humor, symbols, use of props, use of body language, voice, use of jargons, time management and organizational skills were very well explained through demonstration. Sir Jagdish allotted situations to students and asked them to enact those situations in a creative way. He also demonstrated acting skills in front of the students that helped the students to learn different skills of acting. He conducted brainstorming games to enhance alertness, attention and presence of mind among the students. He emphasized on the importance of street play as a tool that can be used to create mass awareness regarding social evils like dowry, child marriage, girl education, female infanticide, and also about the policies of the government.

Students actively participated in all the activities and also enjoyed the workshop. The workshop concluded at 3.00 p.m. with a formal vote of thanks given by Sr. Venita D'Souza.

Art & Craft- Stocking Flower and Bookmark Making

6th to 8th March, 2023



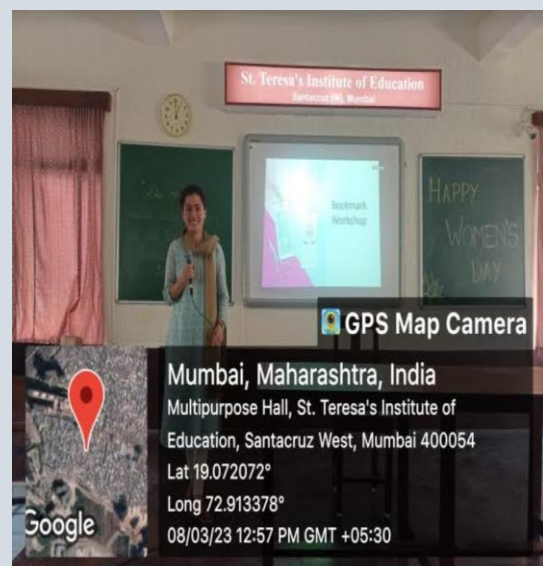
A two days' workshop was organised for the First-year students on stocking flower and bookmark making. The objectives of this workshop were to introduce students to the art of making varied artificial flowers and beautiful bookmarks.

This workshop was organised under the leadership of **Dr. Joan Lopes**. There were 48 students present for the workshop. The resource person for this workshop were our very own Second year students **Ms. Harshita Sharma** and **Ms. Rachel D'Souza**.

The first session which was on 8th March, 2023 was making Stocking Flower and it was conducted by Harshita Sharma. She began by explaining the students the importance of learning this art form which is beneficial for their career. The materials required for this workshop were nylon or stocking net, construction rings, nylon thread, pliers, scissors, stem wire, floral tape, stamens, buds and leaves. She began by meticulously showing the students the steps to be followed to make the flower using the materials.

The second session which was conducted on 9th March, 2023 began by Rachael's introduction to the art of Bookmark Making and its significance in our lives as teachers. The students were prudently led by Rachael throughout the session and due to her constant motivation students were able to endeavour to imbibe this art form within the short period of time. Both the sessions proved to be productive as students were eminent in becoming skillful in both the art forms. With first-hand experience within the limited time students became confident and efficient.

Along with the patience and guidance of Harshita and Rachael the continual encouragement received by Joan ma'am led the way to accomplishment of the workshop. The students also showed great interest and followed the instructions duly which led this Art and Craft workshop a lifelong learning and everlasting experience.



Pidilite Workshop

15th and 16th March, 2023



A colorful workshop was conducted by St. Teresa's Institute of Education for First Year students on 'Warli Painting, Mandala Art, Glass Painting and Clay moulding'.

The objective of this workshop was to enlighten the students about the need and importance of various art forms like mandala art and warli art , clay moulding and glass painting.

This workshop was organised by Dr. Joan Lopez. There were 48 student attendees .The resource persons for the workshop were Kashmira Shah and Neha Parmar from Pidilite company.

The session on 15th March began by distributing Pidilite goods like Acrylic colours, Glass paints, glue and mould it clay. After the distribution Kashmira ma'am explained the art of Warli painting. Ma'am explained the art in simple words and made it seem easier by emphasising the steps to be followed. Then we were asked to showcase this art form on a white fabric cloth using acrylic paints. At every step ma'am was patient with students guiding everyone in learning this art. With successful completion of Warli painting Kashmira ma'am introduced a new art form called Mandala Art. Along with the explanation of this varied art form ma'am also emphasised the importance of Mandala art in reducing stress and to increase

concentration level. Students actively participated in making mandala art as per their creativity. It was truly an engaging, innovative and resourceful session.

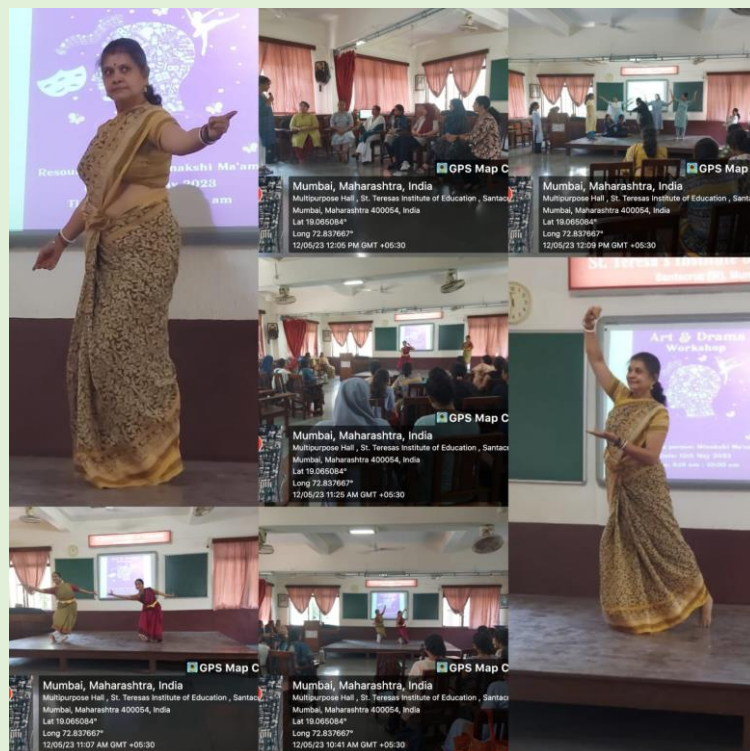
On 16th March Ma'am started the workshop by telling the students about glass painting. Ma'am asked the students to select a theme depending on their Pedagogy subjects. Ma'am carefully guided the students by elaborating steps to be followed in making a Dream Catcher and painting it using Glass painting. After completion of glass painting Ma'am introduced a new art using mould it clay. Students again were asked to mould the clay as per their Pedagogy subjects. The students made things like Harappan coins and ornaments, utensils, mathematical shapes and objects, flowers, fruits, etc by first moulding the clay and than by beautifully colouring it using acrylic paints.

The workshop was an accomplishment as students were able to learn these various artforms in a short span of time under the leadership of Kashmira ma'am and Neha ma'am.



Drama and Art in Education

12th May, 2023



The Drama and Art in Education session was held on 12th May 2023 in the Multi-purpose Hall. The session was organized by Dr. Joan Lopes, and the resource person was Dr. Meenakshi Iyer Gangopadhyay, Associate Professor of Dance in Naland Nriya Kala Mahavidyalaya, along with her two students of Bachelor of Performing Arts Degree, Ms. Simran Chettiar and Ms. Anuskha Ramnathan.

Dr. Meenakshi began the session by explaining the importance of drama and art in education. Ms. Simran and Ms. Anushka performed a folk dance, followed by an explanation of the different dance forms existing in India. Dr. Meenakshi then discussed the importance of speed and pause while performing, and described the different concepts of Abhinaya, Aangikaabhinaya, Vaachikaabhinaya, Aahaaryaabhinaya, Saativikaabhinaya, and the Nava Rasas. Ms. Anushka and Ms. Simran demonstrated various single-handed and double-handed gestures and different action talk gestures.

Dr. Meenakshi helped the students analyze how they could include different activities to make their class interesting. She demonstrated the Nava Rasas so beautifully that the attendees were mesmerized by her performance. Overall, the Drama and Art in Education session was informative and engaging. Dr. Meenakshi and her students put in a lot of effort to make the students understand new concepts, which they could imbibe in their teaching. All the students were very happy that they got to learn something new. The session successfully achieved its objective of incorporating the use of drama and art in education.



Activities



Make a Difference Week

05/04/2022 To 18/04/2022



"Environment" refers to a comprehensive system, including geology and climate. An environment can be of any scale, including global, regional, local, and even isolated locations and objects such as buildings. The word "the environment" is frequently used to refer to the global environment or a broader regional environment. On a more human level, the environment, the air, water, temperature, and biology of a specific location are what sustain us and establish the limitations of what we can achieve.

Many modern-day environmentalists adopt a holistic approach to rescuing the planet, focusing on everything from pollution and energy consumption to ecological health and peaceful cohabitation with the animal kingdom. In other words, what is usually referred to as the ecological movement, green movement, peace movement, and environmental movement all share the same values. It's no surprise that one of the most well-known organizations working in the service of these objectives is called Green Peace.

Thus in order to sensitize the students of St. Teresa's Institute of Education, Santacruz towards the environment and bring about sustainability, the Environmental Education

Department organized the MAD week (Make a Difference Week) from 5th-18th April 2022. The students of SY B.Ed organized this MAD week under the guidance of their professor Dr. Giselle D'souza. The College Principal, Staff members, and Students were present for this awareness drive. Based on the theme of the day the students from the first year were supposed to conduct an activity towards the conservation of the earth. The Green Assemblies revolved around the following themes:

- Manufacturing organic compost
- Pesticides and self-watering systems
- E-waste
- 3 R's of Reduce, Reuse, Recycle in Paper Waste Management.
- Conservation of biodiversity and its protection
- Sustainable
- Waste Management.

Thus the Make A Difference week organized by the Environmental Education department was a grand success. It helped sensitize and spread awareness about the important and some lesser known issues causing the degradation of the environment and affecting the ecosystem. The tasks assigned enabled the students to individually participate and contribute towards the environment. The drives organized by a number of groups ensured an immediate and a collective effort to the Green cause. The week truly Made A Difference in the lives of the students of St. Teresa's Institute of Education!

Beach Clean-up Drive (2021 – 2022)

10th September 2022

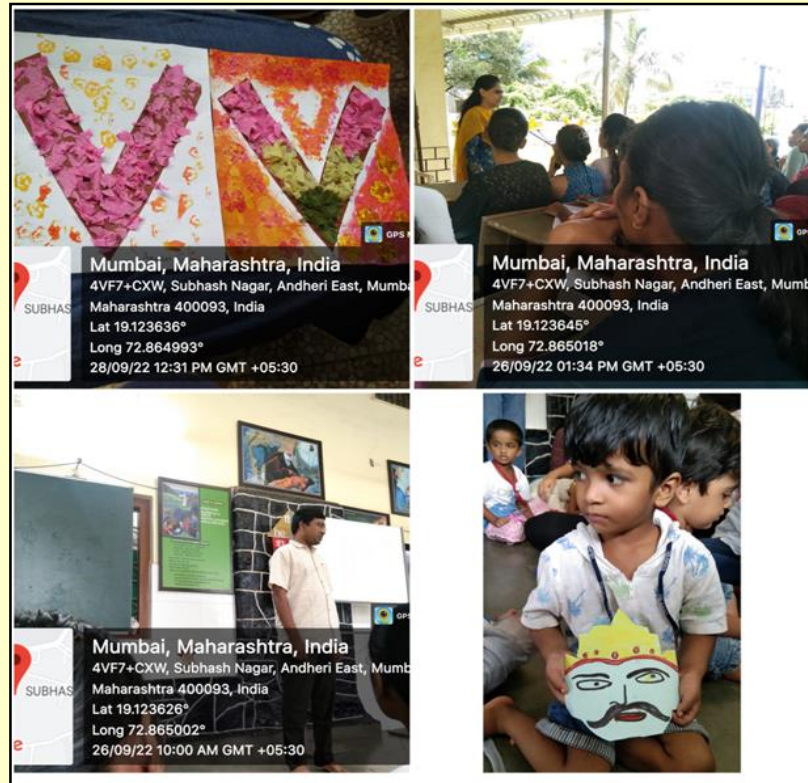


The Environmental Club of St. Teresa's Institute of Education organized a beach clean-up drive after the last day of the 10-day-long Ganesh Chaturthi Festival. The college collaborated with the Jay Foundation for this endeavor, which was led by Dr. Prof. Giselle D'Souza. The activity took place at Shivaji Park, starting at 7:45 a.m. Students and faculty from St. Teresa's Institute of Education, as well as participants from other colleges in Mumbai, joined the event. Everyone received gloves provided by the NGO, and they commenced cleaning the beach.

