

St Teresa's Institute of Education

Santacruz (West) Mumbai 400054

Re- accredited with 'A' Grade by NAAC (4th Cycle)

*The wings of transformation are born of
patience and struggle.*



Chrysalis

Year
2023-2024



राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद

विश्वविद्यालय अनुदान आयोग का स्वायत्त संस्थान

NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

An Autonomous Institution of the University Grants Commission

Certificate of Accreditation

*The Executive Committee of the
National Assessment and Accreditation Council
is pleased to declare*

*St. Teresa's Institute of Education
S.V. Road, Santacruz (W), Mumbai Suburban, Mumbai,
affiliated to University of Mumbai, Maharashtra as
Accredited*

*with CGPA of 3.23 on four point scale
at A grade
valid up to December 20, 2028*

Date : December 21, 2023



[Signature]
Director

EC(SC)/178/4th Cycle/MHCOTE10247



From the Principal's Desk

**“May wisdom shine and knowledge grow,
With dreams that set new heights aglow.
May success and glory pave the way,
As S.T.I.E. soars day by day!”**

It is with immense pride and joy that we present this edition of our college's annual magazine, a testament to the vibrant academic, cultural, and social life that defines our S.T.I.E. This publication not only captures the year's remarkable journey but also reflects the collective spirit, aspirations, and achievements of our students, faculty, and alumni.

The past year has been momentous, marking the completion of our Golden Jubilee in 2023, a milestone that stands as a noble tribute to five decades of excellence in education. Adding to this legacy, we are honored to have secured an 'A' grade in the 4th cycle of our accreditation by the National Assessment and Accreditation Council, a recognition of our unwavering commitment to academic rigor, holistic development, and institutional growth.

Our college has always been a temple of learning, a hub of dynamic activities, fostering talent and encouraging students to explore their potential beyond the boundaries of the classroom. From academic seminars, cultural fests, and sports events to community outreach programs and skill-enhancement workshops, the year has been filled with enriching experiences. The participation of our students in intercollegiate competitions has brought laurels to our institution, reinforcing our reputation as a center of excellence. We take pride in celebrating national days of significance, instilling in our student teachers a deep sense of patriotism and social responsibility. Through these observances, we not only commemorate our heritage but also inspire future generations to contribute meaningfully to society.

A special mention must be made of our esteemed alumni, who continue to be a source of strength and inspiration- indeed JEWELS in our crown! Their contributions, whether through mentorship, industry collaborations, or institutional support, reaffirm their enduring bond with their alma mater and serve as guiding lights for our students.

This magazine is a reflection of our shared achievements and the relentless pursuit of excellence that defines our college. As we turn these pages, may they serve as a reminder of our shared efforts and inspire us to reach even greater heights in the years ahead.

Prof. Dr. Giselle D'souza
Principal In-charge

ACHIEVEMENTS

Name of the Student	Competition	College/Fest	Prizes Won
Group Entry	Street Play	DLLE UDAAN Fest	3rd Place
Caroline Pearl Pereira	Poetry Competition	Thakur College of Education & Research	2nd Place
Carren Dabre	Poster Making	MES Pillai College of Education and Research	1st Place
Carren Dabre	Live Origami	MES Pillai College of Education and Research	2nd Place
Sanika Dhapsi	Newspaper Dressing	MES Pillai College of Education and Research	2nd Place
Vincy Nadar	Rangoli Competition	MES Pillai College of Education and Research	3rd Place
Rhythm Thomas Pereira	Marathi Poetry Competition	Thakur College of Education & Research	2nd Place
Styryl Nestor Murzello	En-Vogue Elegance Fashion Show	St. Xavier's Institute of Education	1st Prize
Nissa Shaikh	Poetry Competition	St. Teresa's Institute of Education	1st Prize
Sanaa Dumba	Poetry Competition	St. Teresa's Institute of Education	2nd Prize
Elizabeth Anthony	Poetry Competition	St. Teresa's Institute of Education	3rd Prize
Prisca Joseph Coates	Essay Competition	St. Teresa's Institute of Education	3rd Prize



Closing Ceremony of the Golden Jubilee Celebration



August 5, 2023 was a golden figured day in the calendar of St. Teresa's Institute of Education, as it marked the culmination of the year-long Golden Jubilee Celebrations. The event was organized and coordinated by Principal In-charge Prof. Dr. Giselle D'Souza along with the members of the faculty and the student fraternity. In her introduction at the Eucharistic Celebration, Dr. D'Souza mentioned that the completion of five fruitful decades is a major landmark and a significant milestone in the odyssey of any educational institution. The year 2023 earmarks the closing of the Golden Jubilee year of St. Teresa's Institute of Education (S.T.I.E.). A jubilee of an institution is an important event that gives us an opportunity to look backwards on the distance travelled and forward to the journey that lies ahead and has to be planned. Casting a glance over the years that have gone by, the management, staff and students of S.T.I.E. cannot but thank the Almighty for the bounteous graces and blessings showered upon the institution.

The Golden Jubilee Celebration of St. Teresa's Institute of Education was a momentous event that marked fifty years of excellence, growth, and commitment to the field of education. The celebration was a tribute to the institution's rich legacy and a reflection of its enduring dedication to shaping educators and fostering academic brilliance.

The celebration commenced with a grand procession in the Chapel of St. Teresa's Convent that brought together current and former faculty members, students, alumni, and distinguished guests. The student council led the procession holding high the college flag and a flag representing each decade of the 50 glorious years. This was followed by a graceful procession of 20 students offering symbolic objects and documents used as a part of the teaching learning process and placing them at the foot of the altar in a **'Time Capsule'**. This served as a treasure trove of precious memories gathered of the 5 decades gone by.

A prayerful ballet imploring the Lord's blessings enhanced the occasion, weaving together grace, devotion, and aesthetic expression. With each delicate movement and synchronized step, the dancers conveyed a profound sense of spirituality and unity, paying homage to the journey of STIE over fifty wonderful years.

In a poignant and symbolic gesture, the esteemed faculty members of STIE then stepped forward, each holding a lighted lamp, during the Golden Jubilee celebration. As their lamps illuminated the chapel, they collectively radiated the spirit of knowledge, guidance, and enlightenment that the institution has imparted over five decades.

This luminous display served as a tribute to the unwavering dedication of the faculty in illuminating the minds and futures of countless students who have passed through the portals of the college. The lighted lamps stood as a beacon, reminding us all of the transformative power of education and the enduring legacy of STIE.

The jubilant festivities of the Golden Jubilee at STIE took a serene and sacred turn as a solemn Eucharistic celebration presided over by Rev. Fr. Glen D'Mello followed. Amidst the jubilation, this spiritual interlude provided a moment of reflection and gratitude.

All the participants gathered in reverence, acknowledging not only the college's remarkable journey but also the divine grace that has guided its path. The Eucharistic celebration served as a touching reminder of the values that have reinforced the institution's success, fostering a deeper sense of unity and purpose among all who were present. The melodious singing by the students' choir echoed the prayer of every heart through hymns which stirred the soul.

A significant and memorable moment occurred when Dr. Sr. Tanuja Waghmare and Prof. Dr. Giselle D'souza respectfully lowered the Golden Jubilee Logo placing it in the Time Capsule, followed by the release of the Golden Jubilee Souvenir by the Provincial Superior, Sr. Mary Lillian and the Manager of S.T.I.E., Sr. Louella Rodrigues. This memoir- a clock was meticulously designed with the Logo, ***"Celebrating 50 Glorious Years of Excellence in Education"***, and an image of the patroness St. Teresa of Avila inscribed on the dial. As the clock's hands continue to mark the passage of time, the logo stands as a testament to the enduring legacy and continuous progress of S.T.I.E.

The Golden Jubilee Celebration of S.T.I.E. was not just a commemoration of the past fifty years; it was a celebration of the college's commitment to shaping education and society for a better and brighter tomorrow. As the college looks forward to the next chapter in its journey, the jubilee celebration served as a reminder of the strong foundation upon which it stands.

This jubilee celebration will be etched in the annals of the college's history as a testament to its growth, resilience, and unwavering dedication to education. The event captured the essence of the institution's past, present, and future aspirations, leaving an indelible mark on all who were fortunate to be part of this historic milestone.

Inter- Collegiate Essay Writing Competition



The 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 (2023)



Let Your Creativity Amaze the World!

Teacher Incharge

Dr. Cerena D'Cunha

I/C Principal

Prof. Dr. Giselle D'Souza

St. Teresa's Institute of Education

Intra-Collegiate Essay Writing Competition

(Oct 31, 2023)

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



Sr. Jerry Anthony

Pushpanjali College of Education

**Janhvi Jitendra
Ramteke**

Atlanta College, Nagpur



**Gynel Lourdes
George Fernandes**

MES Pillai College of Education and Research

**Snehal N
Chaudhary**

Anjuman Islam Akbar Peerbhoy College



Mary Blessy George

Pushpanjali College of Education

**Prisca Joseph
Coates**

St. Teresa's Institute of Education

**Rovina Mathew
Dmello**

Pushpanjali College of Education

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

CULTIVATE PEACE – PROTECT CREATION {1st Place}

“IF YOU WANT TO CULTIVATE PEACE, PROTECT CREATION” – This message emphasizes the close bond that exists in our globalised and interconnected world between the protection of creation and cultivation of peace. This bond has been put into question not only by our careless use of resources but also with our irresponsible behaviour in protecting our creation. Thus, it has led us to lose our inner peace. One thing we must always remember that when we are at peace with our self and the nature, our attitude will change and we will become **Protector of creation instead of destroyer of creation.**

To cultivate peace each individual has to take the initiative towards the responsibility they hold to protect the creation, which demands a renewed sense of personal responsibility, social justice, equity and international solidarity. For only the natural environment can provide the food we need, only a just sharing of the fruits of the earth can bring peace between the nations and only living in harmony with the rhythms of creation can give us inner peace. Peace does not come peacefully, it requires struggles. In the same way, our nature has not come up in a day or it is not an instant coffee making machine, to just press a button and the coffee is ready but it has taken many years and has gone through struggles to form a beautiful atmosphere for all of us. It also requires care, love, responsible stewards

and above all a caretaker who is selfless and a peace-maker with oneself, God and His creation. It makes me to emphasize more on cultivating peace because when we are at peace with God, oneself, others and creation, it will lead us to protect and nurture our

environment, which is always there at our disposal. And how can it be possible for us to cultivate peace? Through - **“LOVE”**.

Love is the necessary pre-condition of peace, because it leads us to solidarity with other human beings as well as with the entire universe. The relation of solidarity involves relationship with God, others, will



surely experience and encounter God's presence in our day-to-day life.

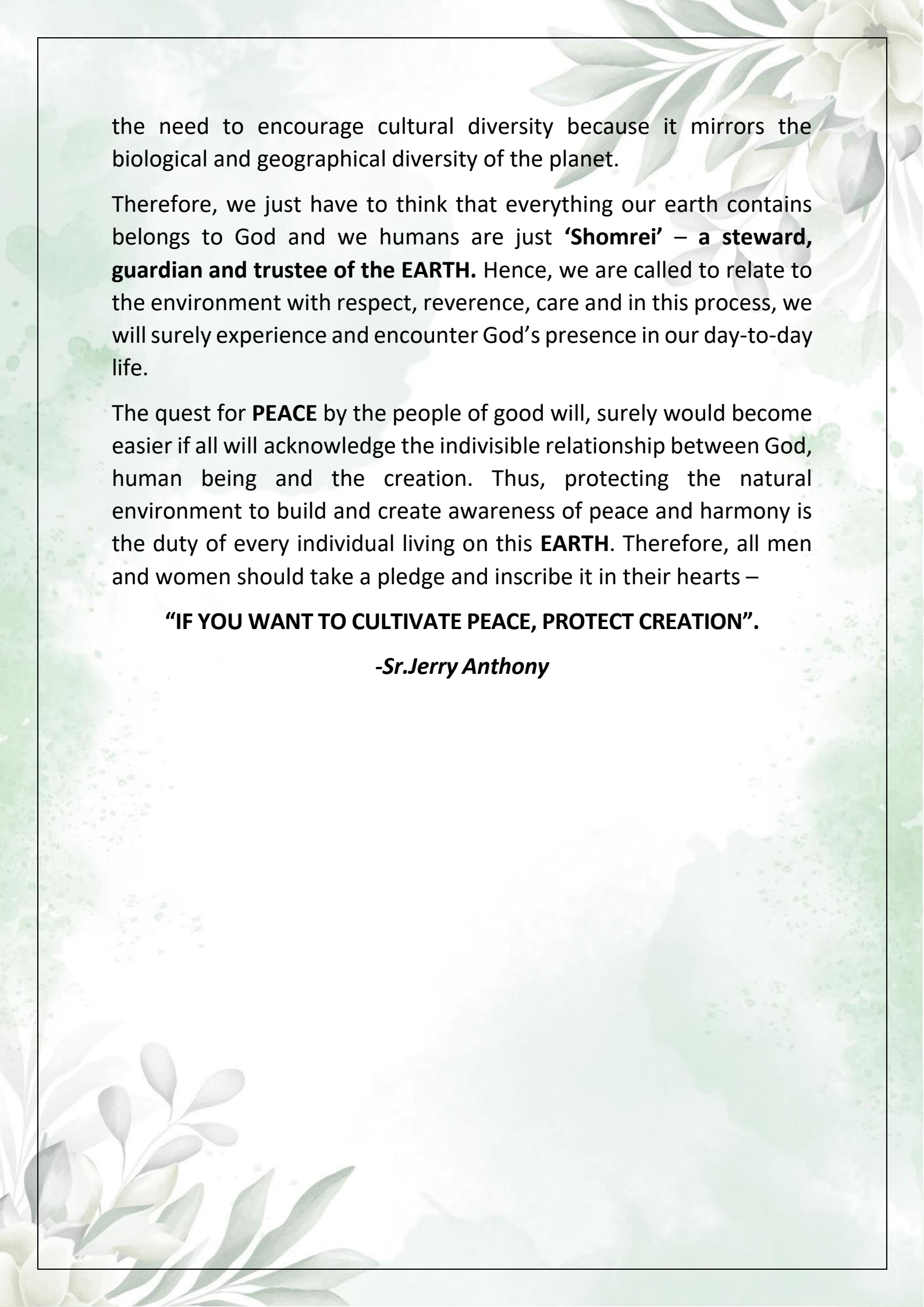
The quest for **PEACE** by the people of good will, surely would become easier if all will acknowledge the indivisible relationship between God, human being and the creation. Thus, protecting the natural environment to build and create awareness of peace and harmony is the duty of every individual living on this **EARTH**. Therefore, all men and women should take a pledge and inscribe it in their hearts –

“IF YOU WANT TO CULTIVATE PEACE, PROTECT ourselves and with the cosmos. Therefore, the cosmos, call us for a greater solidarity in the aspect of natural disasters and in give and take relationship because it is the nature that builds up our every bit of the physical body. Thus, **it is our bounden duty towards nature to CARE and PROTECT**. We have been seeing and reading as human,

what is our responsibility and how we have to take care of the creation – only a responsible and co-ordinated action of the people can complete the work of creation which God began from the very beginning of creation...