The beach was strewn with remnants of clay, plastic, thermocol, and other materials used in the construction of Ganesha idols, which were washed ashore after devotees immersed the idols in the sea. The activity aimed to impart the importance of celebrating festivals in an environmentally conscious manner to safeguard the environment and its inhabitants. The event created awareness about Nature and how to care for it. Indeed, "We're a part of nature. As we destroy nature, we destroy ourselves. It's a selfish thing to want to protect nature." --
-Yvon Chouinard

Community Work: Outreach Program

26th Sept-4th October 2022



St. Teresa Institute of Education celebrated its 50th anniversary by conducting a week-long outreach program at Sarva Seva Sangh, Andheri East, engaging first-year B.Ed. students from the 2021-23 batch. The program ran from 9:30 am to 1:30 pm, excluding Saturdays. It involved teaching underprivileged children, focusing on letters 'V' and 'W,' and colouring masks. The students also addressed important topics like 'Good Touch and Bad Touch' and prepared skits. Each day began with meditation and various educational sessions. Dr. Paval emphasized the benefits of yoga and wellness. They also engaged the children with cultural activities, like a Garba dance session.

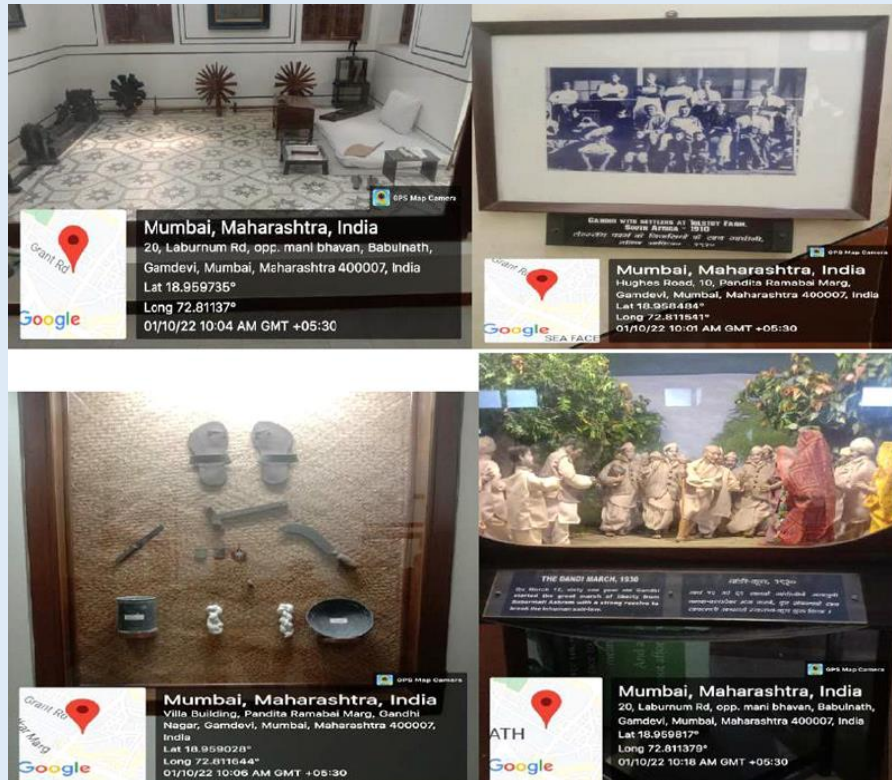
The final day featured a workshop on 'Good Touch and Bad Touch' for both children and parents, aiming to raise awareness and encourage open communication. The program concluded with a grand Dusshera celebration, where parents joined in for a day of festivities, including a fashion show, singing, dancing, and Raavan effigy burning. The students

expressed their gratitude to the Sarva Seva Sangh team, offering a token of appreciation. They also thanked Sr. Dr. Tanuja Waghmare for the opportunities to learn and grow.



Visit to Mani Bhavan

1st October 2022

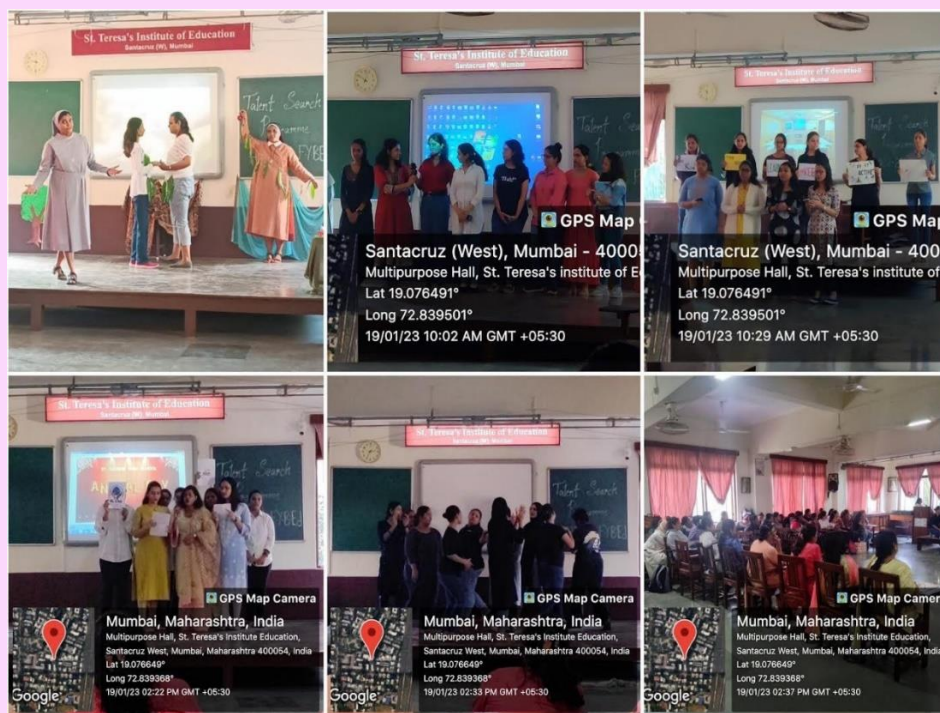


On Gandhi Jayanti, students from St. Teresa's Institute of Education visited Mani Bhavan Gandhi Sangrahalaya in Mumbai, which served as a significant hub for Mahatma Gandhi's freedom struggle activities. The two-story building, where Gandhi lived and worked during his time in Bombay, now stands as a memorial to the great leader. The ground floor houses a library with books authored by Gandhi and related to the freedom movement. The first-floor features pictures depicting various events in Gandhi's life, while the second floor preserves the room where he worked with his charkha and displays his letters and personal belongings.

The visit left the students amazed by the intricate details, photos, and artifacts from Gandhi's life, emphasizing the simplicity that characterized his existence. The experience sparked discussions among the students, who shared their knowledge from history textbooks, and the teachers further enriched their understanding. The visit ended with the participants carrying fond memories, captured in photographs, and a renewed love and interest for their country, etched in their hearts forever.

Talent Search Programme

19th January, 2023



The Talent Search Programme for the F.Y.B.Ed. Batch of 2022-2024 was organized at St. Teresa's Institute of Education on 19th January, 2023 in the multipurpose hall of the college. The students were previously divided into five groups of 10 each and were briefed about all the things to be taken into consideration by the principal Dr. Sr. Tanuja Waghmare. The orientation to the course was given by Dr. Giselle D'Souza on the same day. Forty-nine out of fifty students from the first year participated in this event and had the esteemed staff and second year students as their audience.

The Talent Search Programme commenced immediately after the morning assembly. A short introduction and welcome to the same were given and the program followed with the Acts, Dance- Drama, Street play, etc that the students had put up within the time allotted to them involving various issues of educational or social relevance. The main objective was to be acquainted with the strengths and weaknesses of the students thus devising appropriate action plans for their all-round development and to contextualize and tailor the curriculum as per the students' need. Later the students were appreciated for their dedication and creativity and valuable feedbacks were given in case of improvement. The show ended with a formal vote of thanks. All in all, it was a beautiful and an enlightening show put together by the F.Y.'s.

Anna Poorna Yojana

6th February – 20th May



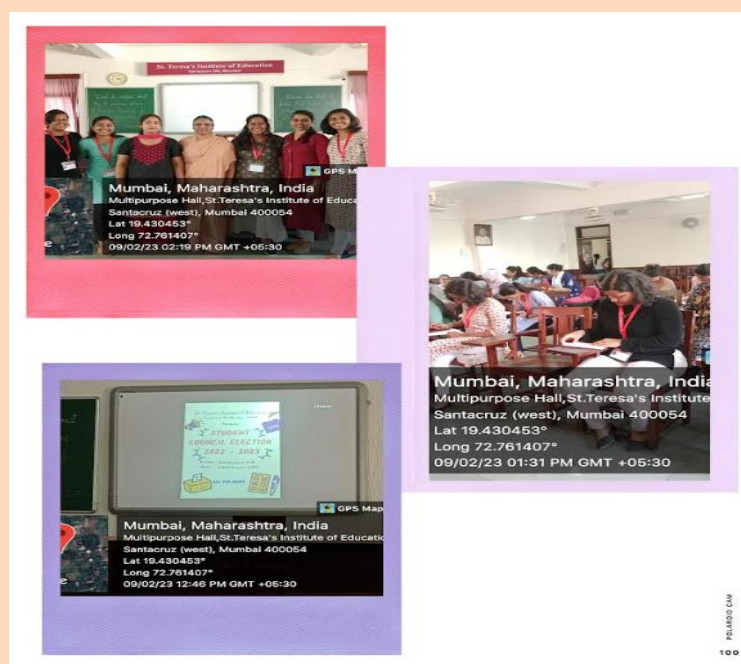
From February 6, 2023, to May 20, 2023, St. Teresa's Institute of Education organized the Anna Poorna Yojana (APY) as a component of the DLLE program. The coordination of the initiative was overseen by Dr. Cindrella D'mello, who guided the students on navigating the sales process. The primary objectives of the APY sales initiative were to cultivate entrepreneurial skills among the students, cultivate an understanding of market dynamics and management, and foster innovation and creativity in product development.

To ensure alignment with the preferences of their target audience, the APY students conducted polls to identify the types of items they would offer for sale. Drawing on their culinary skills and focusing on quality and taste, the students crafted a diverse range of snacks and lunch items. Strategically timing their sales during breaks, the students maximized the visibility and accessibility of their products, catering to both fellow students and staff.

The APY initiative successfully fostered entrepreneurial skills, market understanding, and innovation among students. The students effectively engaged their target audience, demonstrating a practical application of business principles within the DLLE program.

Student Council Elections

9th February 2023



St. Teresa's Institute of Education held student council elections for the F.Y.B. Ed Batch of 2022-2024 on February 9, 2023, in the college's multipurpose hall. Before the elections, an orientation was conducted on February 7 by Assistant Professor Dr. Reshma Rodrigues, who provided essential information about the elections and outlined the roles and responsibilities of the student council.

Ten students contested in the elections: Shania D'silva, Bridgel Dunbar, Salomy Farel, Sancia Andrades, Uriah Barboza, Numa Shaikh, Nimisha Kadam, Aishwarya Bambarkar, Helen Miranda, and Shruti Chikalkar. The election proceedings began at 12:30, with both F.Y.B. Ed and S.Y.B. Ed students gathered in the multipurpose hall. Each candidate presented themselves.

After a short break, Dr. Sr. Tanuja Waghmare came in with the results. She congratulated all the candidates who stood up for the elections and she praised them all for their courage. Sr. then announced the 4 council members that had got the highest votes and had been elected i.e., Shania, Sancia, Uriah and Helen. The highest votes were casted to Bridgel Dunbar and

Sr. called her up and introduced her as our General Secretary. She then congratulated all five council members. Natasha along with Reshma Ma'am gave a vote of thanks.

College Picnic

9th May, 2023



St. Teresa's Institute of Education organized a picnic to Silent Hill Resort, Manor, on 9th May, 2023. A total of 92 students from F.Y.B.Ed and S.Y.B.Ed attended the picnic along with the staff members and the Principal. The students reported to the college at 7 am and later they boarded the buses and headed towards the destination.

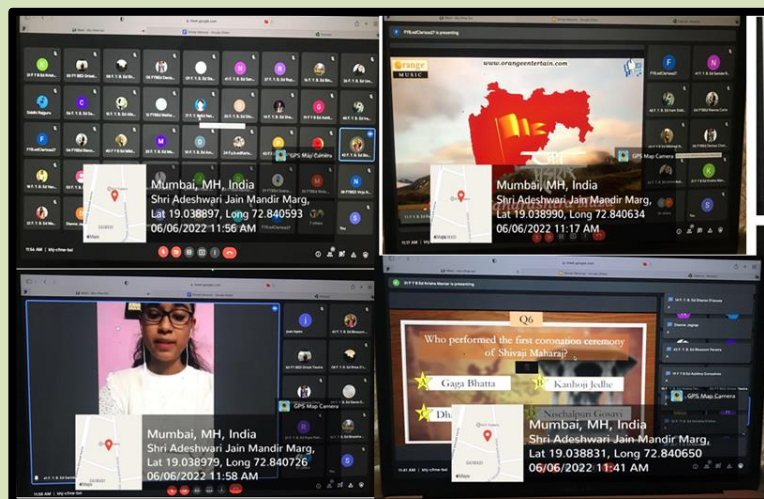
The students were all set to have a fantastic day and brought the buses to life by singing all the way through the journey. They reached the destination at 10 am and were served a delicious breakfast at 10.30am. The students then dipped into the pool and had great fun on the water slides. Photos were clicked, capturing the joy and excitement on everyone's faces. Lunch was served at 2 pm, after which they continued to spend time in the pool.



Celebrations

SHIVRAJYABHISHEK CELEBRATION

6th June, 2022



The event proved to be a milestone in Maratha history as it also marked the beginning of Hindavi Swarajya in India. It was on this day when Shivaji was given the title of 'Shakakarta' which means 'founder of an era' in English and 'Chhatrapati' (paramount sovereign).

The Coronation Ceremony of Shivaji Maharaj also known as SHIVRAJYABHISHEK was celebrated by St.Teresa's Institute Of Education on 6th June 2022. The venue of the event was online on (Google meet) and it began sharp at 11:00am. The event was started by a beautiful and peaceful assembly which was conducted by Roll nos 21-30, the assembly started with a warm greeting and welcome by the two host Sanida and Drizel followed by a short prayer. The

PowerPoint presentation of the same was also displayed for all by Clarissa. After the prayer, Lourdes spoke a few words on Shivaji Maharaj then the “Jai Jai Maharashtra Majha” song was played and the assembly ended with the college anthem.

After the assembly, the host announced the further group to take over to speak on “Significant Events in Shivaji’s Life” which was done by Roll nos. 11-20. A presentation for the same was also displayed by Riya Dsilva as she started speaking on Shivaji Maharaj, Binaisha enlightened everyone about the first fort captured by Shivaji Maharaj i.e., the Torna fort. The second event in Shivaji’s life that was the Treaty of Purandar was addressed by Ashlina. Escape from Agra by Sharon, the very famous episode of Afzal Khan by Melita, the history of Lal Mahal by Alisha, Sack of Surat by Diona and finally the coronation and conclusion was addressed by our General Secretary Natasha Fernandes.

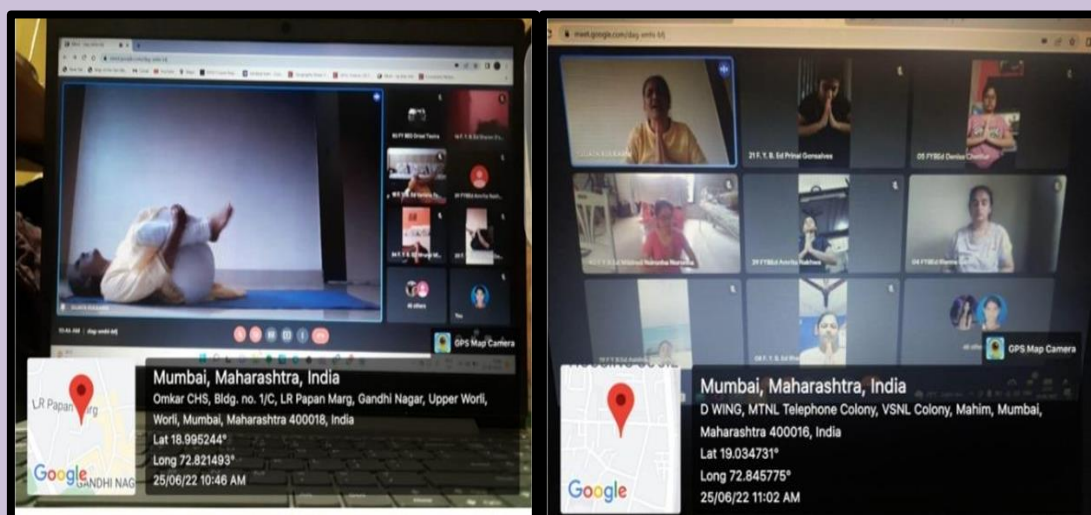
After this enlightening information on life of Shivaji Maharaj, a short quiz was conducted by Rupa and Krisha based on the same topic which had 10 questions with four options each, Rupa asked the questions and gave the options with the help of the ppt and after everyone replied in the chat box correct answer was popped by Krisha. Everyone actively participated in the quiz and almost all answers guessed by all was correct.

As the quiz ended the host announced the next group to take over who were going to address about “Impact of Chhatrapati Shivaji Maharaj”. This was also addressed with the help of ppt and was started by Rhea D’costa followed by Salvia who threw light on famous quotes and life lessons given by Shivaji Maharaj. Denisa addressed the qualities that can be learned from Shivaji Maharaj and also gave information about the memorial of Shivaji which is currently being constructed in the Arabian Sea. Also, she pointed out various places which are named after the great Shivaji Maharaj for example, Railway Station – CSMT (Chhatrapati Shivaji Maharaj Terminus), Airport in Mumbai- Chhatrapati Shivaji Maharaj International Airport and the museum –Chhatrapati Shivaji Maharaj Vastu Sangrahalaya. The conclusion of this topic was again done by Rhea D’costa.

As it was the end of the programme Sanida invited Blossom to give the vote of thanks. After the vote of thanks National Anthem was played by Clarissa and the event ended by our two host Sanida and Drizel once again thanking everyone for their co-operation and thanking the co-ordinator of the event Dr. Joan Lopes and she as well thanked all the students for their effort. The event ended by 12:15 pm in the afternoon and it was a great success.

International Yoga Day Celebration

25th June, 2022



The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. International Yoga Day was celebrated St. Teresa's Institute of Education on 25th June 2022. The event was organised by FY.B.Ed students and was co-ordinated by Dr. Joan Lopes. The programme was conducted through Google Meet with Prof. Sujata Kulkarni being the Resource Person for the session.

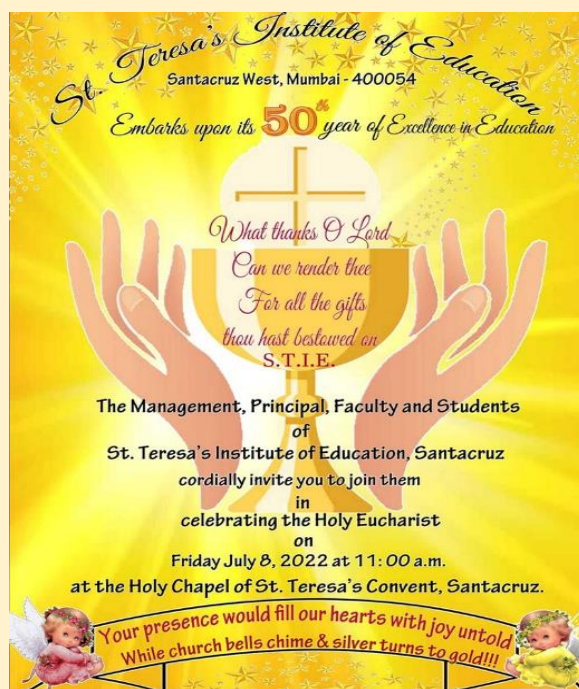
Prof. Sujata Kulkarni is a Professor at St. Gonsalo Garcia College for Economics, English and Marathi. She has been teaching yoga since 2004 and has rich knowledge about it. The event was started by a peaceful assembly conducted by Drizel and Iram. The assembly included a short prayer followed by a peaceful hymn. Drizel then explained briefly about International Yoga Day and showed a video regarding the same. She later introduced our resource person, Prof. Sujata Kulkarni. Prof. Sujata Kulkarni started the programme by a brief introduction about yoga. Students started their Yoga day with a warm-up session as guided by Prof. Sujata Kulkarni. Warm up session included small exercises like rotating neck and limbs and few breathing exercises. After the warm

up session Prof. Sujata guided the students with different type of asana. All the students switched on their cameras and were performing yoga with Prof. Sujata.

While performing Yoga she was simultaneously explaining the students about the benefits of these asanas. She helped the students understand about the specific asanas meant for specific areas of our body. Prof. Sujata made the students perform Vajrasana which is meant to be done after having food as it helps in digestion. She performed various asanas like Vrikshasana, Parvatasana, Trikonasana, Dandasana, Mandukasana, Ustrasana, Bhujangasana, Shavasana etc. At the end she guided the students to perform breathing exercises like Pranayama and Anulom vilom. All the students performed yoga with great interest along with Prof. Sujata Kulkarni. After the session, few students gave good feedbacks about the session. The programme was wound up by a Vote Of Thanks by Drizel and Dr. Joan Lopes.