The earth has been entrusted to us along with its resources to take care of it as a steward through labour and hard work. Each human person in this earth are called to take care of the earth, to respect life and the goods of the earth, to enjoy leisure and begin to live an earth-caring life style. But do we ever thought, how we can live an earth-caring lifestyle? It is now high time for each one of us to take care of our creation. **How?**

We can say **‘ENOUGH’** to factory processed food which slow-poisons our bodies instead we can look forward for cooked meals at home with our families, **‘ENOUGH’** to mono cultures of water glugging cereals and enjoy community gardening, **‘ENOUGH’** to shopping at the mall and enjoy art and craft activities that reduce stress and medical bills and



the need to encourage cultural diversity because it mirrors the biological and geographical diversity of the planet.

Therefore, we just have to think that everything our earth contains belongs to God and we humans are just **‘Shomrei’ – a steward, guardian and trustee of the EARTH.** Hence, we are called to relate to the environment with respect, reverence, care and in this process, we will surely experience and encounter God’s presence in our day-to-day life.

The quest for **PEACE** by the people of good will, surely would become easier if all will acknowledge the indivisible relationship between God, human being and the creation. Thus, protecting the natural environment to build and create awareness of peace and harmony is the duty of every individual living on this **EARTH.** Therefore, all men and women should take a pledge and inscribe it in their hearts –

“IF YOU WANT TO CULTIVATE PEACE, PROTECT CREATION”.

-Sr.Jerry Anthony

Universal Ethics: Paving the Path to Global Harmony and Peace

Abstract

In an increasingly diverse world, the concept of universal ethics provides a compass for a more peaceful and harmonious society. This essay explores the profound notion of universal ethics, emphasizing the significance of principles like respect, kindness, fairness, and non-violence in promoting peaceful coexistence. It delves into the challenges faced in implementing these principles and underscores their crucial role in shaping a better world.

Introduction

Universal ethics are the foundation of a harmonious world, guiding our interactions with people from diverse backgrounds, transcending cultural and individual differences. These principles, anchored in values like respect, kindness, fairness, and non-violence, offer a blueprint for a more peaceful world.

Respect for All

Respect is a cornerstone of universal ethics, advocating for the treatment of others as we wish to be treated ourselves. It extends the golden rule globally: "Do unto others as you would have them do unto you". By practicing respect, we acknowledge the intrinsic worth of every individual, fostering an environment of dignity and safety.

Kindness and Compassion

Kindness and compassion are integral components of universal ethics, expressing empathy and care for those facing challenges. Kindness involves reaching out to others with support and understanding, while compassion entails a deep concern for their well-being. These qualities strengthen the bonds of humanity and enhance our social fabric.

Equality and Fairness

Universal ethics advocate for equality and fairness, emphasizing just treatment for every person regardless of their background.

Discrimination based on factors like race, religion, or ethnicity finds no place in a world shaped by these values. Fairness nurtures trust, understanding, and social cohesion. It highlights equitable treatment for every individual, ensuring that no one is unfairly advantaged or disadvantaged based on arbitrary characteristics.

Non-Violence


Non-violence stands as a vital pillar of universal ethics, promoting peaceful conflict resolution over force and aggression. It acts as a protective shield against harm and suffering, opening pathways to dialogue and understanding. By choosing non-violence as the preferred approach to addressing conflicts and challenges, we contribute to a more peaceful world where disputes are resolved without harm or aggression.

Significance of Universal Ethics

Universal ethics are not mere aspirations; they are the building blocks of a more harmonious world. By embodying respect, kindness, fairness, and non-violence, we establish trust and strong relationships. This not only prevents conflicts but also nurtures supportive communities where people can thrive. The importance of these principles lies in their ability to create a world where individuals feel safe, respected, and understood, leading to collaboration, creation, and positive social change.

Challenges to Universal Ethics

While universal ethics offer a noble path, they are not without challenges. People often allow differences to divide them, leading to conflicts and misunderstandings. Overcoming these challenges requires continuous commitment and understanding.



One significant challenge is the tendency of individuals and groups to prioritize their differences over shared values. This approach often leads to conflicts, mistrust, and misunderstandings, hindering the practice of universal ethics. In such situations, promoting dialogue, education, and understanding is crucial to bridge gaps and emphasize the common values that unite humanity.

The Role of Education in Promoting Universal Ethics

Education plays a pivotal role in promoting universal ethics. By incorporating universal ethics into the curriculum, educational institutions can nurture a generation that values respect, kindness, fairness, and non-violence. These values can become ingrained in the minds and hearts of young individuals, shaping a future where universal ethics are a way of life.

Schools and universities can introduce courses that focus on ethics, morality, and the importance of diverse perspectives. These courses can encourage critical thinking, empathy, and an understanding of the shared humanity that transcends individual differences. By making universal ethics a central part of education, society can create a foundation for a more peaceful world.

The Importance of Dialogue and Communication

Effective communication and dialogue are essential for the practice of universal ethics. They enable individuals and groups to come together, understand one another, and find common ground.

Dialogue provides a platform for resolving conflicts peacefully and for promoting empathy and mutual understanding.

Community dialogues, intercultural exchanges, and open discussions about values and ethics can help bridge divides and create a shared understanding of universal ethics. By encouraging dialogue, we can break down the barriers that often lead to conflicts and

misunderstandings. Community Initiatives and Grassroots Movements

Community initiatives and grassroots movements play a significant role in spreading awareness and practice of universal ethics. Local organizations, volunteer groups, and community leaders can lead by example, demonstrating how respect, kindness, fairness, and non-violence can create harmonious communities.

These initiatives can involve activities such as community service, diversity workshops, and conflict resolution training. By actively engaging with universal ethics at the community level, people can experience firsthand the positive impact these principles have on their daily lives. governments, and non-governmental organizations (NGOs) can work together to create a global framework that upholds universal ethics.

Overcoming Challenges

Overcoming the challenges to universal ethics requires a concerted effort from individuals, communities, and nations. The following strategies can help address these challenges:

Promote Education: Educate individuals from a young age about the importance of universal ethics and their role in creating a peaceful world. Integrate ethics and values into the curriculum to instill these principles in future generations.

Foster Dialogue: Encourage open and respectful dialogue within communities and across cultural and national boundaries. Create platforms for people to share their perspectives, experiences, and concerns.

Support Grassroots Initiatives: Provide support and resources to grassroots organizations and community initiatives that actively promote universal ethics at the local level.

Advocate for Global Collaboration: Encourage governments and international organizations to prioritize universal ethics in their policies and agreements, promoting a more peaceful and harmonious world.

Lead by Example: Individuals can lead by example, embodying the principles of respect, kindness, fairness, and non-violence in their daily interactions and decisions.

Conclusion

Universal ethics offer a roadmap to a better world. They call on us to practice respect, kindness, fairness, and non-violence in our interactions, paving the way for a world where peace and harmony prevail, free from fear and conflict. While the path may be challenging, the destination—a world shaped by universal ethics—is worth every step.

In a world marked by diversity and differences, the vision of a more peaceful and harmonious planet is not a distant dream but a shared responsibility. Universal ethics provide the compass, and it is up to us to follow its direction, creating a world where respect, kindness, fairness, and non-violence are the guiding principles that shape our interactions and build a brighter future.

References

Ramteke, J. (2023). Universal Ethics for a Peaceful World. Atlanta College, Nagpur University. - ***Janhvi Ramteke***

India 2047: A Vision for Progress, Inclusivity, and Global Leadership {2nd Place}

Introduction


As we look ahead to India in 2047, we envision a nation that has not only realized its full potential but has also set a global benchmark for progress, inclusivity, and sustainable development. The year 2047 marks a significant milestone, as it is the centenary of India's independence. Over the past century, India has undergone profound transformations in various spheres, and as we project into the future, we see a nation that embodies the aspirations of its diverse population while being a global leader in multiple dimensions. In 2047, as India approaches the centenary of its independence, the nation stands as a testament to the dreams, creativity, and originality of its people. This essay offers a whimsical glimpse into an India of the future, where imagination knows no bounds, and innovation is the very air we breathe.

A Vibrant Mosaic of Cities

In 2047, India's cities have transformed into surreal spectacles of architecture, technology, and nature. Skyscrapers are covered in vertical gardens, creating a harmonious blend of urban living and greenery. Bridges shimmer with solar-powered LED lights, and self-driving rickshaws buzz about, ensuring smooth and eco-friendly urban mobility.

Economic Prosperity

India will become a major economic force in the world by 2047. A diverse industrial foundation, rapid expansion, and technological innovation will characterize the country's economy. The economy of the nation has grown at an unheard-of rate, and it is now a center for innovation and technical development. India has advanced to the forefront of cutting-edge sectors because to a strong start-up



environment and government regulations that support entrepreneurship. In addition, India has successfully reaped the benefits of its demographic dividend, with a sizeable and youthful work force boosting the nation's economic vibrancy.

Inclusive Development

One of the most significant achievements of India in 2047 will be its commitment to inclusive development. The nation will have successfully addressed social disparities, bridging the urban-rural divide, and uplifting marginalized communities. Education and healthcare systems will be accessible to all, ensuring that no one is left behind. This vision of inclusivity will be a cornerstone of India's progress.


Political Evolution

India's political scene has changed significantly since 2047. The democratic principles of the country are still strong, but new forms of leadership and decision-making have appeared. Indian democracy has made decentralization and participatory government a trademark.

Through digital platforms and town hall gatherings, citizens actively participate in influencing policy. Political leaders are also becoming more transparent and responsible. The public has come to trust measures to eradicate corruption and guarantee moral leadership. India is a major player in regional and international events, and its foreign policy is a reflection of its dedication to peace, cooperation, and multilateralism.

Social Inclusivity and Harmony

India's social landscape in 2047 reflects a tapestry of diversity and inclusivity. The country has made substantial progress in eradicating social inequalities and promoting harmony among various communities. Education has been a primary driver of social change,



with the Right to Education Act ensuring access to quality education for all. This has empowered individuals to break free from the cycle of poverty and contribute to the nation's growth. Furthermore, the principles of secularism and tolerance have become even more deeply ingrained in Indian society. Communal harmony and respect for all religions are the guiding principles of the nation, ensuring that religious and cultural diversity is celebrated rather than being a source of conflict.

Sustainable Environment

India's commitment to a sustainable future will be evident in 2047. The nation will have made substantial strides in addressing environmental challenges. The transition to renewable energy sources, improved waste management, and reforestation efforts will lead to cleaner air, water, and overall environmental health. India will be at the forefront of the global fight against climate change, serving as an inspiration for other nations.

The Festival of Innovation

Imagine an annual "Festival of Innovation" where citizens, scientists, and artists gather to celebrate creativity. In 2047, India hosts the world's most dazzling innovation festival, with holographic displays, mind-reading art installations, and food prepared by 3D printers. This festival is a testament to the nation's commitment to nurturing and celebrating the inventive spirit.

The Realm of Quantum Technology

Quantum computing has become a reality in 2047, with India leading the charge. Imagine a world where computing is instant, secure, and infinitely powerful. Quantum technology has revolutionized medicine, weather forecasting, and even art. The nation is a beacon of innovation in this realm, creating an exciting tapestry of possibilities.

Global Leadership

India's role on the global stage will be characterized by diplomacy, peacekeeping, and international cooperation. As one of the world's leading economies, India will play a pivotal role in shaping global trade policies and fostering relationships with nations around the world. Its commitment to peace and stability in the region will be unwavering, making it a trusted partner in international affairs.