Eucharistic Celebration of the Golden Jubilee Year

12th July 2022



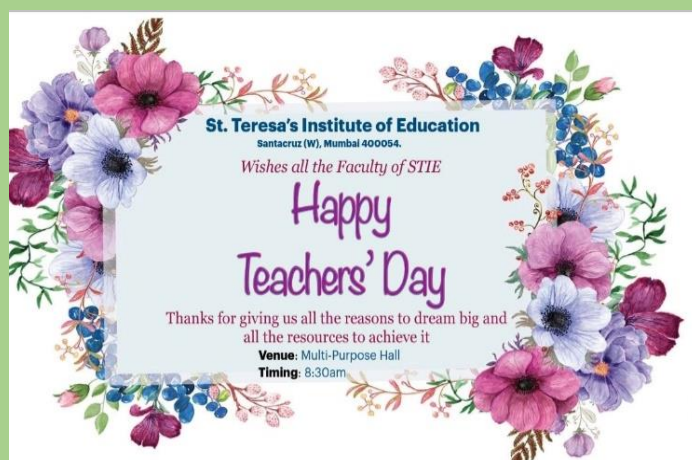
12th July 2022 marked the launch of the Golden Jubilee year celebrations of St. Teresa's Institute of Education. Being grateful to the Lord, for His abundant blessings on the Institute, what better way to start this auspicious occasion than thanking the Lord through the Eucharistic celebration. The planning of the inaugural function of the Golden Jubilee celebrations took shape under the valuable guidance of Our Manager Sr. Wilma Mendes, our Principal Dr. Sr. Tanuja Waghmare, Sr. Clare D'Souza and Prof. Dr. Giselle D'Souza making it a meaningful and memorable event. Special badges were prepared for the attendees to mark the significance of this momentous occasion. The Liturgical service was held at the Holy Chapel of the Convent building on 12th July 2022 at 10:00 am. The Celebration commenced by welcoming the gathering followed by a solemn procession of our 50 student teachers and staff who offered 50 lamps symbolising the 50 glorious years as they walked up to the altar. The Student council members held five flags representing each of the five decades of triumph and success of S.T.I.E. The General Secretary Natasha Fernandes held the flag bearing the new college logo conceptualised and created by Prof. Dr. Giselle D'souza, embodying the college vision and mission statements and based on the ideals of the patron Saint of the Institution-St. Teresa of Avila. The hymns sung by the melodious choir composed of student teachers set the tempo for the occasion filling the chapel with

their angelic voices. The student teachers performed a prayer dance to the lyrics of "Nada de Turbe" as a tribute to our patroness, St. Teresa of Avila. With the blessings of our patroness, the scroll with the Golden Jubilee logo was unfolded by Our Principal, Dr. Sr. Tanuja Waghmare, and Rev.Fr. Francis Carvalho, the celebrant of the Eucharistic celebration. Our Principal, Dr. Sr. Tanuja Waghmare read the introduction before the Mass which was followed by Our Manager, Sr. Wilma Mendes sharing the Golden Jubilee message sent by Mother General Sr. Mary Frances. After the Gospel reading, preaching, and reflection on the Word of God by Rev. Fr. Francis, we offered our special intentions to the Lord in the form of prayers of the faithful done by our student teachers. The Eucharistic Celebration was followed by our Manager Sr. Wilma Mendes, Principal and Faculty heading towards the school grounds where the flag hoisting was organised. The flag was hoisted and the College Anthem played. The program ended after the scrumptious snacks were distributed to all. Each member of the Student Council played an important role in executing the celebrations with finesse and team spirit. The Eucharistic celebration was indeed a blessed way to celebrate the commencement of the Golden Jubilee year of S.T.I.E. We look forward to making this year a memorable one!



Teachers Day

5th September 2022



St. Teresa's Institute of Education had a grand celebration of Teacher's day on 5th September 2022. Event was conducted under the guidance of Principal Dr. Sr. Tanuja Waghmare. In all there were 62 attendees including 49 Students and 13 staff members.

Objectives of the celebration were to honour and show gratitude towards teachers and all faculty members of the Institute for supporting and guiding students in their journey, to encourage the students for participation and showcasing their talents through the programme and also to pay homage to our 2nd president, great teacher, philosopher "Dr. Sarvepalli Radhakrishnan."

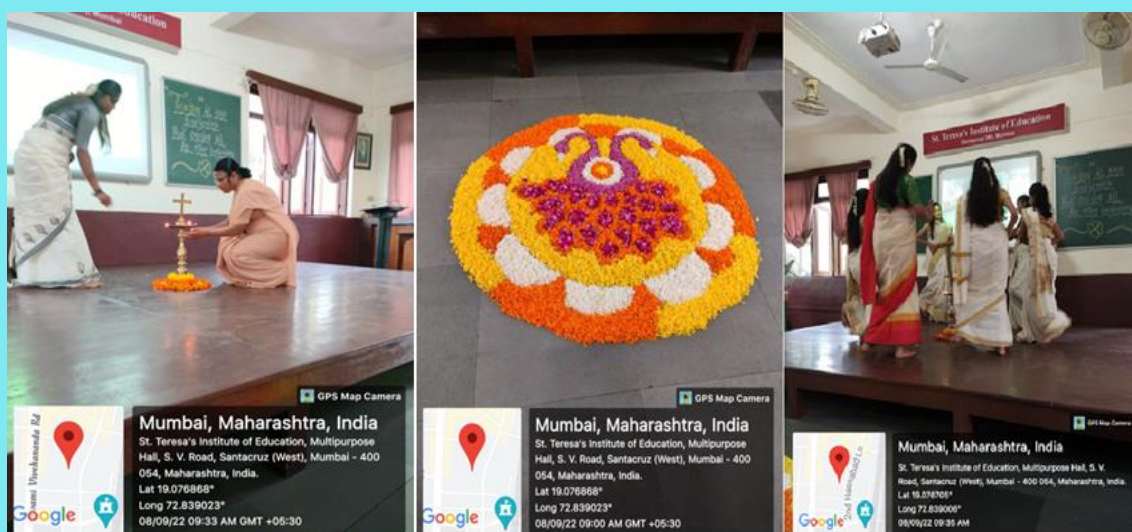
The event proved to be the greatest and the biggest event our college has ever witnessed. The day began with a prayerful atmosphere where mass was celebrated at the chapel. Just before the event started all the students had the lamps lit and were waiting in the corridor for the teachers. A path of light was symbolized by the students. A wonderful introduction was given of the teachers. A skit was then enacted which focused upon the importance of teachers in life. Many famous personalities were introduced in the skit where they showed the respect they had for the teacher and how the teacher changed their lives forever. Games were organized for the teachers where they were given some items and they had to style a volunteer with those accessories. The event was lightened up more due to the dance performance where the students dedicated a particular song to every teacher. Guess the song game was played, where they had to guess the song by looking at the picture on the screen. Another game was introduced that is of eating hide and seek biscuits and keeping the last

strip of the biscuit. The teachers were felicitated for their hard work with gifts by the students. The video was played where the family members of the teachers expressed their gratitude towards them. It was certainly a very heartwarming moment for all. There were tears of joy in all of their eyes while they saw their family members showering their love through a video. Some teachers then thanked the students for conducting the whole event so well. They also gave wonderful feedback on the event. The principal then gave a talk and acknowledged the hard work of all the students who gave their very best for the event. The vote of thanks was given by a council member who thanked everyone in a very special way. The event came to an end by singing the national anthem and the college anthem. The event was indeed a great success.



Onam Celebration

8th September 2022



St. Teresa's Institute of Education had a celebration on the occasion of Onam on 8th September 2022. Event was conducted under the guidance of Principal Dr. Sr. Tanuja Waghmare. In all there were 60 attendees including 50 Students and 10 staff members. Onam, the biggest festival in the Indian state of Kerala falls during the Malayali month of Chingam (Aug - Sep) and marks the homecoming of legendary King Mahabali. This year Onam was celebrated on 8th of September. Onam celebrations also took place at St. Teresa's Institute of Education wherein a special assembly dedicated to this festival was presented by a student.

"When darkness comes let us not condemn the dark, but light a lamp to illuminate" Lamp was light by the principal and the students celebrating onam. Videos of traditional Kerala meal popularly known as Onam Sadhya served on banana leaf, folk dances were shown highlighting the culture and tradition of Kerala as well as the significance of this festival. The highlight of this celebration was Pookalam drawn by our very own students. Breath-taking video of snake boat race were also shown. Enthralling dance was performed by students of STIE showcasing the rich culture of the state of Kerala. Everyone were amazed with the performance and were also very enlightened about the culture. Truly, the beauty of Onam was very well depicted by the students of STIE through several specialities of this festival as the saying goes - "Onam is not just a festival to cherish but a moment to reincarnate a past of prosperity and goodness".

Science Day Celebration - EUREKA DHAMAKA

16th September 2022



The Golden Jubilee Year of St. Teresa's Institute of Education witnessed a novel dimension being added to the array of activities conducted by the F.Y.B.Ed. Science students. 'World Ozone Day' which is celebrated on September 16, was set aside to launch 'Eureka Dhamaka' - The Science Festival conceptualized by Prof. Dr. Giselle D'souza and organized by the Science Club of the college. The main objective of introducing this activity was to propagate a love for Science and a thirst for knowledge relating to scientific concepts and inventions in the student-teachers and faculty. The event sowed seeds of curiosity, innovativeness and inquiry in all who participated in it. This Science festival was the outcome of weeks of brainstorming, ideation and effort by each student under the able guidance and leadership of Dr. Giselle D'souza. A The event lasted from 10:00 a.m. to 12:30 p.m. and was a fun-filled, interactive and rewarding experience. Students were divided into 4 groups named after satellites launched by the prestigious Indian Space Research Organisation, namely, Mangalyan, Chandrayan, Aryabhata and Rohini. The introductory event was called "Guess the Scientist" wherein all the students of the science club were dressed up as various scientists and the different teams had to guess the scientist along with the invention. This event was compered by Dianne Jagtap and Iram Siddiqui. The next event on the list - 'Mind Your Heart and Watch Your Brain' was hosted by Rachel D'Souza and Dianne Jagtap. This comprised of demonstrating the effects of coffee (caffeine) consumption on elevating the pulse rate. The participants were also introduced to the famous 'Stroop Test'

which revealed a lot about how the brain processes information and the human tendency to experience difficulty naming a physical color when it is used to spell the name of a different color. The third event on the itinerary was 'Molecule Mania', conducted by Mrunal Mirajkar and Sanida Nunes. This was the popular game of 'Bombing the Cities' with a scientific twist. Students earned points for forming compounds with the highest atomic weights. The Science Club of S.T.I.E., maintained the momentum of excitement right through the event by keeping everyone engaged and entertained with interesting and intriguing fun facts and trivia related to Science as fillers between events. 'Nuclear QuizCon' as the name suggests, was a science quiz which had 3 rounds of quiz questions with an ascending level of difficulty aimed at stimulating the gray cells. The winner of this competition was Team Chandrayan. 'Jack of All Hacks' earned the astonishment of the audience with the cool and innovative hacks that fascinated us all. The hacks demonstrated were - Balloon Blow Up, Sprinkle of Joy, Magic Potion and Enchanted Graphite. This event was hosted by Natasha Fernandes and Iram Siddiqui and won a huge round of applause. 'Crowning Concepts' was the grand finale to an action-packed Science Day. This event was conducted by Clarissa Kittykal and Vanisha Fernandes. It comprised of simple games aimed at driving home scientific concepts of pressure and surface tension. This duo also organized spot prizes as fillers adding excitement and thrill to the celebration. What better way to conclude a memorable morning than to hear the encouraging feedback of our Principal, Dr. Sr. Tanuja Waghmare and each of our Professors. Finally, our very own Science Method Master and Mentor Prof. Dr. Giselle D'souza addressed the gathering and commended us for the weeks of preparation, gilded with sincerity and passion which had made the Science Day Celebration a roaring success. Indeed, "All's well that ends well!" The two winning teams were also declared and awarded with certificates and rounds of applause. We had finally come to the close of a remarkably well executed day of fun mingled with learning. The event turned out to be true to its name 'Eureka Dhamaka'- a morning of discovery blended with excitement. Kudos to one of the best team efforts put forth by the Science Club of S.T.I.E.

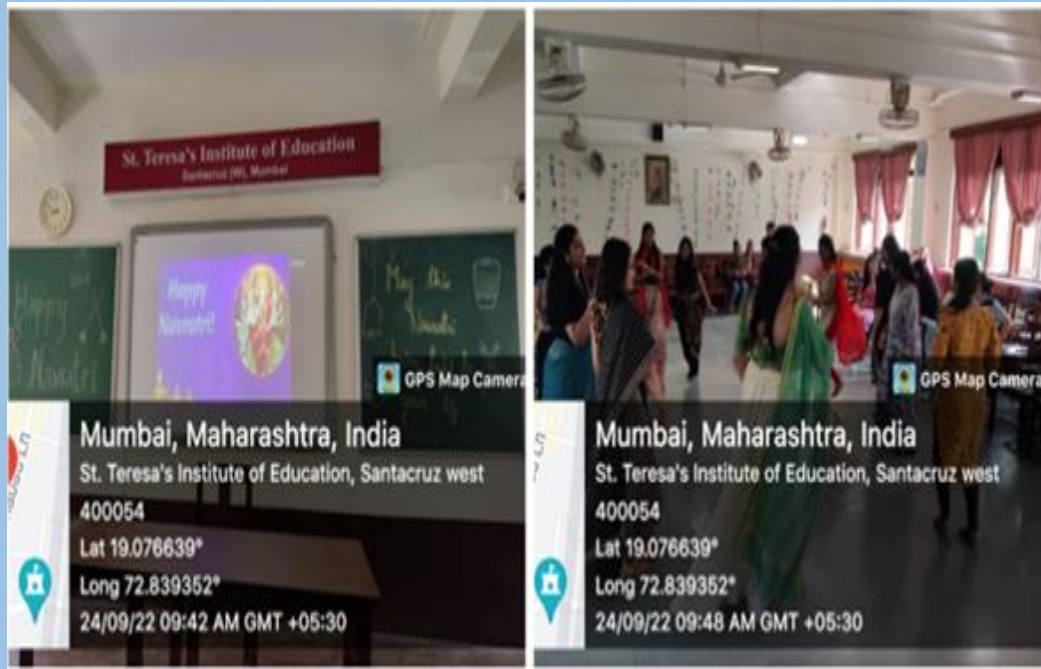
Navratri Celebration

24th September 2022



We celebrated Navratri on 24th September 2022. The programme was organised by Prof. Dr. Reshma Rodrigues at St. Teresa's Institute of Education. The celebration was conducted at St. Teresa's Institute of Education at Multipurpose hall from 8:30 am onwards. The total no. of students and faculty was in all 55 of them. The objective of Navratri Celebration was that to know the story behind celebrating Navratri and the prominent battle that took place between Durga and the demon Mahishasura to celebrate the victory of good over evil. These nine days are solely dedicated to Durga and her nine avatars the Navadurga. Each day is associated to an incarnation of the goddess. The celebration started with a prayer service conducted by Siddhi Rajguru with a stotra followed by a prayer, national anthem and college anthem. A video was played on the importance of Navratra. The festival is associated to the prominent battle that took place between Durga and the demon Mahishasura to celebrate the victory of good over evil. These nine days are solely dedicated to Durga and her nine avatars – the Navadurga. Each day is associated to an incarnation of the goddess. People observe ritualistic fasts, recite slokas dedicated to each goddess, don new clothes, offer bhog, and clean their homes during these nine days. They ask the goddess for her favour so that they may live prosperous, joyful, and fulfilling lives. A group of our classmates performed the

traditional Garba dance. The vote of thanks was given by Krisha Maniar and later all the 50 students participated in Garba. It was a wonderful celebration.



Feast of St Teresa of Avila Celebration

14th October 2022



"The closer one approaches God, the simpler one becomes." – St. Teresa of Avila

The feast of St. Teresa of Avila, a Spanish Carmelite reformer and mystic, was celebrated on 14th August 2022 at St Teresa's Institute of Education with great solemnity and joy. This celebration was extra special as the college is named after this important saint and the college is celebrating 50 years of the establishment of the college. The preparation for this day began well in advance, so that no stone would be left unturned for this feast day. The event began at 9:00 am sharp with an assembly conducted by Ms. Drizel Tiexira, Ms. Amrita Nakhwa and Ms. Prinal Gonsalves. The assembly focused on the life of St Teresa as a Catholic saint and reformer of the Order of the Carmelites. After the assembly, a short meaningful skit was performed by the students of FY B.Ed which depicted the life of St Teresa before her entry into the Carmelite order. The skit was very well presented and offered an insight into the home life of a great saint and her devotion to Christ that led her on the path to be a reformer of her order. All students were a part of the play in some form or the other, be it the actors, the props team or the technical team. Dr. Cerena D'Cunha was the backbone of the entire event as she took up the challenge to prepare the students for their respective tasks for the celebration. The objective of the celebration and the skit performance was to provide a platform for all the students to display their talents and to assimilate the virtues of St Teresa of Avila in their lives. After the wonderful performance the teachers and students gave their valuable feedback and comments. The programme concluded with Sr. Tanuja Waghmare, the Principal sharing her appreciation to the F.Y.B.Ed students and teachers, especially Dr. Cerena D'Cunha, for the wonderfully executed programme and the entire staff for making

this day a special one. The staff and students were provided with refreshments courtesy of the college after the celebration came to an end.



English Language Day

17th October, 2022



On 17th October 2022, English Language Day was celebrated at St. Teresa's Institute of Education. The celebration commenced at 9 am. This event was organised by The English Club of St. Teresa's Institute of Education. Dr. Cerena D'Cunha coordinated the event. The coordinator and all 22 English method F.Y.B. Ed students were involved in conducting various literary and fun activities to create awareness and better understanding of the importance of English Language. 50 F.Y.B. Ed students and the staff actively participated in the program.

The program was conducted to commemorate the birth anniversary of R. K. Narayan, a leading author of early Indian literature in English. The main objectives of this program were to create awareness about the English language, and to acknowledge the works of different English writers and know more about them. Through various activities, the student-teachers were made aware of the importance of the English Language.

The program began with an assembly dedicated to R. K. Narayan wherein his works were acknowledged. A very short but humorous skit enacted by the comperes, marked the beginning of the program. The students other than the English method students were then divided into 3 groups- Humour, Horror and Sci-fi randomly, for the purpose of the program.

After this the program went as follows: Mysterious Movies- where students had to guess the movies names from the given description, Worldly Wisdom- guessing the spelling of the word by its pronunciation, Twisty tales- a regular play was enacted and we had to prepare an act based on our groups name i.e. the genre, Food Fundas- a description of food items was given in elaborate English and the teachers had to guess the food item; Fun facts- included interesting facts about English language and R. K. Narayan and Troubled Tongues- tongue twisters had to be repeated. There were spot prizes as well. At the end, a vote of thanks was given and this marked the end of the program.

The program was a fun-filled one. It was a great way to learn about the importance of the English language and know some interesting facts about the same. It instilled in us a curiosity to learn more about the language and acknowledge the works of authors in the English language.

Rashtriya Ekta Diwas (National Unity Day)

17th October, 2022



National Unity Day is celebrated in India on 31 October. It is celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel who had played a major role in the political integration of India.

To commemorate the contribution of this great personality and to make future citizens and teachers aware about the same, National Unity Day or Rashtriya Ekta Divas was also celebrated this year at St. Teresa's Institute of Education on 17th November 2022. The celebration started with a special assembly dedicated to the importance of Ekta Divas conducted by the students. Videos on what does unity mean were displayed. Snippets of movie scenes from Bollywood were shown to understand how important is unity in team building and in our everyday lives.

There was a short program later on dedicated to National Unity Day. All the five internship groups conducted various activities and showed presentations based on national Unity Day.

Group 1 started the program with an introduction on National Unity Day. Their theme was Unity in diversity. They performed a jingle and the audience were to guess the jingle. They

showed the various states and made us realize that even though we all are from different states we all are the same.

Group 2 presented a presentation on historical facts and unity of India. They gave a detailed information right from the British rule to the struggle of India's independence. They also did a small role play of some rulers based on their efforts and fights on uniting the nation.

Group 3 gave a detail presentation on how the unity in India came in existence. They also had a poem on unity put forward to everyone which actually made us think.

Group 4 gave a short presentation on Unity Day and on sardar Vallabhbhai Patel. They also showed a documentary on the life of Sardar Vallabhbhai Patel.

Group 5 played game with the internship groups making us all work in unity towards one goal of winning the game.

The event was well organised and definitely ensured unity between the whole STIE family.

RASHTRIYA EKTA DIWAS Hindi Book Exhibition

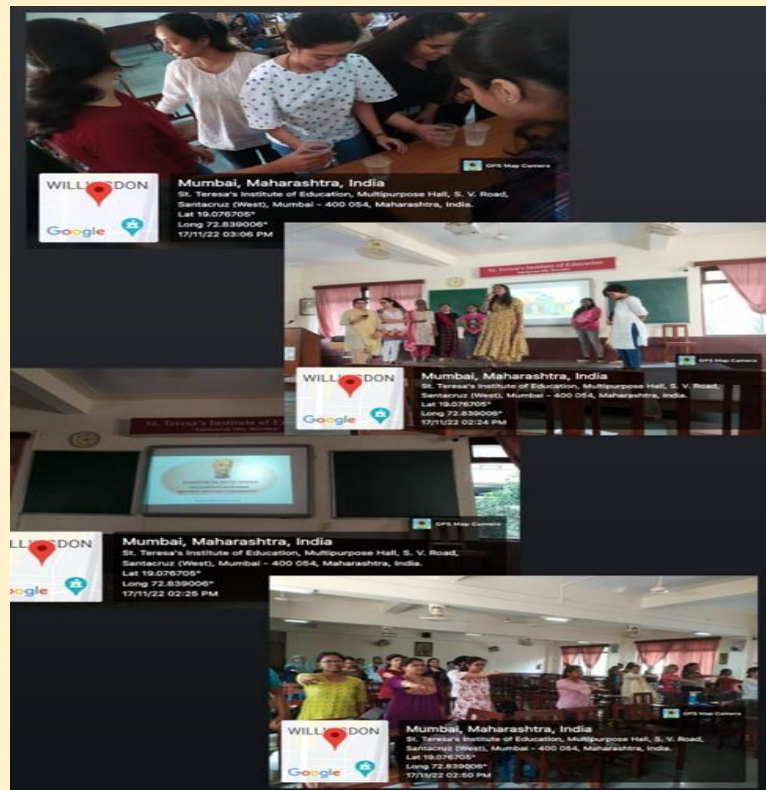
St. Teresa's Institute of Education had organized grand display of books (556 Books) in Hindi language.

Objectives of the celebration to honor the National Language: Hindi, to boost the reading habits and to evoke a sense of Unity and Appreciation for the language and Hindi literature among the students.

In all 131 people (including 81 D.Ed. Students, 45 B.Ed. Students, 6 Staff) visited the exhibition. We were astonished to see the immense amount of books present in the library ranging from autobiographies, biographies, fiction, poems, etc. in national language Hindi. The students took their time and flipped through the pages in their own leisure.