Cultural Richness

In 2047, India will remain a cultural mosaic where traditions, languages, and religions coexist harmoniously. The nation's rich heritage will continue to be celebrated, and cultural diversity will be a source of pride. Cultural preservation and promotion will be a priority, not only for domestic audiences but also for global appreciation.

Harmony with Nature

In this utopian vision of India, the nation has rekindled its profound connection with nature. Forest cities, floating islands made of biodegradable materials, and transparent homes that blend seamlessly into the natural surroundings are common. Clean energy is harnessed from the rustling leaves, and people commune with nature to draw inspiration.

Space Odyssey

India's space program has reached new heights, quite literally. In 2047, India boasts a thriving space colony on Mars, complete with a botanical garden and its own version of the Taj Mahal. This achievement showcases India's pioneering spirit in space exploration and marks a historic milestone in human exploration of the cosmos.

Cuisine of the Future

Indian cuisine has evolved to include dishes created from molecular gastronomy and space farmed ingredients. Food teleportation technology allows every household to savor authentic flavors from every corner of India at the push of a button. India's culinary prowess has truly reached a level of originality and creativity beyond imagination.

Education and Human Capital

Education is the cornerstone of India's progress in 2047. The country has reformed its education system, emphasizing critical thinking, creativity, and holistic development. Quality education is accessible to all, and scholarships and incentives for higher education have increased the number of skilled professionals. India's workforce is among the most highly skilled in the world, driving innovation and development across various sectors.

Healthcare and Well-being

The healthcare system in 2047 will be a model of efficiency, providing quality care to all citizens. Medical research will lead to groundbreaking treatments and advances in preventive medicine. The emphasis on mental health and overall well-being will result in a healthier and happier population. India's healthcare system has evolved to ensure universal access to quality medical care. Government-funded health insurance has reduced the financial burden on individuals. Medical research and pharmaceutical industries have made breakthroughs, contributing to the global fight against diseases. A robust public welfare system provides a safety net for vulnerable populations.



Conclusion

In 2047, India will stand out as an example of what can be accomplished when inclusiveness, environmental responsibility, and technical proficiency are all combined with economic progress. The period between 1947 and 2047 will be characterized by tenacity, determination, and loyalty to the founding ideals of the country. This vision for India's future is a road plan for a better and more affluent future, not just a pipe dream.

- Gynel Lourdes George Fernandes

Broad Theme – Overcoming Failures (Personal Experience)

{2nd Place}

EMBRACING PERSONAL FAILURE: A PATH TO GROWTH AND SUCCESS

Failure is a universal experience that each of us encounters at some point in our lives. While it can be a painful and disheartening moment, it is essential to understand that failure is not the end but rather a stepping stone towards success.

The failure I experienced was related to a career opportunity I had eagerly pursued. It was a job interview for a position I had long dreamed of. The interview was my chance to prove myself in a competitive field and achieve a significant milestone in my career. However, despite my preparation, I fell short of securing the job. The rejection stung deeply and left me with feelings of inadequacy and self-doubt. The immediate aftermath of the failure was marked by overwhelming self-doubt. I questioned my abilities, my worth, and my qualifications. Thoughts like "I'm not good enough" and "I'll never succeed" became a constant presence in my mind. These thoughts eroded my self-esteem.

As I internalized the rejection, I began to view myself through a lens of failure, and this coloured how I perceived every aspect of my life. I felt like I was not deserving of success or happiness, and this pervasive belief further contributed to my low self-esteem. I withdrew from social interactions and professional opportunities. My fear of judgment and rejection caused me to isolate myself from friends and colleagues. This self-imposed isolation not only deepened my feelings of low self-esteem but also hindered my chances of rebuilding my confidence.

My perfectionist tendencies made the failure particularly difficult to cope with. I had set unrealistic expectations for myself, and when I




fell short, it felt like a devastating blow to my self-esteem.

Perfectionism not only fuelled my self-doubt but also hindered my ability to bounce back.

The negative self-talk that emerged post-failure intensified my low self-esteem. I consistently engaged in negative internal dialogue, undermining any positive aspects of my self-worth. This self-criticism further eroded my confidence. The fear of rejection, which had been heightened by the initial failure, became a self-fulfilling prophecy. I hesitated to pursue new opportunities or engage in new relationships, as I was terrified of experiencing rejection once again. This fear immobilized me and trapped me in a cycle of low self-esteem and low confidence. I realized that acquiring knowledge and skills was more important than validation from external sources. This dedication to personal growth boosted my self-confidence.

The first step in rebuilding my self-esteem and confidence was seeking support. I confided in a trusted friend and a therapist, both of whom provided invaluable guidance and encouragement. They helped me gain perspective on my situation and challenged my negative self-perception. I sought out friends and mentors who were supportive and encouraging. The influence of positive and empowering individuals was instrumental in boosting my self-confidence.

Learning to practice self-compassion was a pivotal moment in my journey to recovery. I realized the importance of treating myself with the same kindness and understanding that I would offer a friend in a similar situation. This shift in perspective allowed me to begin healing my self-esteem. I also recognized the need to set realistic, attainable goals. Rather than expecting perfection, I started focusing on incremental progress and celebrating small victories. This change in approach not only boosted my self-esteem but also helped me regain confidence in my abilities.



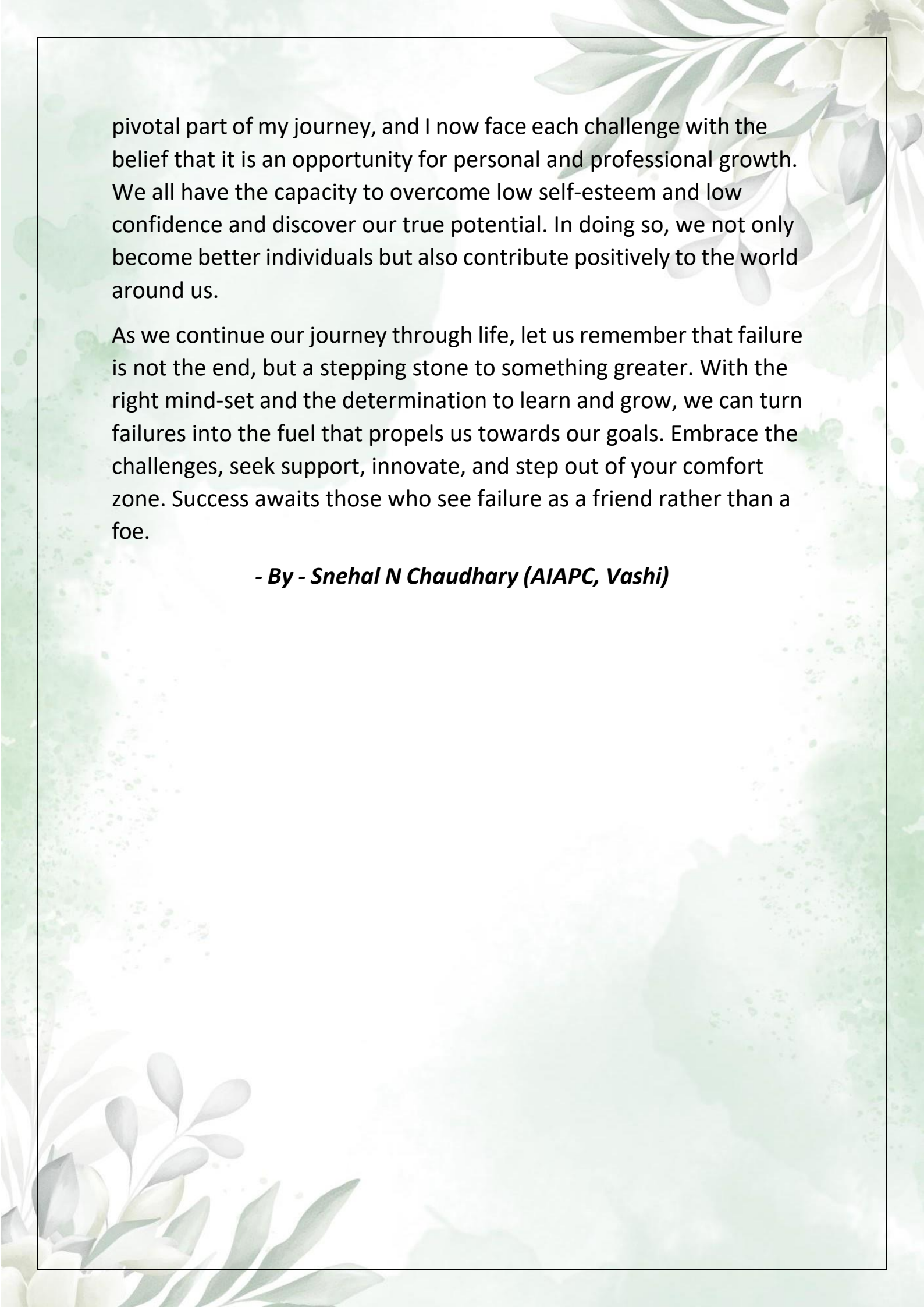
I incorporated positive affirmations into my daily routine. Repeating statements like "I am capable," "I deserve success," and "I can overcome challenges" gradually rewired my thought patterns, replacing negativity with positivity. To my fear of rejection, I began taking small, calculated risks. Whether it was applying for new job opportunities or rekindling old friendships, these actions allowed me to confront my fear and gradually rebuild my confidence.

I invested time in self-improvement, acquiring new skills and knowledge that not only bolstered my self-esteem but also made me feel more capable and competent. As I diligently worked on rebuilding my self-esteem and confidence, I witnessed a remarkable transformation. My self-doubt slowly subsided, and the negative self-talk became less frequent. The fear of rejection no longer held me hostage, and I began to engage more actively with my personal and professional life.

This journey from low self-esteem to confidence was not linear or without setbacks. It was marked by hard work, resilience, and a commitment to personal growth. The process highlighted the importance of self-acceptance, self-compassion, and setting realistic goals in rebuilding self-esteem.

Practicing self-compassion allowed me to forgive myself for past failures and acknowledge that everyone makes mistakes. Embracing imperfection; Understanding that perfection is unattainable helped me embrace my flaws and appreciate my unique qualities.

I have come to realize that failure is not a final destination but a stepping stone towards growth and success. It is through my failures that I have found the strength to overcome obstacles, the courage to pursue my dreams, and the resilience to keep moving forward. As I continue my journey, I am reminded of the words of Nelson Mandela: "The greatest glory in living lies not in never falling, but in rising every time we fall." Embracing personal failure has been a



pivotal part of my journey, and I now face each challenge with the belief that it is an opportunity for personal and professional growth. We all have the capacity to overcome low self-esteem and low confidence and discover our true potential. In doing so, we not only become better individuals but also contribute positively to the world around us.

As we continue our journey through life, let us remember that failure is not the end, but a stepping stone to something greater. With the right mind-set and the determination to learn and grow, we can turn failures into the fuel that propels us towards our goals. Embrace the challenges, seek support, innovate, and step out of your comfort zone. Success awaits those who see failure as a friend rather than a foe.

- By - Snehal N Chaudhary (AIAPC, Vashi)

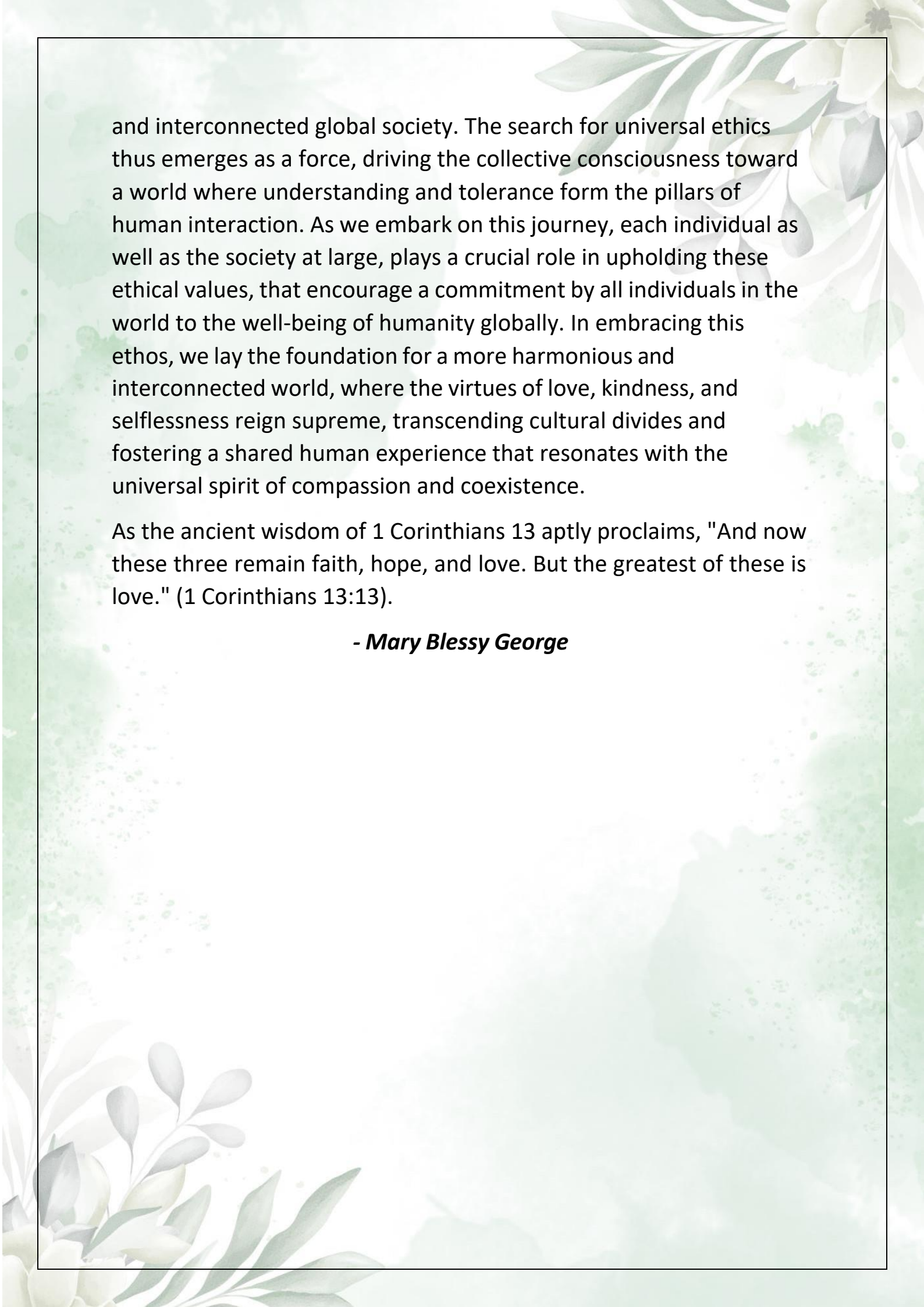
Universal Ethics for a Peaceful World {3rd Place}

Peace is more than just a feeling; we must first find inner peace before attempting to bring about external peace. The world would be a better place to live if we could achieve both inner peace and harmony with our fellow human beings.

In our world today, the idea of universal ethics has become increasingly important in the pursuit of world peace, harmony, and understanding. Respect and empathy for one another are the cornerstones of a cohesive, diverse, and ethically sound global community. Deeper insight that embraces virtues that transcend societal, cultural, and religious borders is at the centre of this. These are qualities that are shared by all people.

Love, as one of the universal languages of the heart, provides offers a way of resolving disputes and aids in bridging social divides. The cornerstones of empathy being kindness, and patience, allow people to overcome obstacles and contribute to the development of an accepting and respectful society. When selflessness is consistently and assiduously practiced, it can establish a culture of collective well-being. It makes it possible to advance a society in which everyone's demands are respected equally and without distinction from one another. When combined with our social consciousness, these characteristics hold the key to addressing global crises and building a culture of peace and coexistence. Emulation of these ethical precepts represents a communal commitment to promoting discussion, aiding dispute resolution, and nurturing an environment of tolerance.

By fostering a culture of love and empathy, different parts of societies can transcend prejudices and build bridges based on shared values and mutual understanding. This ethos of inclusivity serves as a beacon of hope, that lights the path toward a more compassionate



and interconnected global society. The search for universal ethics thus emerges as a force, driving the collective consciousness toward a world where understanding and tolerance form the pillars of human interaction. As we embark on this journey, each individual as well as the society at large, plays a crucial role in upholding these ethical values, that encourage a commitment by all individuals in the world to the well-being of humanity globally. In embracing this ethos, we lay the foundation for a more harmonious and interconnected world, where the virtues of love, kindness, and selflessness reign supreme, transcending cultural divides and fostering a shared human experience that resonates with the universal spirit of compassion and coexistence.

As the ancient wisdom of 1 Corinthians 13 aptly proclaims, "And now these three remain faith, hope, and love. But the greatest of these is love." (1 Corinthians 13:13).

- Mary Blessy George

India@2047: A Tapestry of Progress and Promise


{3rd Place}

India@2047 stands as a testament to the nation's relentless pursuit of progress, unity, and prosperity. In envisioning India two decades from now, it is imperative to delve into the diverse facets that constitute its journey. India@2047 signifies more than just economic growth and technological advancement; it embodies a profound social and cultural transformation. In this envisioned future, art, literature, and cultural heritage flourish, reflecting the vibrant tapestry of India's history and contemporary identity. Museums, galleries, and theatres stand as living testaments to the nation's rich cultural legacy, fostering creativity and artistic expression.

At the heart of this vision lies India's economic metamorphosis. The economic landscape, by 2047, is shaped by innovation, entrepreneurship, and global collaboration. Industries have seamlessly integrated advanced technologies, fostering a culture of creativity and productivity. India's economy has not only flourished domestically but also forged robust international partnerships, contributing significantly to the global market.

Moreover, India@2047 is characterized by a spirit of compassion and empathy. Social welfare programs and community initiatives have uplifted the marginalized and vulnerable sections of society, ensuring that no one is left behind. The spirit of philanthropy runs deep, with individuals and organizations actively contributing to social causes, thereby creating a society where everyone has equal opportunities to thrive.

In the realm of international relations, India has emerged as a global leader, advocating for peace, cooperation, and sustainable development. Diplomatic efforts are directed towards fostering strong partnerships, resolving conflicts, and addressing global




challenges such as climate change and poverty. India's voice resonates in international forums, influencing policies and shaping a world that values justice, equality, and mutual respect among nations.

Furthermore, India@2047 embraces a digital revolution that transcends urban and rural divides. Access to the internet and digital services is ubiquitous, empowering citizens with knowledge, skills, and opportunities. E-governance initiatives have streamlined administrative processes, ensuring efficiency, transparency, and accountability in government services. The digital empowerment of citizens has not only bridged information gaps but has also facilitated social and economic inclusion on an unprecedented scale.

In the sphere of sports and recreation, India@2047 shines on the global stage. The nation's athletes excel in international competitions, inspiring millions and instilling a sense of national pride. Sports facilities are state-of-the-art, nurturing young talents and promoting a culture of fitness and well-being. Sporting events are not merely competitions but celebrations of unity and sportsmanship, fostering a sense of camaraderie among nations.

India@2047 is also characterized by a deep commitment to sustainable agriculture and rural development. Farmers are equipped with modern techniques and technologies, ensuring food security while preserving the environment. Rural communities have access to education, healthcare, and employment opportunities, reducing urban-rural disparities and creating a balanced and harmonious society.

Education, the cornerstone of any thriving society, has undergone a revolutionary transformation. Accessible and high-quality education is no longer a privilege but a fundamental right. The educational institutions of India are hubs of innovation, nurturing young minds to think critically and imaginatively. This focus on education has led to a generation of skilled professionals, researchers, and artists who



have propelled India into the forefront of the global knowledge economy.

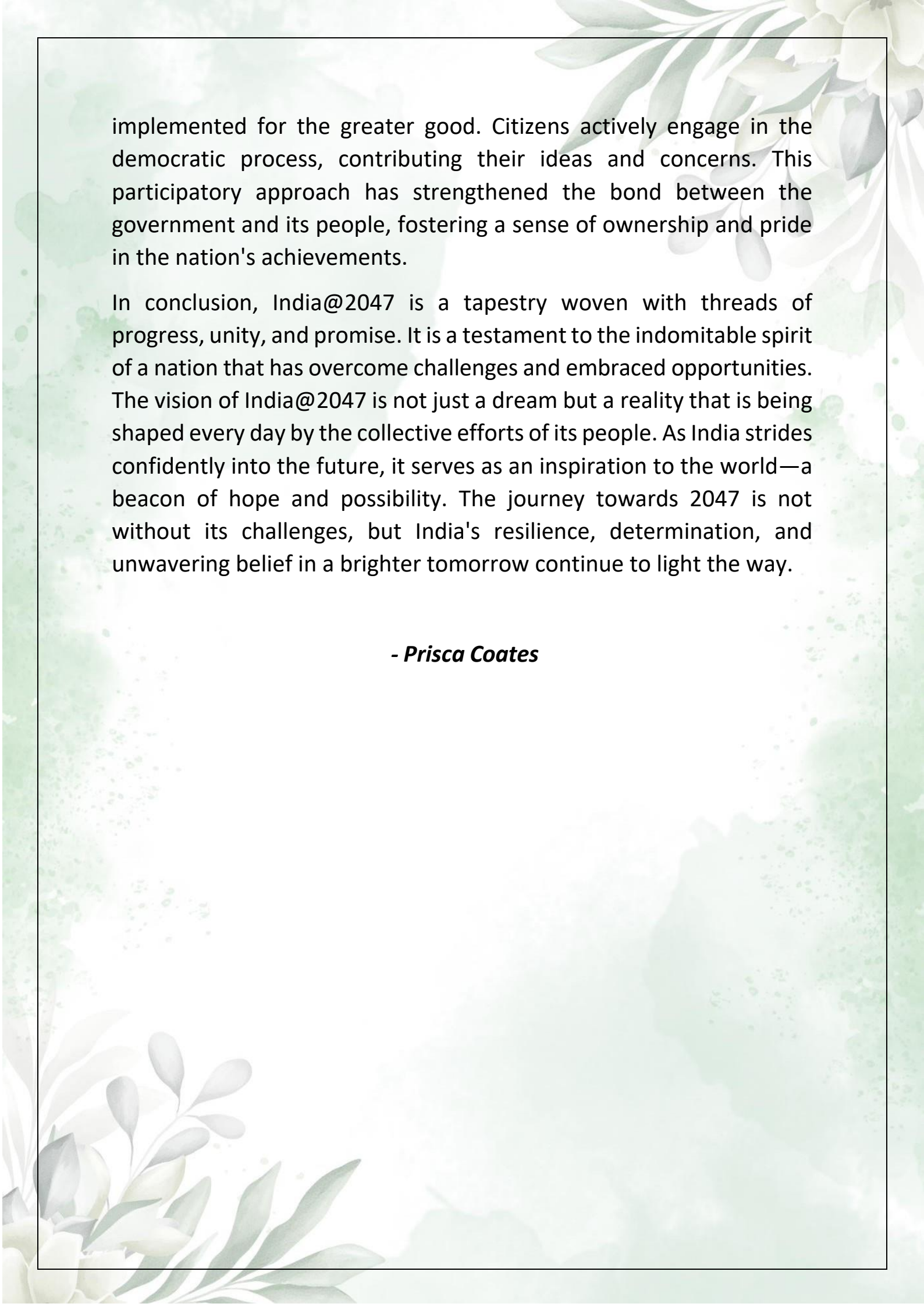
Healthcare, once a challenge, has become a success story. A comprehensive healthcare system caters to the diverse needs of India's populace. Cutting-edge medical technologies, coupled with a robust network of healthcare professionals, ensure that every citizen receives timely and quality medical care. Preventive healthcare measures and mental health support have become integral components of the nation's healthcare strategy, fostering a healthier, happier population.

Social harmony is a defining feature of India@2047. The nation has embraced its diversity, celebrating different cultures, languages, and traditions. Inclusivity is not just a policy but a way of life. Discrimination based on gender, caste, or religion has become a relic of the past, paving the way for a society where every individual is respected and valued.

India's technological landscape has undergone a seismic shift. The country has become a hub for innovation, leading the way in fields such as artificial intelligence, biotechnology, and sustainable energy. Start-ups and research initiatives have flourished, supported by a conducive environment that encourages experimentation and risk-taking. This technological prowess has not only boosted economic growth but has also addressed pressing societal challenges.

Environmental sustainability is a shared responsibility. India@2047 is characterized by its commitment to preserving the natural beauty of the country. Renewable energy sources have replaced fossil fuels, and conservation efforts have revitalized ecosystems. Every citizen actively participates in environmental conservation, realizing the importance of sustainable living for future generations.

Good governance is the cornerstone of India's progress. Transparent and accountable governance ensures that policies are formulated and



implemented for the greater good. Citizens actively engage in the democratic process, contributing their ideas and concerns. This participatory approach has strengthened the bond between the government and its people, fostering a sense of ownership and pride in the nation's achievements.

In conclusion, India@2047 is a tapestry woven with threads of progress, unity, and promise. It is a testament to the indomitable spirit of a nation that has overcome challenges and embraced opportunities. The vision of India@2047 is not just a dream but a reality that is being shaped every day by the collective efforts of its people. As India strides confidently into the future, it serves as an inspiration to the world—a beacon of hope and possibility. The journey towards 2047 is not without its challenges, but India's resilience, determination, and unwavering belief in a brighter tomorrow continue to light the way.