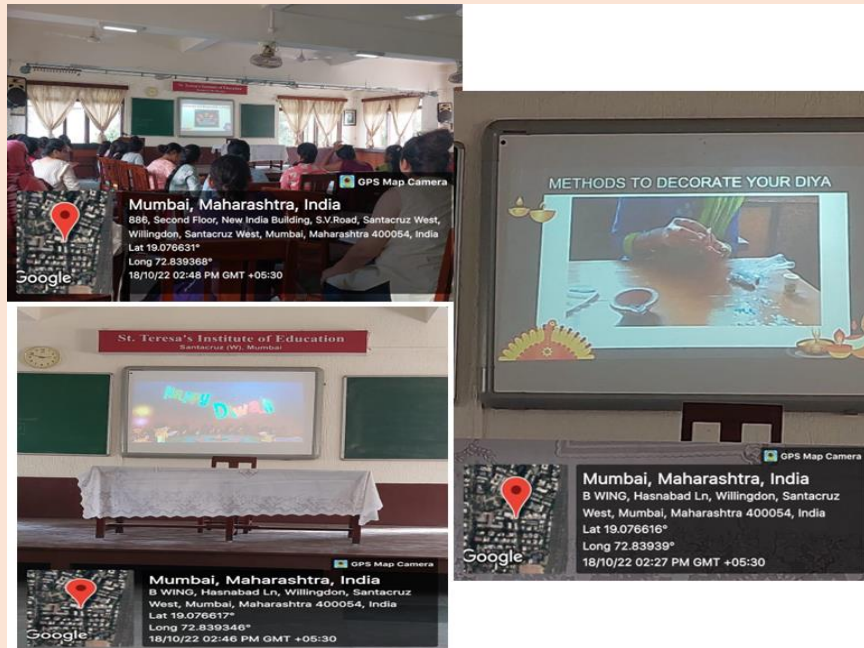
Attractive posters were displayed for the students to read and ponder on. Posters on Rashtriya Ekta Diwas in Hindi language were pasted on the walls around the display.

The event was indeed an eye opener for all on how unique and vast the Hindi Literature is. It boosted their enthusiasm to read more such books from the library in the future



Diwali Celebration

18th October 2022



St. Teresa's Institute of Education had organised an activity cum celebration, that is Vental activity Diya decoration and Diwali Celebration on 18th October 2022. The event was conducted under the guidance of Dr. Joan Lopes and Dr. Reshma Rodrigues. Objective of this Diya Decoration Vental activity and Diwali Celebration were to make us understand the significance of Diwali which was a celebration with the help of decorating the diya as a hands on learning experience, which has significance in celebration of Diwali. At the start they played an online game on Kahoot on the occasion of diwali. Later they showed a beautiful video on the diya making process by various people in India. After that, one of the students showed us the significance of Diya in Diwali. There was a self made video by the group showing how to decorate diyas. Students were assigned to decorate on diya and put some geotagged images on google classroom and were asked to submit diya to college after diwali vacation. After a mesmerising vental activity presentation the group members then conducted a short assembly on the occasion of celebrating diwali. With prayer and motivational video of #GoLocal and buy from local vender also video on how we can celebrate diwali eco friendly, were such inspiring videos which made us all reflect upon. Lastly our respected principal Dr. Sr. Tanuja Waghmare addressed all the students with her enlightening words and the event ended with joy and happiness.

Marathi Bhasha Pandharwada

14th to 28th January, 2023



St. Teresa's Institute of Education witnessed a vibrant and culturally enriching event, the "Marathi Bhasha Pandharwada Celebration" from the 14th to the 28th of January, 2023. The event, organized by Dr. Shakuntala Nighot, showcased the rich tapestry of Maharashtrian culture and traditions. It was held during college hours on the 2nd floor. The celebration brought together a diverse group of participants, including 96 students and college staff, with a special focus on 47 students from the F.Y.B. Ed class.

The event, which was a delightful blend of indoor and outdoor activities, aimed to achieve several important objectives. Firstly, it sought to commemorate and celebrate the unique cultural heritage of Maharashtra, offering a platform for students to explore and appreciate various aspects of Marathi literature, folk art, and music. This was achieved through a series of engaging activities such as quizzes, movies, dance performances, rangoli art, and elocution competitions. Not only did these activities serve as a celebration of culture, but they also encouraged students to participate, fostering the development of essential skills such as communication, creativity, and event management.

One of the highlights of the event was the gastronomical exploration of Maharashtrian cuisine. Students formed groups and prepared traditional dishes, giving them an opportunity to not only taste but also understand the significance of these culinary delights. In addition to this, activities such as rangoli competitions and painting contests stimulated creativity, while a movie screening provided a platform for discussions on the values embedded in the film. Handwriting and elocution competitions further enhanced students' vocabulary and presentation skills, deepening their connection with Marathi literature.

The celebration also shed light on the diverse facets of Maharashtrian culture through various dance performances, including Vasai, Koli, Lezim, and Lavani dances, further enriching the cultural experience. These events were skillfully supervised by Sr. Tanuja and the teaching staff, ensuring a seamless execution.

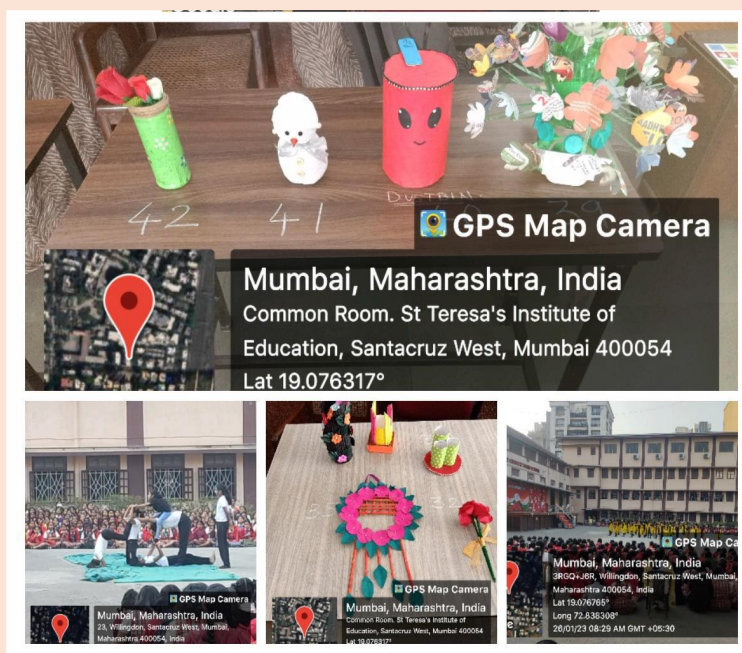
As a result of the "Marathi Bhasha Pandharwada Celebration," participants not only gained a deeper understanding and appreciation of Marathi literature, folk dances, and music but also developed a strong sense of unity and respect for diverse cultures and traditions. The event succeeded in bringing forth the essence of Maharashtrian culture while nurturing the enthusiasm and confidence of students to proudly showcase their heritage. This celebration stands as a testament to the college's commitment to holistic education and cultural enrichment.





Republic Day Celebration

26th January 2023



On the 74th Republic Day of India, the wise words of Shri Lal Bahadur Shastri, "Discipline and united action are the real sources of strength for the nation," remained as relevant as ever.

St. Teresa's Institute of Education commemorated this significant day on January 26, 2023, at the St. Teresa High School grounds, marked by a palpable sense of eagerness and joy. The entire Teresian family, including students from St. Teresa High School, St. Teresa Diploma in Education, and St. Teresa Institute of Education, enthusiastically participated in the event.

The Republic Day festivities kicked off with an impressive march-past by the students of St. Teresa High School, followed by the ceremonial unfurling of the National flag and the heartfelt rendition of the National Anthem. Subsequently, an assembly provided a platform for the school children to express their gratitude to the Almighty through hymns and prayers for the beautiful day.

The day's meticulously planned agenda brimmed with enthusiasm and vigor. Notably, the school children's dance performances captivated and garnered appreciation from all in attendance.

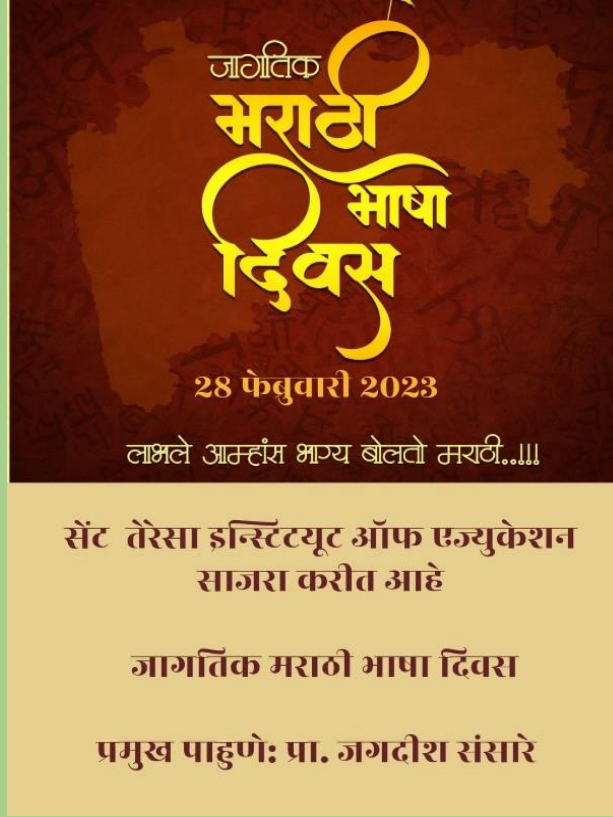
Adding a meaningful dimension to the celebration, the students of St. Teresa Institute of Education presented a video tribute to the National War Memorial, fostering a profound respect for the nation's martyrs. Interactive quiz rounds followed, delving into India's freedom struggle, the iconic freedom fighters, and the significance of Republic Day. The girls enthusiastically engaged in a project titled "Waste to Best," showcasing their artistic talents and garnering widespread acceptance.



The auspicious day culminated with the Principal sharing insightful reflections on the events, highlighting the wholehearted participation that had made the program truly meaningful.

Marathi Bhasha Divas

28th February 2023



सेंट तेरेसा इन्स्टिट्यूट ऑफ एज्युकेशन
साजरा करीत आहे

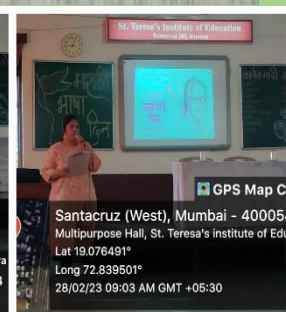
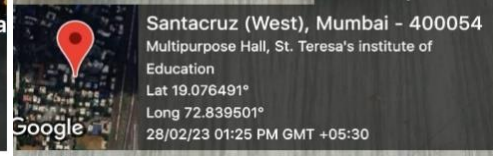
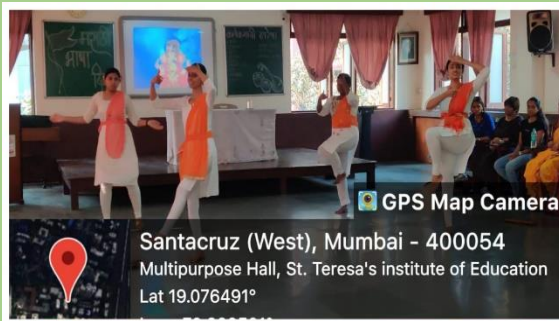
जागतिक मराठी भाषा दिवस

प्रमुख पाहुणे: प्रा. जगदीश संसारे

On the 28th of February 2023, St. Teresa's Institute of Education celebrated a vibrant and culturally enriching event on their college campus. A total of 43 enthusiastic participants came together to make this day memorable. The driving force behind this event was the first-year B.Ed students, who had meticulously planned a day filled with fun and cultural exploration.

The event featured a diverse array of activities and performances, including Lezim dance, Kolhi dance, Lavani, East Indian and Marathi songs, mono acts, quizzes, games, khadyajatra (a food journey), and much more. These activities were carefully curated to showcase the rich and diverse culture of their state, its languages, and famous personalities. Beyond the surface-level enjoyment, the event had a deeper purpose. It aimed to instill in the students the significance of celebrating the various cultures and languages that make up our country. By participating in these activities, students were encouraged to embrace the diversity that India is known for and to appreciate the unique cultural tapestry of their state.