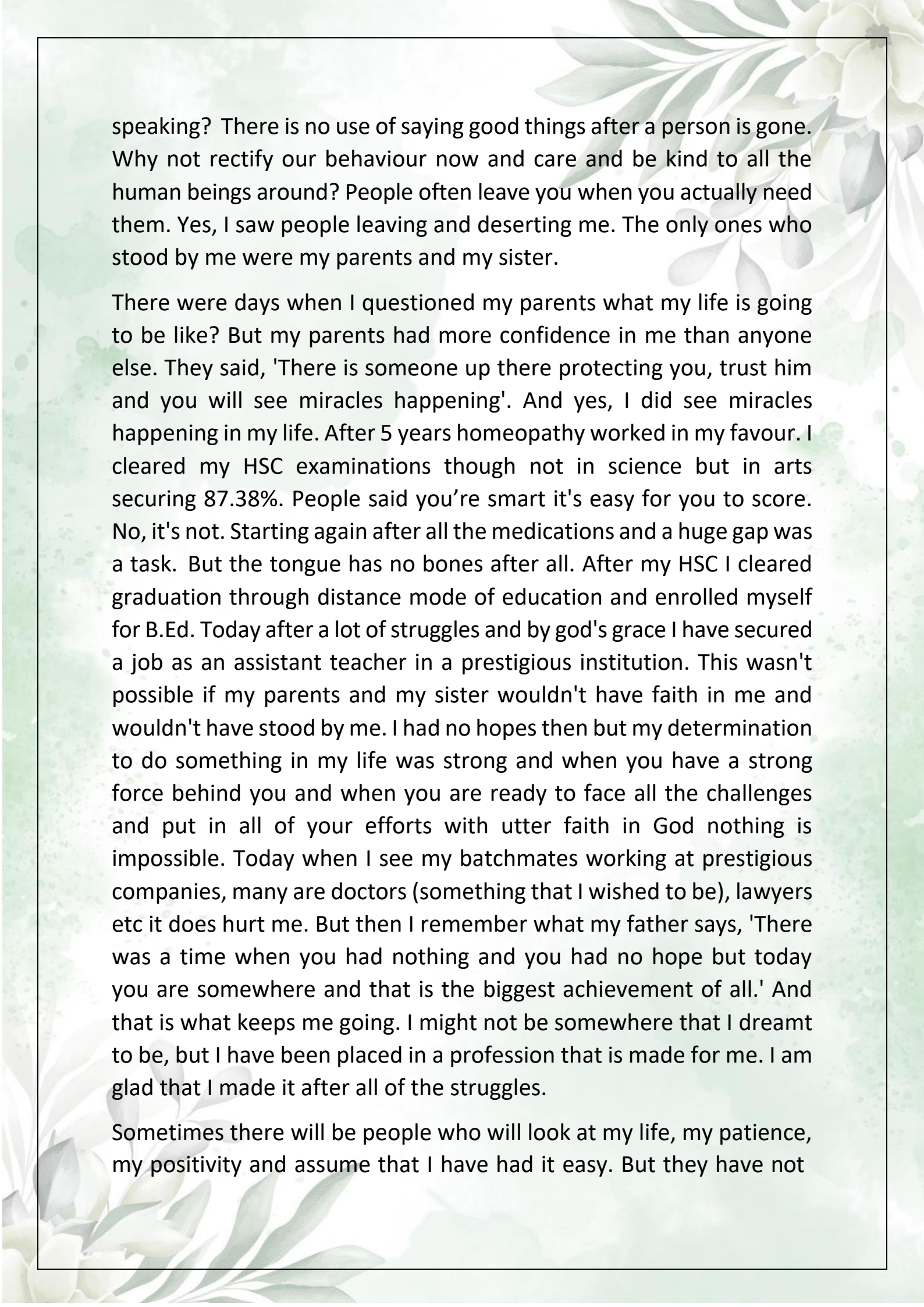
- Prisca Coates

OVERCOMING FAILURES (My personal experience)

{3rd Place}

Until a couple becomes parents, no one can ever tell them what it feels like to love someone so deeply, to rejoice when they rejoice, ache when they ache, feel what they feel. Their children mean the world to them. They want the best in everything for their child. Even my parents did then. Being raised in an openminded family I was always taught to 'DREAM BIG' because I was always told, "You can and you will". Self-belief and hard work always earn you success they say. It did in my case and I secured 94% in my SSC examinations with the dream of becoming a doctor one day. I was slowly n gradually moving forward to pursue my dreams. But, little did I know then that these tears of joy will soon turn into tears of sorrow.

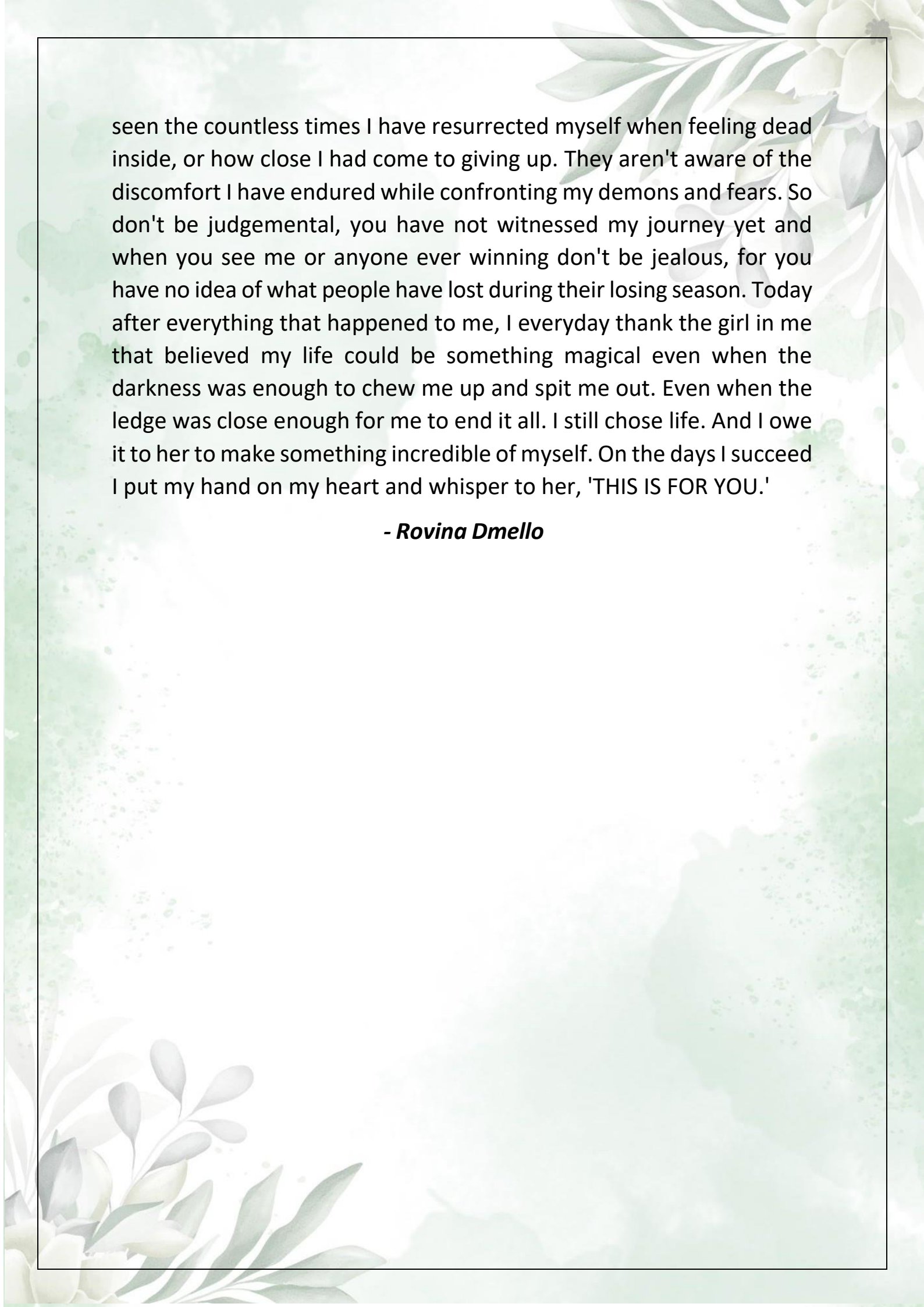
During the course of my first year of junior college I was diagnosed with a neurological disorder that often made me dizzy. In spite of joining the college I wasn't able to continue with it. Lots of medications, prayers, hospitals, doctors and tests but all in vain. It was never before that I had myself been in so much pain and never ever had I seen my parents in so much distress. I ended up losing 5 years of my studies. My dreams were all shattered. Being merely 15 years of age, life displayed the actual scenario of what the world looks like. How easily do people judge you and say things about you even when they know nothing about you and without even caring about how it mentally affects you is what I faced and saw then. But wait, aren't they the ones who have lots of posts to post on world mental health day? Aren't they the ones who can't tolerate small things about their own children? Aren't they the ones who are the most literate in our society? And if you can tell me, of what use is their education when they cannot use it for the betterment of the society? Today when mental health issues are on a rise, plenty of people are committing suicides why can't still people taste their words before



speaking? There is no use of saying good things after a person is gone. Why not rectify our behaviour now and care and be kind to all the human beings around? People often leave you when you actually need them. Yes, I saw people leaving and deserting me. The only ones who stood by me were my parents and my sister.

There were days when I questioned my parents what my life is going to be like? But my parents had more confidence in me than anyone else. They said, 'There is someone up there protecting you, trust him and you will see miracles happening'. And yes, I did see miracles happening in my life. After 5 years homeopathy worked in my favour. I cleared my HSC examinations though not in science but in arts securing 87.38%. People said you're smart it's easy for you to score. No, it's not. Starting again after all the medications and a huge gap was a task. But the tongue has no bones after all. After my HSC I cleared graduation through distance mode of education and enrolled myself for B.Ed. Today after a lot of struggles and by god's grace I have secured a job as an assistant teacher in a prestigious institution. This wasn't possible if my parents and my sister wouldn't have faith in me and wouldn't have stood by me. I had no hopes then but my determination to do something in my life was strong and when you have a strong force behind you and when you are ready to face all the challenges and put in all of your efforts with utter faith in God nothing is impossible. Today when I see my batchmates working at prestigious companies, many are doctors (something that I wished to be), lawyers etc it does hurt me. But then I remember what my father says, 'There was a time when you had nothing and you had no hope but today you are somewhere and that is the biggest achievement of all.' And that is what keeps me going. I might not be somewhere that I dreamt to be, but I have been placed in a profession that is made for me. I am glad that I made it after all of the struggles.

Sometimes there will be people who will look at my life, my patience, my positivity and assume that I have had it easy. But they have not



seen the countless times I have resurrected myself when feeling dead inside, or how close I had come to giving up. They aren't aware of the discomfort I have endured while confronting my demons and fears. So don't be judgemental, you have not witnessed my journey yet and when you see me or anyone ever winning don't be jealous, for you have no idea of what people have lost during their losing season. Today after everything that happened to me, I everyday thank the girl in me that believed my life could be something magical even when the darkness was enough to chew me up and spit me out. Even when the ledge was close enough for me to end it all. I still chose life. And I owe it to her to make something incredible of myself. On the days I succeed I put my hand on my heart and whisper to her, 'THIS IS FOR YOU.'

- Rovina Dmello

Inter-Collegiate Poetry Competition



The 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
Poetry Competition (2023)**



*Let your emotions find thoughts and
thoughts find words*

Teacher Incharge

Dr. Cerena D'Cunha

I/C Principal

Prof. Dr. Giselle D'Souza

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 Poetry Competition

(Oct 30, 2023)

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



Nissa Shaikh

St. Teresa's Institute of Educatuion



**Maria Raichel
Chettiar**

Nirmala Memorial Foundation College of
Education



Elizabeth Anthony

St. Teresa's Institute of Educatuion

Sanaa Dumba

St. Teresa's Institute of Educatuion

Aafreen Sayed

All India Khilafat Committee College of
Education

**Kodikkatt
Krishnapriya Babu**

Sree Narayana Guru College Of Educatio

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

Love {1st Place}

In the realm of love, so pure and true,
As white as snow 'neath the sky so blue,
Yet, like snow, it can change its hue,
With feelings' shift, it alters too.

Once as vibrant as a lush, green scene,
It may turn to shades we've never seen,
Gray and black like the darkest dream,
Or red with passion, an intense gleam.

When betrayal's knife finds its mark,
Deep within, a wound in the dark,
It twists and turns, leaves a lasting mark,
Both smiles and tears in its memory arc.

Love, like snow, in its purest form,
Resilient through calm and every storm,
In hearts it lives, a lasting norm,
As bright and white as love's reform

- Nissa Shaikh

BREATHING IN THIS TOXIC AIR - LOOK HERE I AM ALIVE {2nd Place}

Breathing in this toxic air of our own faulty plan,
Drinking in the poison from dry streams, we drained
And left hollow for no man to walk on.

While the world beyond travels through time,
And rejoices the day when we leave behind our ashes and
dirt

And no memory of the vile things we did when alive.

Breathing in this toxic air, look here. I am alive!

Walking on the road alone since i am here in this era of
pollution, i suppose. A strenuous walk ever since I am
cautious.

Receiving the end of love is as gorgeous as the raindrops
falling drop-by-drop. Are we Gona meet these raindrops again
next year? Oh! Are you sure?

Breathing in this toxic air, look here. I am alive! (2)

The world which has undergone sea change,
With an attitude so strange.

The realms of earth are trying to survive
From something unknown and something very well-known.
Is it possible to imagine a dramatic climate change all of a
sudden?

Breathing in this toxic air, look here. I am alive!
Did you stop when the pollution caused deaths?
Mother earth replied with the thunder pain heads.
Seven billion and we can't take care of Our Mother Earth.
The beautiful Earth that we have, the precious gift beyond
imagination,
Remember that we are part of it and we must treat it with
Love, respect, and reverence.

Breathing in this toxic air, look here. I am alive!
The light pollution of cities extinguished the fire of the stars.
Yet the earthly feelings will never be able to mute the voice
of poetry within us!

Breathing in this toxic air, look here. I am alive! (2)
Now, all that was green is brown
And the water isn't clear.
It's been quite a while now.
The sound of nature has disappeared. Finally! I realize that
nothing is permanent, rather we are mere players of directors
of time, And yes, the world's a stage.
We have our own entrance and exit.

Breathing in this toxic air, look here. I am alive!

- Maria Raichel CheFar

An Array Of Truth {2nd Place}

Far amidst the Amber hue
Shown a dome white and blue
Lined with gems turquoise and jade,
A startling beauty which would never fade.
The birds flew in their utmost glee,
Crowning the dome wide and free
A sight admired by all and adorned by few Luckys were they
who resided, thought you
Unaware of what lay behind the shiny wall, A rather dark and
claustrophobic hall
With people garland in magnificent crowns, Unhappy were
they in their mighty gowns
Unmindful of what freedom meant,
Unaware of enchanting beauty the nature held the joy of feet
meeting the grass,
The fragrance of the mighty morass
Ignorant of the caterpillar shedding its skin, Ignorant of the
little bird spreading its wing Ignorant of the chorus the waves
sing Oh, how unfortunate were they to miss the thing!
But lucky were they for the world around, with a life free of
toil and bound.
Little did they know of the array of truth, The daring agony
their crowns behold, the unrest that their hearts bore.
Such conflicting are the opinions around, of people whose
lives are tranquil and sound, Unaware of how fortunate they
actually are, To live the pleasures the life's meant for.

-Sanaa Dumba

Goodbye {3rd Place}

It was indeed love at first sight,
You were sitting quietly in a dim light,
Along with your best friend and brother,
There was absolute silence with no one other.

I took you home in a small cage,
You were looking around,
For you; it was indeed a confusing phase.

We went home and then saw,
There were many others, just like you which left you in
awe.

Tiny you, scared and confused,
I offered you some seeds to eat, which you refused.
You were still getting used to your surroundings,
Hiding there under your little wings.

As time unfolded,
In your love we all got moulded.
By your sweet chirp every morning,
You used to wake us up by your gentle adorning.

Until one day you fell sick,
Looking at you in such a condition, my heart grew thick.
You promised you would always stay, was it all a lie?
Like a chapter in a book of tears, our story ended with a
bitter goodbye.

-Elizabeth Anthony

REFUSING TO BE SILENCED {3rd Place}

In Palestine's sacred land, a tale is told, Of people
struggling, hearts brave and bold, Amidst the pain
inflicted, they stand tall, Their spirits unyielding,
refusing to fall.

Their streets echo with the cries of despair, Their
homes demolished, a burden to bear, But from the
ashes, resilience takes flight, Their voices unite,
demanding what's right.

Through the haze of tears, hope shines bright, With
steadfast determination, they fight. For their dignity,
for freedom's embrace, They resist, armed with love
and grace.

The olive groves whisper stories of old, Of generations
who sought peace, truth be told. Their roots run deep,
imprinted in the land, Their spirit resilient, to
withstand.

From refugee camps to bustling streets, Every beating
heart a testament that greets, The world's conscience
with undeniable pain, Their existence a testament to
remain.

Though walls may divide, hearts intertwine, Their unity
woven in the fabric of time. In the face of oppression,
they rise above, A testament to resilience, unwavering
love.

No genocide can extinguish their fight, they'll stand for
justice, embracing the light.

- Aafreen akram sayed

Awakening Within {3rd Place}

In the quietness of solitude, I embarked on a search,
To discover my true self is a journey everyone must take.

Amidst the chaos of life's unrelenting flow,
I undertook a quest, with nothing to hide or show.

Through the maze of dreams, I wandered,
Within the realm of my thoughts, I found my abode.
I am seeking answers in the whispers carried by the wind,
To unlock the secrets held within.

I conquered the mountains of my fears,
Confronted demons, and wiped away tears.
In the mirror of deep reflection, I pondered,
Unveiling the layers of my inner world that wandered.

In the tender embrace of nature's beauty,
I encountered a reflection of my own identity.
In laughter and tears, both joys and struggles,
I discovered the essence of my authentic existence.

The inward journey, an endless pursuit,
In the tranquillity of self, I found my rightful tribute.

Accepting flaws and the light they reveal,
The self I discovered, no masks to conceal.
Eliciting the soul, while time rapidly passes,
Embarking on an odyssey, an invaluable revelation.
Uncovering one's true essence is to liberate genuinely,
There, in the depths of my heart, I dwell eternally.

- Krishnapriya Kodikkatt

THE BIG FIVE TALK SHOW

The Big Five Talk Show was held on 30th September 2023 on Zoom online forum. The event commenced at 8:15am. It was coordinated by Prof. Dr. Giselle D'Souza.



This event aimed at providing a platform for notable alumni to share their diverse experiences and insights into the realm of educational leadership where the organizers aimed to inspire, motivate and provide clarity to the current students, showcase diversity in educational paths, provide insights into educational leadership, highlight the global impact of education and promote a forward-looking approach.

The panel comprised five talented educators: Ms. Tracy Waller, Ms. Lynette Sequeira, Sr. Maria Jagtap, Ms. Arnavaz Kapadia and Ms. Sylvia Chettiar. These respected resource persons made remarkable and intriguing presentations about their respective boards which definitely provided the students with a deep insight into the core of the functioning of these schools affiliated to different boards of education.

As this session reached its final juncture, it left a lasting impact on students by offering inspiration, diverse perspectives, and practical insights into the different board types. The outcomes of the event contributed to the personal and professional growth of students, fostering a sense of purpose and direction in their academic and future endeavours.

Report of the International Webinar Revisiting Education Holistic Development through Empowered Minds

As part of the Memorandum of Understanding signed between St. Teresa's Institute of Education and Pushpanjali College of Education, the two institutions jointly organised a webinar on 6 May 2023. The theme of the webinar was '**Revisiting Education – Holistic Development through Empowered Minds**'. The webinar was attended by over 200 participants who took part in the proceedings via Zoom platform and the live YouTube streaming of the webinar.



The inaugural session began at 9.30 am with a prayer organised by Ms. Melita D'souza and Ms. Venisha Fernandes, S.Y.B.Ed students of St. Teresa's Institute of Education. The Principal of St. Teresa's Institute of Education Dr. Sr. Tanuja Waghmare then shared the rationale of the webinar and elucidated the need for the same in an ever-changing educational scenario. The webinar was sponsored by Bassein Catholic Co-operative Bank. Mr. Julius Machado gave his best wishes for the webinar on behalf of the bank.

Session One: Innovations in Education in the view of Digital Transformation

Resource Person: Mr. John Leonard, Teacher, Maryland, Annapolis, USA



students in content, review, and maintenance of documents. He shared how technology can be used to work in a smart way to organize one's work and to collaborate with others. He not only introduced the participants to many useful tech tools but he also highlighted the timeline of technology over the years. He explained how the ADDIE Model can be integrated into tech-based learning and demonstrated some interesting uses of Google Drive to organize content. He demonstrated the use of platforms like NearPod and Edpuzzle. He also shared how Newsela can be used by teachers to cater to students of different ability levels. He shared how AI tools like ChatGPT can be leveraged to make learning effective. Simultaneously, he also offered a word of caution about the use of AI based platforms emphasising that AI is a tool and not a replacement for teachers. Mr. Leonard also shared a list of various tech-based resources that participants could explore on their own and thus get enriched.

Session Two: Emerging Importance of Holistic Wellbeing of Students and faculty

Resource person: Dr. Gauri Hardikar, Life Skills Consultant and Coach, Sr Vice President, World Curriculum, USA



Dr. Gauri Hardikar discussed the dimensions of holistic development emphasizing how education for holistic wellbeing is a synergistic outcome of a blend of physical, mental, social and emotional development. Drawing the attention of the participants to the Post Covid scenario, she deliberated on the need to have supporting teachers. Her deliberations were substantiated with statistics and research findings. She discussed the what, why and how of holistic well-being peppering her inputs with anecdotes. Dr. Gauri drew from the ancient Indian system of education where the 64 kalas and 14 vidyas ensured a holistic multi-disciplinary education. Next, she discussed some best practices in happiness education from the global scenario sharing some interesting tips from the UNESCO Happy Schools Project. She then explained Dr. Martin Seligman's PERMA Model which revolves around the five core elements of happiness and well-being. Dr. Gauri offered some wonderful insights regarding how a value system needs to be developed. Thus, the session was a beautiful blend of philosophical and practical inputs.

Session Three: Quality Concerns in School Education

Resource Person: Ms. Upasana Sanghvi, Educator, Galaxy Education System, Rajkot



Ms. Upasana elucidated the basic aspects of quality education emphasising how quality education can lead to empowerment and help to promote peace and well-being. She shared some useful insights like making levelled worksheets to ensure differentiated instruction. Ms. Upasana shared some best practices such as '*Making Learning Visible*' which gives students a platform to showcase their learning and '*Good Work Project with Learning Buddies*' where students learn through peer interaction. She also emphasized the need to focus on skill-based learning and not just content-based learning. Ms Upasana expressed the need to encourage students to indulge in research so as to gain confidence in problem solving. She shared many takeaways from her own experiences as a teacher and urged the participants to coordinate with parents to help students attain their learning goals.

The webinar then concluded with a vote of thanks by Sr Delicia Fernandes, Principal in Charge of Pushpanjali College of Education.

Teamwork was evident all throughout the endeavour. The mentorship of the principals of the two institutions Dr. Sr. Tanuja Waghmare and Sr. Delicia Fernandes ensured smooth coordination. Dr. Joan Lopes, Dr. Cerena D'Cunha and Dr. Reshma Rodrigues of St Teresa's Institute of Education were the coordinators for the webinar.



The organising committee consisted of Dr. Giselle D'Souza, Dr. Cindrella D'Mello, Dr. Shakuntala Nighot from St Teresa's Institute of Education and Dr. Sheetal Chaudhari and Dr. Agnes D'Costa from Pushpanjali College of Education. The technological requirements were managed by Ms. Uriah Barboz and Ms. Rebecca Dias. Ms. Sanika Asolkar assisted with collation of feedback and certificates.

WORKSHOP ON SMARTs Investor Awareness Program

On 1st August 2024, in the multipurpose hall, a workshop on financial literacy was organised at St. Teresa's Institute of Education. The coordinator for this workshop was Prof. Dr. Joan Lopes. The resource person for this workshop was Mr. Omkar Parab.

The workshop began with the coordinator felicitating Sir Omkar Parab. Following this, Sir Omkar Parab introduced the purpose of conducting the workshop. The session commenced at 12:00 noon. Mr. Parab covered various aspects of funding management, including budgeting, investment strategies, and savings plans. He also explained economic concepts, particularly inflation, and demonstrated their relevance to everyday financial decisions. A distinctive feature of the workshop was Mr. Parab's use of historical examples, such as stories from the World Wars, to illustrate complex economic principles. This approach helped Students grasp the impact of historical events on financial practices and their implications on modern financial management.

Throughout the session, Students gained valuable insights into managing personal finances effectively and understanding broader economic trends. The workshop concluded with a Q&A session, where the students had the opportunity to discuss their queries and gain further clarity on the topics presented. The workshop was an informative and engaging experience that equipped students with practical knowledge and skills for better financial planning. The session ended at 1:00 p.m. with a vote of thanks given by one of our students.



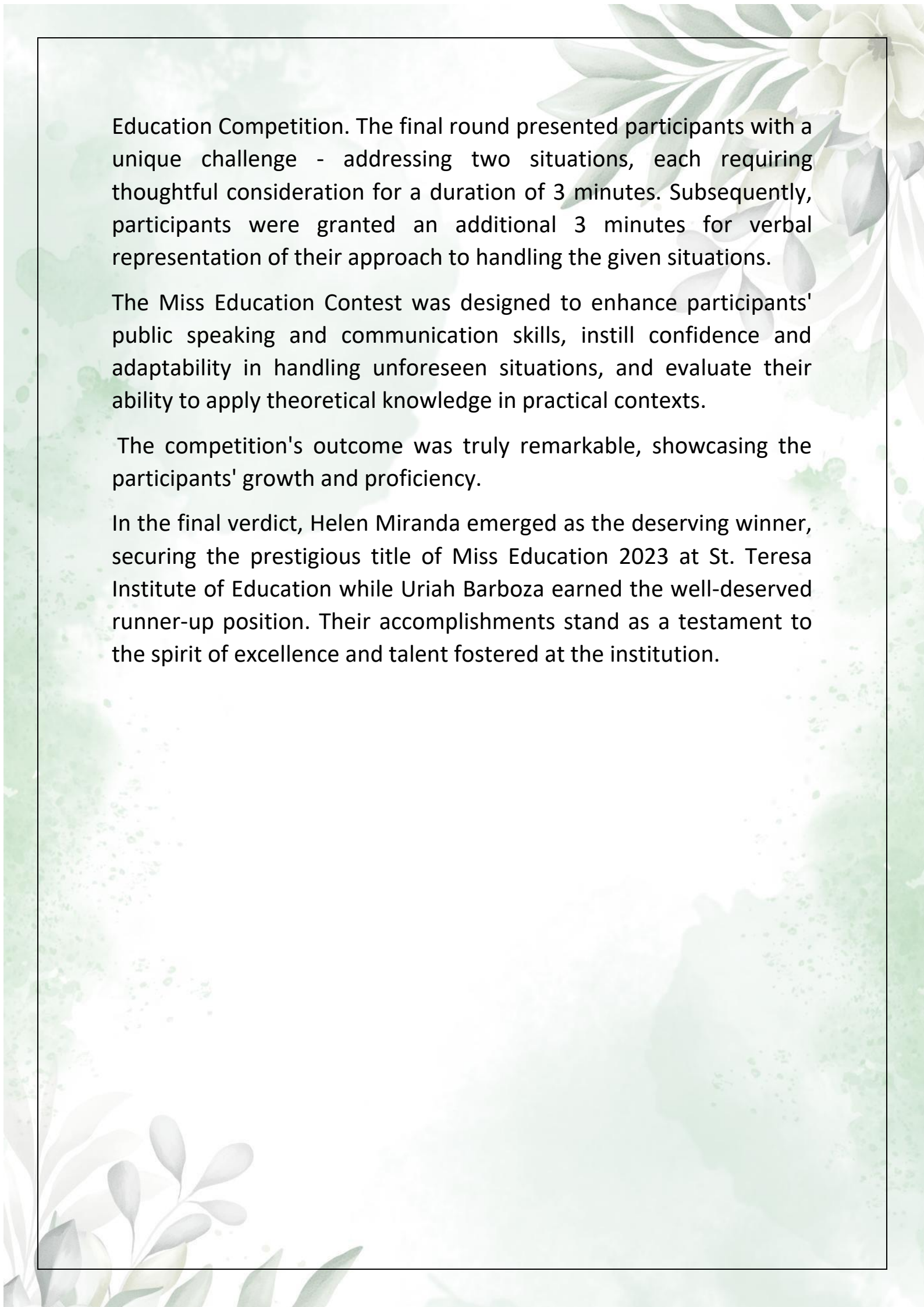
MISS EDUCATION COMPETITION: 14th October 2023