The outcome of this celebration was profound, as it left an indelible mark on the hearts of the students. They not only had a great time but also developed a strong sense of love and pride for their cultural heritage and an understanding of the importance of cultural diversity in our society. It served as a reminder that fostering an environment of cultural appreciation and acceptance is crucial for a harmonious and united nation.



EVENTS



Coronation Ceremony of Shivaji Maharaj

6th June,2022



On the occasion of Coronation of Chhatrapati Shivaji Maharaj 6th June is celebrated with a lot of enthusiasm in Maharashtra. We as the students of St Teresa's Institute of Education got to attend such an amazing program through online mode. The Higher Education Department of Maharashtra education had organised a program at Yashwant Rao Chauhan Institute of Technology, Satara. The objectives of the program was to encourage the students to participate and showcase their interest in the celebration of “Coronation Day” also known as ‘SHIVRAJYABHISHEK’ of our great leader “Chhatrapati Shivaji Maharaj”, which is celebrated on 6th of June.

The program started with a national Anthem. A song dedicated to the state of Maharashtra was also sung by the students.

The host made everyone familiar with the significance of the day and gave a brief information about it. Dr. Dhanaraj Mane gave a welcome speech. All students who excelled in their particular field of study were given certificates. Shrinivas Dadasaheb Patil member of Lok Sabha gave a speech. He gave his views on Swarajya. Many other dignitaries who were present there like Sir Shambhu Raj Desai, Sir Bala Saheb Patil, and Sir Nitin gave their views on the importance of this day and the significance of Shivaji Maharaj.

Azadi Ka Amrit Mahotsav

11th and 17th August 2022

HISTORY CLUB & NDLI CLUB OF
St. Teresa's Institute of Education
Re-accredited with an 'A' Grade by NAAC (3rd cycle) Mumbai, Maharashtra

Celebrates

75
आज़ादी का अमृत महोत्सव
11th August, 2022 – 17th August, 2022

Individual Competitions:

1. Tricolour Platter – Making Edible Incredible
2. Thoughts on a Chart – Make a piece of an Art
3. Story of the Freedom Struggle – Solve through a Quizze

Group Competitions:

4. The Patriotic Singer
5. Styling Past to Inspire Future
6. Magnificent India – A Documentary Series

Activity for 11th August, 2022:
Make Tiranga – Each Home Hoist One

11th August 2022

In order to celebrate the 75 years of Independence of our country, our college participated in the 6 competitions organized by the Maharashtra state department. The first was an online quiz. This quiz was based on the history of the Indian Freedom struggle, the time given to solve the quiz was just 10 minutes, but the questions were very engaging and made the participants think harder. The second competition consisted of making our tricolour flag with fruits and vegetables. The participants showed great enthusiasm and brought out their creativity by using different fruits and vegetables in the best way possible. 45 minutes were given to complete the activity after which the judges for the event, Ma'am Giselle and Ma'am Cinderella came around to check the work done by the participants. The participants were then asked to keep their respective platters in the Conference Room for the judges to select the best 3 platters. The third competition consisted of making and painting our own national flags. The participants were instructed about the measurements of the flag well in advance. The participants were further given an hour to complete the task. The final competition for the day was the Poster Making Competition. The topic for the poster was, India in the past,

present and future. The topic gave the participants a chance to put forth their vision of the country in the past, now in the present and also what they expect in the future. The participants showed their creativity in various ways, some focused on the scientific aspect as to how science has been steadily progressing whereas some chose to portray the social aspect, that is the situation of women in the past, their partly improved conditions in the present and how women will excel in the future. All the competitions gave the participants a chance to bring out their creativity, knowledge and interests in different ways.

17th August 2022

Being the 75th anniversary of India's Independence, the students of St. Teresa's Institute of Education along with their teachers conducted a number of competitions as a part of 'Azadi Ka Amrit Mahotsav'. This event was held on the 17th of August in the Multipurpose Hall in college. There were a total of 5 groups that participated in this event. The judges for the day were Pearl Gomes and Upasana Sanghvi, our very own ex-students. The event commenced with the 'Fashion Show' competition. This competition portrayed a variety of individuals who contributed immensely to the freedom struggle of India. Students dressed up as freedom fighters like Jawaharlal Nehru, Bhagat Singh, Lala Lajput Rai, Maulana Azad and Begum Hazrat Mahal to name a few. It reminded us of the great paragons, which were the foundation of the dream of a free India, envisioned and realized by the founding fathers. It was heartening to see the number of people who fought against British rule to transform India into a free country- free from any kind of colonizers or injustice. They were the ones who struggled for our country and sacrificed their lives. They are a reminder to us to be united as one true Indian and we forget all our cultural differences. They say, "Music is the universal language of mankind." So the next event was a 'Patriotic Singing' Competition. Right from the choice of songs to the performance and technique, the students performed with so much gusto. It moved the audience to tears and really filled the hearts of every person sitting in the room with a sense of pride and patriotism for our country. Their singing invigorated feelings of pure devotion, loyalty and respect for the nation. The last competition for the day was a 'Documentary' competition. Each group created a documentary that displayed the rich culture, and heritage of our nation. Indian heritage and culture dates back several centuries. It is vast and vibrant. Flora and fauna, music, architecture, classical dance, and the innate secular philosophy of its people are the highlights of India's treasure. These documentaries put on view the different heritage sites all over India. These historical monuments and sites

are proof of how India witnessed the footsteps of various religions, various dynasties, and traditions. It reminded each of us that although we belong to different religions, cultures, caste and race we all are connected by a common thread that binds us all together. The event came to a close with the announcement of the winners in each competition and a vote of thanks given by a member of our student council, Siddhi Rajguru. The event was a great success as it reminded the students of the sacrifices made by our forefathers. It filled the students with a sense of patriotism and national integration.



Vachan Prerna Diwas 2022

13th October, 2022



St. Teresa's Institute of Education celebrated 'Vachan Prerna Diwas' on a large scale from 13th to 17th October, 2022. The program was conducted under the guidance of Dr. Shakuntala Nighot. Principal Dr. Sr. Tanuja Waghmare, all teaching faculties and students of F.Y.B.Ed took active participation in the event by expressing their involvement and enthusiasm. The objective of the event was to remember and cherish our beloved 11th President, Dr. A.P.J. Abdul Kalam on his birth anniversary, who strongly advocated 'reading' more as a necessity rather than just a mere hobby. Vachan Prerna Diwas included multifarious activities namely

- Special theme based assembly
- Book Review competition
- Book Display
- Movie Screening
- Quiz Competition

The first event of all was the special theme based assembly. It included a prayer and hymn on knowledge and wisdom. It exhibited the life of Abdul Kalam, his book recommendations and importance of reading. The videos played and the quotes read made everyone recollect

the contribution of Dr. Kalam. Principal and three more students gave their valuable feedback at the end of the assembly. The assembly lasted from 8.45am – 9.30 am. The event encouraged everyone to read more books and impart more knowledge. It once again reminded us of what an inspiring human being Dr. APJ ABDUL KALAM SIR was. The second event of the day was Book Review Competition where each student had to write a book review of their own choice of book that they handpicked from the N-list website. A generous number of days were allotted to the students to read their books thoroughly and make their critical analysis. The third event was the October Special Themed Book Displays where the students were taken to the Library of St. Teresa's Institute of Education at 2:00 pm. They had prepared displays of a beautiful collection of books on and by some of the greatest minds. The fourth event was Movie screening where an award winning movie 'I am Kalam' was uploaded on the Google Classroom for all the students to watch in the comforts of their home. The movie was picked so as to aspire and inspire all the students so that they can be the change in the society. The last event of the day was a Quiz Competition which was held at 2:30 pm. The quiz was based on Dr. Kalam's life and achievements, students were given a time of 20 minutes to solve the Google quiz and in the end 3 winners of the book review competition and 3 winners of the quiz would be announced later in the week. The day came to an end with surely many gains about reading and its benefits.

Miss Education Contest

14th October 2022



St. Teresa's Institute of Education conducted the Ms. Education Contest on the 14th of October 2022. Ms. Education Contest is an annual competition organized by the college, where the students get to express their views and opinions on several educational topics and situations. The winner of the competition is crowned with the coveted title of 'Ms. Education' for that year. The contest is an opportunity provided to the students by the Principal of S.T.I.E. Dr. Sr. Tanuja Waghmare to exhibit and improve their communication and public speaking skills. The teaching as well as the non teaching staff contributed immensely to make this event a resounding success. The contest was carried out in two rounds. In the preliminary round, which was held on the 7th October, 2022 all the 50 students had to participate. The participants were given a random topic on which they had to speak for a maximum of 3 minutes. They were given the same amount of preparation time. The professors then selected the top 15 participants which became the finalists for Miss Education. The finals were held on 14th of October, 2022. The finals began at 10:30 a.m. in the multi-purpose hall of the college. Co-ordinator of the event Prof. Dr. Reshma Rodrigues explained the finalists the seating arrangements and the flow of the event. The judges for the contest Ms. Darshini Palav, Ms. Komal Prakash Kharat and Dr. Meenakshi Iyer Gangopadhyia were introduced and felicitated by the student teachers at 11:00 a.m. The finalists were called forward and arranged on the basis of their 'contest number'. Rules for

the competition were read out by Reshma Ma'am. Following which, the contest commenced. Each contestant was judged on the basis of audibility, body language, and knowledge. Each finalist had to pick a chit which consisted of 2 different situations on a single topic related to education. The topics like a teacher's role in imbining discipline, her role to reduce suicide rates in students, role of humour in education or the contestants view on commercial tuitioning, teachers union, when to introduce sex education to students, etc. were included. She had to cover both the situations within the maximum time of 3 minutes. Each contestant got a time of 3 minutes to prepare themselves for the topic. During the 3 minute preparation time the audience were kept engaged by the hosts of the event with the help of games and quizzes. After all the 15 contestants had spoken on their topics, the judges were taken to the conference hall. They deliberated on the results for the competitions for about 20 minutes. The judges returned to the multi-purpose hall at 1:00 p.m. The judges shared their positive feedback for the event and the contestants. They also gave a few suggestions to the finalists on which they could work on. The finalists were called to the center stage, this time with their names. Finally, the most awaited moment of the day had arrived and the winners were declared. 3rd place went to Natasha Fernandes, the 2nd spot was taken by Melita D'souza and Amrita Nakhwa was crowned as the 'Ms. Education' for the year 2022-23. The winners were presented with prizes. The winners clicked photographs with the judges, principal and the coordinator of the event - Ma'am Reshma. They were congratulated by their peers. Dr. Giselle D'souza concluded the event with her kind words. A vote of thanks was extended to all the people who were involved in making the program a grand hit. The event ended at 1:30 p.m. This contest not only served as a means to test the general awareness of contestants as a future teacher but also enabled them to develop their self-expression and confidence. It facilitated them to improve their communication skills through articulation of speech and voice modulation. The skills and confidence gained by the student teachers due to the contest will benefit them to be better orators and facilitators.

Book Display: Mahatma Gandhi

10th – 18th October, 2022



From October 10th to 18th October, 2022, St. Teresa's Institute of Education, organized an engaging event of Book Display: Mahatma Gandhi, in the serene ambiance of the library. under the coordination of Dr. Shakuntala Nighot. The event catered to a total of 50 students from the F.Y. B. Ed class (21-23), 70 students from the D.Ed. program, and 3 D. Ed staff members, all of whom gathered indoors to partake in the activities.

Ms. Delicia Pinto (Staff Member) and Ms. Karishma Jain and Mildred Noronha supported this event.

The central focus of this event was a book display, centered around the life and teachings of Mahatma Gandhi. The primary objectives of the event were twofold: to inspire and educate students about the virtues of Mahatma Gandhi by encouraging them to explore books related to his life, and to cultivate a habit of reading among the participants.