St. Teresa Institute of Education successfully hosted the ***Miss Education Competition*** on ***October 14th 2023***, orchestrated with precision by the dedicated coordinator, Dr. Reshma Rodrigues, and under the leadership of the esteemed Principal, Dr. Giselle D'Souza. The event, held in the multi-purpose hall at 11:00 AM, was enriched by the presence of resource persons Mrs. Maninder Walia, Mrs. Sofia Dabrieo, and Ms. Natasha Fernandes, who served as judges and did their best to assess and award the title to the most deserving participant.

The support extended by other esteemed faculty members, as well as the dedication of students, played a crucial role in the event's success.

Preceding the finals, a rigorous audition process was conducted, resulting in the selection of 15 talented contestants for the Miss



Education Competition. The final round presented participants with a unique challenge - addressing two situations, each requiring thoughtful consideration for a duration of 3 minutes. Subsequently, participants were granted an additional 3 minutes for verbal representation of their approach to handling the given situations.

The Miss Education Contest was designed to enhance participants' public speaking and communication skills, instill confidence and adaptability in handling unforeseen situations, and evaluate their ability to apply theoretical knowledge in practical contexts.

The competition's outcome was truly remarkable, showcasing the participants' growth and proficiency.

In the final verdict, Helen Miranda emerged as the deserving winner, securing the prestigious title of Miss Education 2023 at St. Teresa Institute of Education while Uriah Barboza earned the well-deserved runner-up position. Their accomplishments stand as a testament to the spirit of excellence and talent fostered at the institution.

ENGLISH LANGUAGE DAY

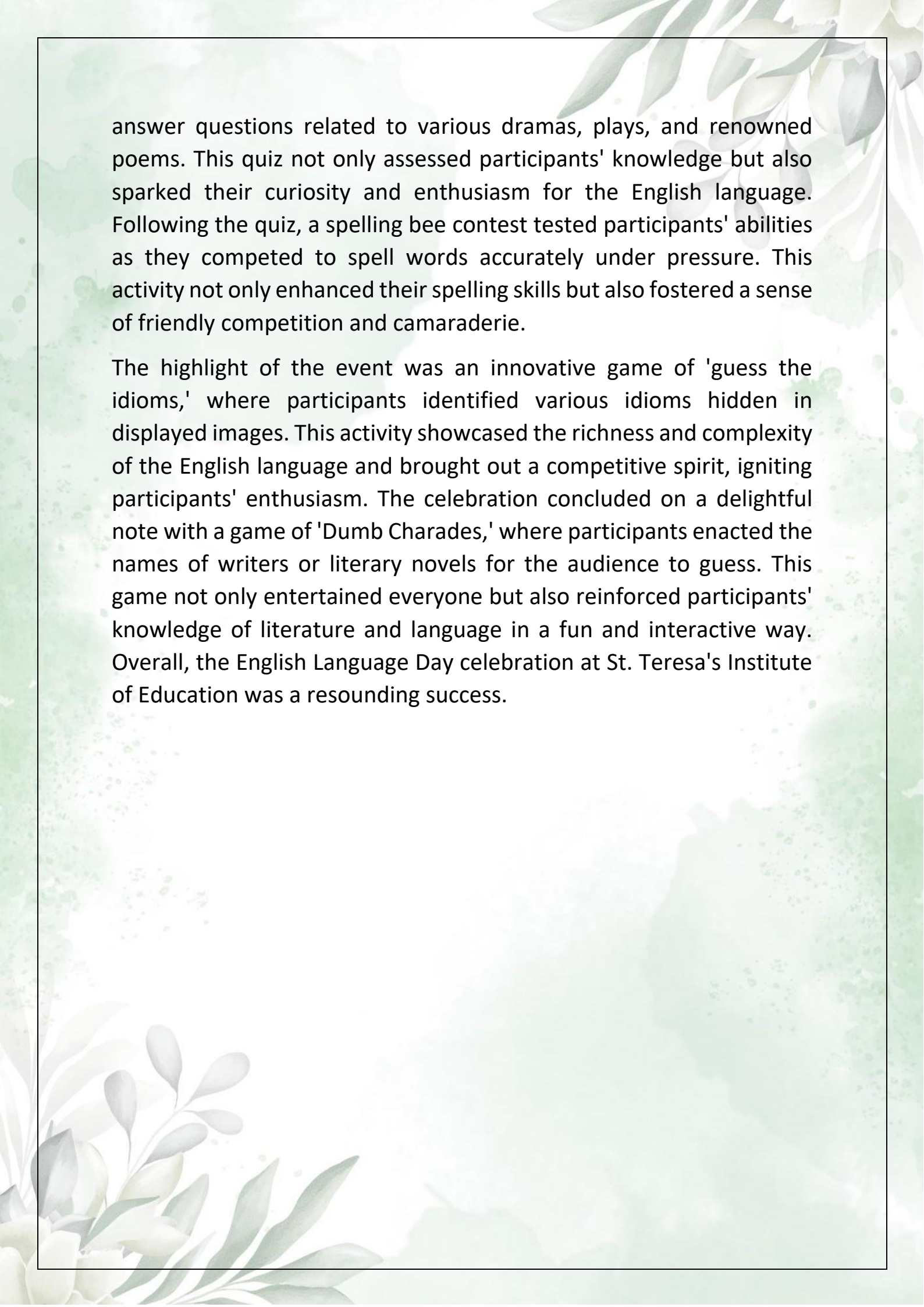


Date: 29th February 2024

Venue: Multipurpose hall

On the 29th of February 2024, a vibrant celebration of English Language Day took place at St. Teresa's Institute of Education in the multipurpose hall, organised by the First Method English students of the S.Y.B. Ed under the coordination of Dr. Cerena D’cunha. The aim of this lively session was to promote linguistic diversity, appreciate the rich cultural heritage of the English language, celebrate the contributions of English literature, and encourage language learning and proficiency in English, regardless of participants' native language or background.

The event commenced with an engaging quiz that challenged participants to guess the meanings of words, identify authors, and



answer questions related to various dramas, plays, and renowned poems. This quiz not only assessed participants' knowledge but also sparked their curiosity and enthusiasm for the English language. Following the quiz, a spelling bee contest tested participants' abilities as they competed to spell words accurately under pressure. This activity not only enhanced their spelling skills but also fostered a sense of friendly competition and camaraderie.

The highlight of the event was an innovative game of 'guess the idioms,' where participants identified various idioms hidden in displayed images. This activity showcased the richness and complexity of the English language and brought out a competitive spirit, igniting participants' enthusiasm. The celebration concluded on a delightful note with a game of 'Dumb Charades,' where participants enacted the names of writers or literary novels for the audience to guess. This game not only entertained everyone but also reinforced participants' knowledge of literature and language in a fun and interactive way. Overall, the English Language Day celebration at St. Teresa's Institute of Education was a resounding success.

N – LIST ORIENTATION

Date: 29th Nov 2023

Venue: Multipurpose Hall

Time: 1:30pm to 3:00 pm

An N-LIST (National Library and Information Services Infrastructure for Scholarly Content) orientation program for FY B.Ed. (23-24) students were organised at St. Teresa's Institute of Education on November 29, 2023, from 1:30 PM to 3:00 PM. The program was organised by Dr. Shakuntala Nighot, the librarian in charge of the STIE library.

The primary objective of the session was to introduce students to the 24/7 accessible, rich resources offered by the N-LIST Consortium. N-LIST membership was activated for all participants by generating individual user IDs and passwords, enabling 24/7 access to a vast consortium of e-journals and e-books.

Forty-eight FY B.Ed. students attended the orientation. The session provided guidance on registering with the National Digital Library of India and becoming members of the STIE NDLI club. Information was also shared about the annual STIE Best Library User Award and its eligibility criteria.

The program was highly beneficial, as it facilitated easy access to information anytime, anywhere, and by anyone, without physical constraints. N-LIST is a valuable tool for finding scholarly resources to aid in syllabus preparation, note-taking, assignment completion, and project work. The session proved to be fruitful for all participating students.

FORMAL WELCOME TO FYS OF BATCH 2023-2025.

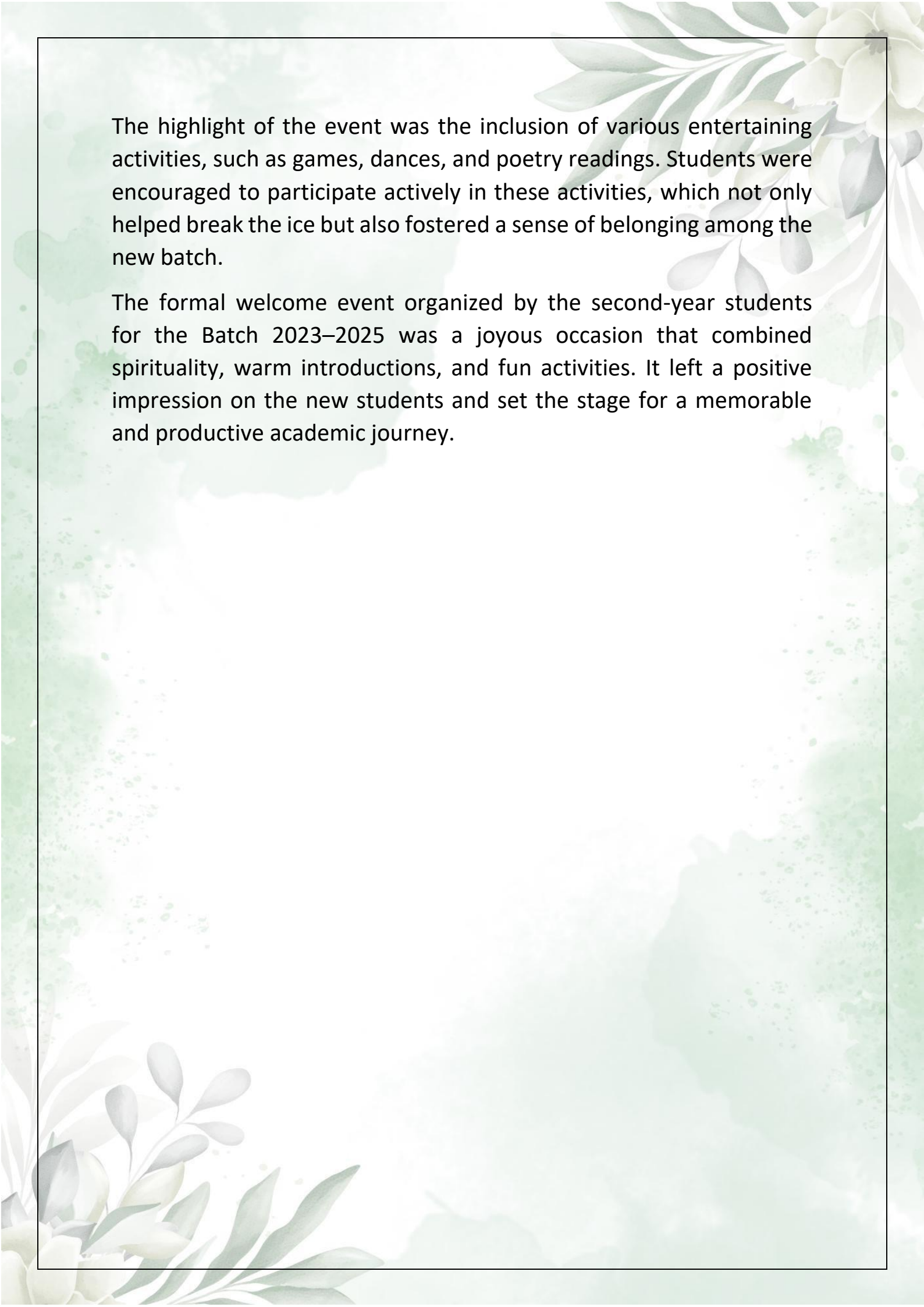


Date: November 2, 2023

Venue: Multiple Purpose Hall

The formal welcome event for the First-Year Students (FYS) of the Batch 2023–2025 at St. Teresa's Institute of Education was a resounding success. The event, conducted by the student council members along with second-year students, took place in the Multipurpose Hall from 10:00 AM to 11:00 AM. It commenced with a serene and heartwarming prayer service, where students and faculty members came together to thank God and seek His blessings for this new beginning in the students' educational journey. This spiritually uplifting start set a positive tone for the rest of the event.