The event unfolded with the exhibition of 92 books dedicated to Mahatma Gandhi, including writings authored by Gandhiji himself. To further enrich the experience, students took the initiative to create informative charts highlighting the contributions of Mahatma Gandhi to society, as well as lesser-known facts about his life. Both D.Ed. and B. Ed students, alongside

faculty members, had the opportunity to explore the wealth of knowledge and insight contained within this literary exhibit.

The outcomes of the event were indeed fruitful. Participants left with a newfound interest in Gandhian literature, having been inspired by the life and principles of Mahatma Gandhi. The book display also succeeded in promoting a genuine appreciation for reading and literature, while emphasizing Gandhiji's unwavering commitment to the cause of India's freedom. This event not only instilled knowledge but also kindled a sense of selfless patriotism among the attendees, echoing the timeless values upheld by Mahatma Gandhi.

The Big 5 Talk Show 2022-2023

7th January, 2023



The most awaited event of the year 'The Big 5 Talk Show 2022-2023' was organized by St. Teresa's Institute of Education on 7th January 2023 for the students of SY. B. Ed who will soon be entering the amazing world of teaching. The Coordinator for the Symposium was none other than our very own senior faculty, Prof. Dr. Giselle D'Souza who with her immense efforts, zeal, and hard work made this symposium a meaningful and fruitful learning experience. The Resource panelists for the symposium were our dearest Alumni Mrs. Marisa Fernandes, Mrs. Letticia Fernandes, Mrs. Andrea Pimenta, Ms. Rachael Vaz, and Ms. Sonal Pinto who were students from each decade of our college as we celebrated the 50 Golden years of Excellence in Education.

The session began at 8.30 am with the blessings of the Almighty God through a beautiful prayer. Followed by a beautifully composed Shaayari which set the tone of the symposium. Our hosts Ms. Melita D'Souza and Dr. Giselle D'Souza introduced the resource speakers of the day and took us through a time machine to learn about the various educational boards of

the education system which was the main objective of the online symposium. Our Principal, Dr. Sr. Tanuja Waghmare spoke a few words of gratitude to our Alumni.

After each panelist had shared their perceptions, the hosts opened the forum for the 'Question Hour' where the S.Y.B.Ed. students put forward their questions and got their doubts cleared. The session ended with a formal Vote of Thanks and left the minds of the students with some clarity and precision as to which board they would want to begin their teaching careers in.

Tree Labelling Drive

01st April 2023



The Inaugural Ceremony of the Tree Labeling Drive, "पेड़ Promotion," was held on April 1, 2023, to mark the Golden Jubilee Celebrations of St. Teresa's Institute of Education in Santacruz. This initiative was led by Prof. Dr. Giselle D'Souza.

In the first phase, Terracon EcoTech Pvt. Ltd. partnered as the Knowledge Partner to conduct the Tree Labeling Inventory of the expansive 15,175 square meter campus. They identified a diverse collection of 101 plant species, including 17 native species and 15 exotic tree species, 26 shrub species, 33 herb species, and 10 climber/twiner species.

In the second phase of the project, tree researcher Ms. Aditi Jayakar Kane, who has been actively involved in the Green Movement in Santacruz West, worked with the enthusiastic Science Club of the college. Together, they collected species-specific information about the 29 tree varieties that were to be geo-tagged on the campus. Using the Google Lens App, the Science Club students identified and labeled each tree with its scientific name, common name, and some facts about the tree. This effort was a collaborative endeavor involving students, teaching staff, and non-teaching staff of the institution.

The Inaugural Ceremony, held on April 1, 2023, was attended by the Green Teams from Terracon EcoTech Pvt. Ltd. and RUR Green Life Pvt. Ltd., as well as members of the college's management, the principal, members of the Provincial Team, faculty, student teachers, and environmental enthusiasts. Special recognition and commendation were given to the empowered students of the Science Club: Rachel D'Souza, Snehamol Shajan, Natasha Fernandes, Vanisha Fernandes, Dianne Jagtap, Sanida Nunes, Lourdes Sheejo, Iram Siddiqui, Clarissa Kittycal, and Mrunal Mirajkar, for their leadership in organizing and conducting the event.

A Tree Information Board was installed at the entrance of the campus to commemorate the college's 50-year journey since its establishment in 1973. The unveiling of the board followed an Inaugural session held in the college lecture hall at 9:00 a.m. The session began with a prayer service to acknowledge the gift of creation, followed by a video highlighting the importance of preventing deforestation and featuring a quote by Lucy Larcom: "He who plants a tree, plants hope." A catchy song, 'You can count on trees,' set the tone for the green-themed morning. Principal Dr. Sr. Tanuja Waghmare delivered the Welcome Address, followed by the felicitation of the resource persons.

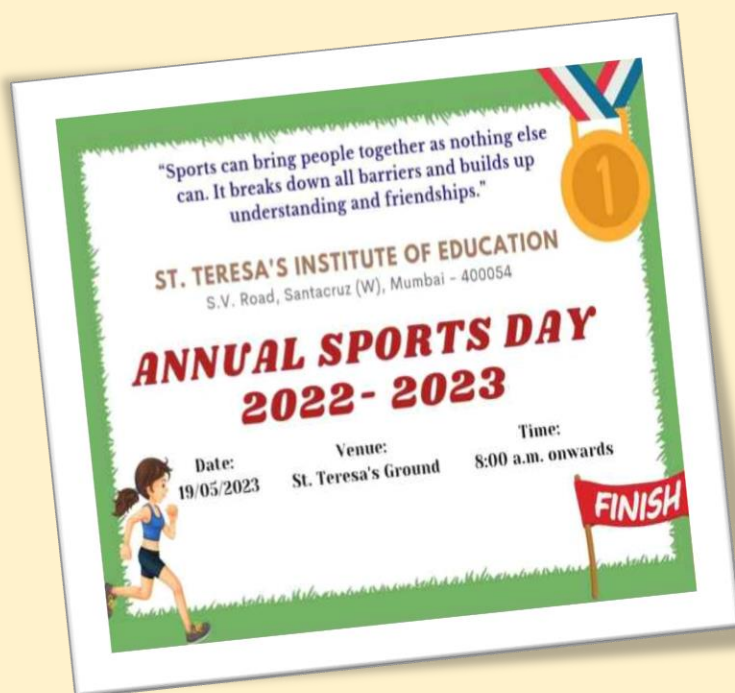
The audience was then treated to a video that provided insights into STIE's 50-year history of environmental initiatives. It showcased various green activities organized by STIE in the past, including the Planit-E Intercollegiate Environment festival, Make a Difference Week, beach clean-ups, the Go-green with Tetra Pak Campaign, and the ongoing Organic Composting Project, among others. A tree-themed quiz focused on the trees being geo-tagged on the campus, and a 'Green Genie' contest tested the audience's awareness of recent environmental issues faced by Mumbai, such as the Save Aarey Movement and global warming.

In conclusion, esteemed guests shared their thoughts and opinions on the event's success and the broader Green Mission, "पेड़ Promotion." Speakers like Dr. C.S Lattoo, Dr. Ramesh Madhav, and Ms. Aditi Kane shared their personal green journeys and praised the college, its faculty, students, and alumni for their contributions to this significant milestone.

The event concluded with a formal vote of thanks by the emcees, and attendees then proceeded to the grounds for the unveiling of the Tree Information Board. It was indeed a remarkable "Green Day" in the history of STIE, adding another feather to its cap in terms of environmental conservation and sustainability.

Annual Sports Day

19th May 2023



On May 19th 2023, the grounds of St. Teresa's Institute of Education came alive with the vibrancy of the Annual Sports Day for the academic year 2022-23, dedicated to the enthusiastic F.Y.B.Ed students. Dr. Cerena D'cunha, the capable coordinator of the event, orchestrated a memorable day of physical prowess and holistic development. She received invaluable support from staff

member Dr. Joan Lopes, as well as the dedicated members of the student council, including Bridgel Dunbar, Helen Miranda, Sancia Andrades, Uriah Barboza, and Shania D'silva.

The primary aim of this sporting extravaganza was to enhance the physical abilities of the trainee teachers, fostering their holistic development. It served as a much-needed break from the monotony and rigidity of their academic routines, injecting a burst of energy into their daily lives. To actively engage the students, participation in at least one sport activity was made mandatory. This ensured that everyone had the opportunity to experience the thrill of competition and physical activity. Furthermore, students had the flexibility to choose and participate in a maximum of three races, allowing them to showcase their preferences and adapt to the scorching heat, which was no small feat.

The resounding success of the Annual Sports Day was evident in the active participation of all students and the presence of winners in each race. It became abundantly clear that the event had achieved its goals, not only in terms of increasing students' stamina and energy but also in reminding them of the importance of regular exercise for a healthy life.

The cheerful atmosphere, enthusiastic participation, and the victorious spirits of the students made this Sports Day a significant and memorable event. It not only contributed to their physical well-being but also instilled in them the values of teamwork, sportsmanship, and the pursuit of a healthy lifestyle. Dr. Cerena D’cunha and her dedicated team, along with the vibrant student body, truly made the Annual Sports Day a resounding success and a day to remember in the academic year 2022-23.



Farewell for the Bath of 2021-2023

22nd May 2023



On the 22nd of May 2023, an emotional and heartwarming farewell event was organized at St. Teresa's Institute of Education to bid adieu to the beloved batch of 2021-2023. The event was meticulously arranged by the first-year students, with the unwavering support of the Student Council members and dedicated teachers.

The event took place in the Multipurpose Hall of the institute, commencing at 10:00 am. The chosen theme for this farewell was 'Retro,' invoking a sense

of nostalgia and reminiscence. The second-year students, dressed in their finest attire, added a touch of elegance to the event.

The primary objective of this occasion was to create lasting memories and to express a heartfelt farewell to the departing second-year students. The hall was adorned with decorations and props that exuded a retro ambiance, setting the stage for a memorable gathering.

The program commenced with a prayer, setting a reflective tone for the event, followed by engaging games that brought forth moments of laughter and camaraderie. The first-year students showcased their talents with three captivating dance performances, contributing to the festive atmosphere. Spot prizes were distributed, adding an element of surprise and excitement to the event.

Various games and activities were organized, ensuring that everyone had their share of fun and entertainment. The highlight of the event was the presence of the distinguished guest, Ms. Upasana Sanghvi, an alumna of the college. She shared her valuable experiences and imparted words of wisdom to the outgoing second-year students, inspiring them for the journey ahead.

Several second-year students took the opportunity to share their personal experiences and the profound journey they had undertaken during their time at STIE. These emotional and nostalgic accounts created a profound connection among the attendees.

As the celebration continued in full swing, the second-year students savored the moment, knowing that it was their final chapter at STIE. Snacks were served to all attendees, further enhancing the convivial atmosphere. The most awaited moment arrived when awards for various categories, such as the best library user and best internship group, were announced. Certificates were bestowed upon the second-year students to honor their achievements during their B. Ed journey. Dr. Giselle D'souza, the In-charge Principal, shared her heartfelt sentiments and addressed the second-year students, encapsulating the profound bond between the students and the institution. The poignant climax of the event was when all the second-year students left the hall, holding lighted lamps in their hands, symbolizing their commitment to spreading knowledge and enlightenment wherever their future endeavors may lead them.

As the program drew to a close, attendees bid their farewells with warm wishes and sincere hopes for the second-year students as they embarked on the next phase of their teaching careers. The first-year students, in a message of encouragement, wished the departing batch success, happiness, and a future filled with accomplishments, and the pursuit of their dreams.

“As you enter your new life, wish you loads of success, with a cupful of happiness, mountains of achievements and good wishes to live your dream each and every moment.” was the message the First-year students wanted to convey through the farewell program.