Following the prayer service, the professors and council members were introduced by the students, creating a warm and welcoming atmosphere for the FYS. These introductions helped the new students become familiar with the educators and administrators who would guide them throughout their academic journey.



The highlight of the event was the inclusion of various entertaining activities, such as games, dances, and poetry readings. Students were encouraged to participate actively in these activities, which not only helped break the ice but also fostered a sense of belonging among the new batch.

The formal welcome event organized by the second-year students for the Batch 2023–2025 was a joyous occasion that combined spirituality, warm introductions, and fun activities. It left a positive impression on the new students and set the stage for a memorable and productive academic journey.

Dr. APJ Abdul Kalam Book Display

Date: 16th - 23rd October, 2023

Time: 8:30 AM - 4:10 PM

Faculty: Arts

Coordinator: Dr. Shakuntala S. Nighot

Venue: St. Teresa's Institute of Education Library

St. Teresa's Institute of Education Library organized a captivating book display dedicated to the illustrious Dr. APJ Abdul Kalam from October 16th to 23rd, 2023. This initiative, spearheaded by Dr. Shakuntala S. Nighot, aimed to inspire and enlighten the institute's students and staff by showcasing the extraordinary life and groundbreaking work of the renowned scientist and former President of India.

The meticulously curated selection of books on display provided a comprehensive insight into Dr. Kalam's inspiring journey, his visionary ideas, and his enduring legacy. By immersing themselves in these enlightening texts, students and staff were able to gain a deeper appreciation for Dr. Kalam's invaluable contributions to the fields of science, technology, and nation-building. The event proved to be a resounding success, igniting a renewed interest in Dr. Kalam's life and work among the students. It motivated them to embrace his principles of hard work, perseverance, and dedication, inspiring them to strive for excellence in their own academic and personal pursuits.

Human Rights Book Display

Date: 10th - 14th December, 2023

Time: 8:30 AM - 4:10 PM

Coordinator: Dr. Shakuntala S. Nighot.

A Human Rights Book Display was organized from 10th to 14th December 2023 at St. Teresa's Institute of Education Library. This initiative, coordinated by Dr. Shakuntala S. Nighot, aimed to raise awareness about human rights issues and challenges. The display showcased a curated selection of books from the library's collection, covering a wide range of topics such as human rights violations, social justice, and international human rights law. The display was strategically placed in the library, ensuring maximum visibility and accessibility to students and staff. The books were categorized by theme, making it easy for visitors to explore topics of interest. Additionally, informative posters and flyers were placed around the display to provide additional context and encourage further reading.

The event was a resounding success, with a significant number of students and staff members visiting the display. The interactive nature of the display, coupled with the diverse range of books, sparked numerous discussions and debates among the visitors. Many students expressed their gratitude for the opportunity to learn about pressing human rights issues and to engage with thought-provoking literature. The Human Rights Book Display not only raised awareness about human rights but also fostered a sense of social responsibility among the institute's community. It encouraged critical thinking, empathy, and a commitment to social justice. The success of this event highlights the importance of incorporating human rights education into academic curricula and promoting a culture of human rights awareness.

Marathi Pandharwada Divas

Time: - 1:30 to 3:00 pm


Location: - St. Teresa's Institute Multi-purpose hall.

Date: - 17th Jan 2024

On January 17, 2024, between 1:30 pm and 3:00 pm, St. Teresa's Institute of Education, Santacruz (W), hosted a movie screening event in their multipurpose hall featuring "Anandi Gopal," a Marathi film depicting the inspiring journey of India's first female doctor Dr Anandi Joshi. Dr. Shakuntala Nighot oversaw the event, offering guidance throughout.

Later, on January 23, 2024, also from 1:30 pm to 3:00 pm, the institute continued the movie screening followed by Marathi handwriting competition in the same venue. The competition aimed to evaluate students' handwriting for its neatness and precision, with participants tasked to transcribe a dictated preamble. Assisting in coordinating the competition were senior students from S.Y. B.Ed., namely Soniya and Aishwarya.

Concluding the series of events, the prize distribution ceremony occurred on March 1, 2024, at 11:30 am in St. Teresa's Institute of Education's multipurpose hall. During this event, the competition winners were officially announced and acknowledged for their accomplishments. Carren Dabre clinched the first prize, followed by Sr. Jeena Bandya in second place for shuddha lekhan (शुद्ध लेखन), and Sanika Dhapsi and Cornelia Rebello for the handwriting competition.



The event series proved to be highly fruitful, offering attendees not only an inspiring cinematic experience with “Anandi Gopal” but also an opportunity to showcase their handwriting skills in the Marathi handwriting competition. Overall, the event series served as a platform for both cultural enrichment and academic recognition within the St. Teresa’s Institute of Education community.

‘Hindi Diwas’

Time:- 10am to 1pm

Location:- St. Teresa’s Institute Multi-purpose hall.

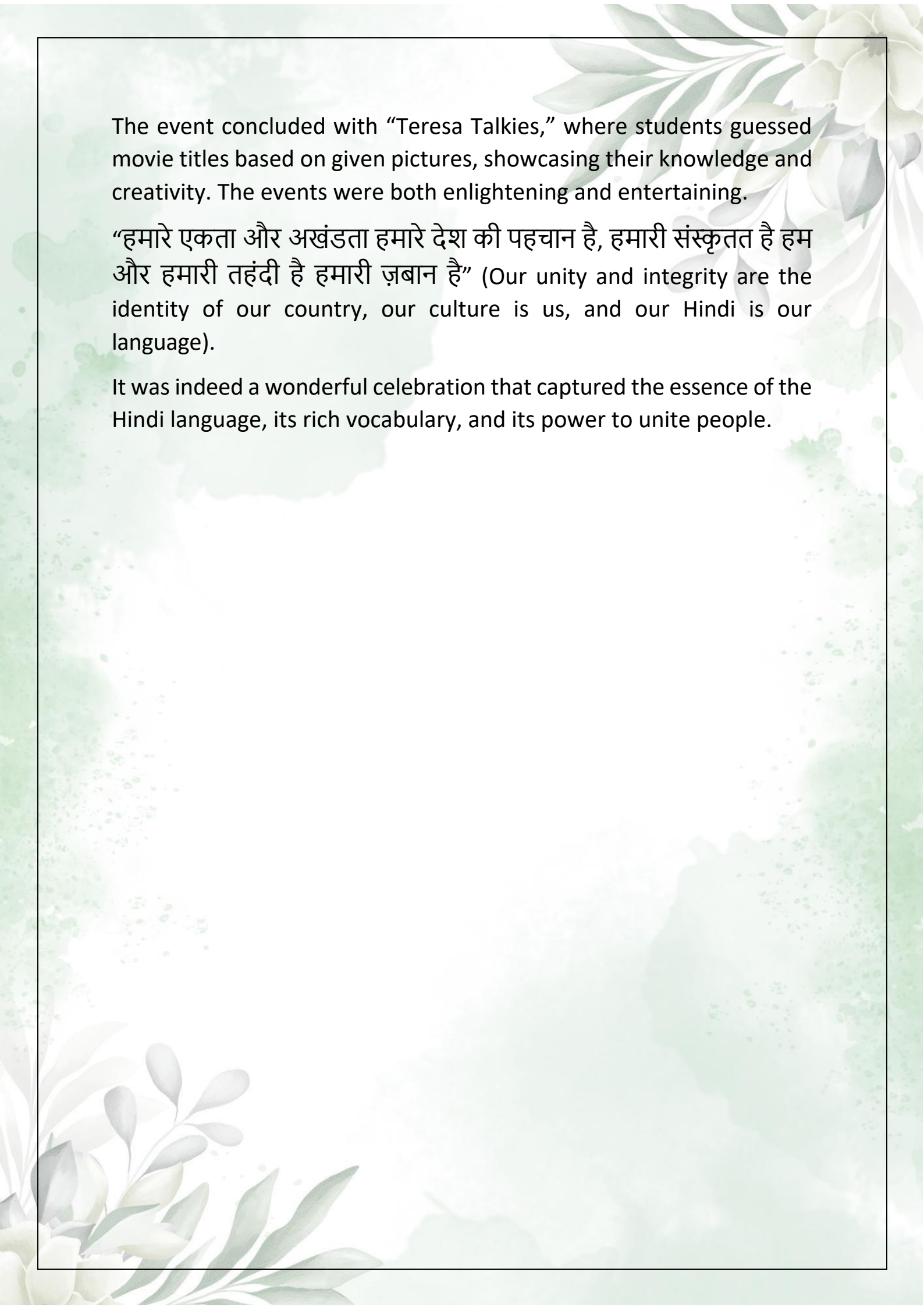
Date:- 19th September 2024.

St. Teresa’s Institute of Education celebrated Hindi Diwas on September 19th. Hindi Diwas has been celebrated annually on September 14th since its establishment in 1963. This year’s theme was “Hamari Hindi, Hamari Pehchan” (Our Hindi, Our Identity).

The event was conceptualized by Dr. Joan Lopes and coordinated by the SY students of St. Teresa’s. The day was filled with quizzes, stories, proverbs, and games that showcased the rich vocabulary of the Hindi language and evoked a sense of nostalgia.

The day began with a morning assembly conducted entirely in Hindi, highlighting the importance and significance of Hindi Diwas. Students participated in various activities, divided into groups. The day kicked off with an expansion of proverbs activity where students created original poems and unique skits based on proverbs like “बँदू बँदू से सागर बनती है” and “श त ीी, समथ ीी,” demonstrating a deeper appreciation for the language.

This was followed by a creative writing contest where students continued a given prompt, crafting captivating and exhilarating stories that impressed everyone. A mind game and picture-to-song quiz tested students’ interpretive skills as they translated pictures into Hindi words. The competition was fierce and created an enthusiastic atmosphere.



The event concluded with “Teresa Talkies,” where students guessed movie titles based on given pictures, showcasing their knowledge and creativity. The events were both enlightening and entertaining.

“हमारे एकता और अखंडता हमारे देश की पहचान है, हमारी संस्कृति है हम और हमारी तहंदी है हमारी ज़बान है” (Our unity and integrity are the identity of our country, our culture is us, and our Hindi is our language).


It was indeed a wonderful celebration that captured the essence of the Hindi language, its rich vocabulary, and its power to unite people.

Independence Day



On the occasion of 78 years of India's Independence, our college and History Department conducted different competitions and students of SYB.ED actively participated in five competitions organized by the History Department, reflecting a blend of knowledge, creativity, and patriotism. These competitions aimed to instill a sense of patriotism and encourage creative participation among students. The celebration started with a wonderful assembly that brought together students, teachers, and staff in a patriotic and emotionally charged atmosphere. The assembly was reflection of national pride and unity, combining cultural performances, speeches, and tributes to the freedom fighters who fought for our country's independence.

The first event was an online Kahoot quiz, where six internship groups participated wholeheartedly. This interactive quiz tested the participants' knowledge about India's independence, its history, and the milestones achieved over the years. The event was filled with excitement as each team battled to score points, answering questions accurately and swiftly.



In the second competition, participants were tasked with solving a puzzle related to freedom fighters. This event tested their problem-solving skills and teamwork, as groups worked together to complete the challenge within the given time frame.

The third event was a singing competition, where participants showcased their vocal talents by performing patriotic songs. The performances were heart-warming, with participants bringing out the essence of unity and freedom through music. The enthusiasm and passion reflected in the songs filled the atmosphere with a deep sense of pride for the nation. The phrase “Music is Magic” truly resonated as each performance filled the room with emotion, unity, and a sense of belonging to our great nation. This event stood out as it allowed students to express their love for the country through the universal language of music.


The fourth competition was a creative one, where participants designed bookmarks reflecting the spirit of Independence Day. Students used various elements like the national flag, freedom fighters, and inspirational quotes to create unique and artistic bookmarks that paid homage to India’s journey to freedom.

In the fifth event, participants prepared dishes that represented the colors of the national flag—saffron, white, and green. This competition not only highlighted the culinary skills of students but also symbolized the unity and diversity of India. The participants crafted a range of creative and delicious tricolor dishes, making it a memorable event. Overall, these competitions brought out the best in our college students, fostering a sense of national pride and unity as we celebrated this significant milestone in India’s history. The event came to close with the announcement of the winners in each competition and a vote of thanks given by a member of our history department. The entire event was a well-coordinated and heartfelt tribute to the nation, making it a truly memorable experience for everyone.

75th Republic Day Celebration

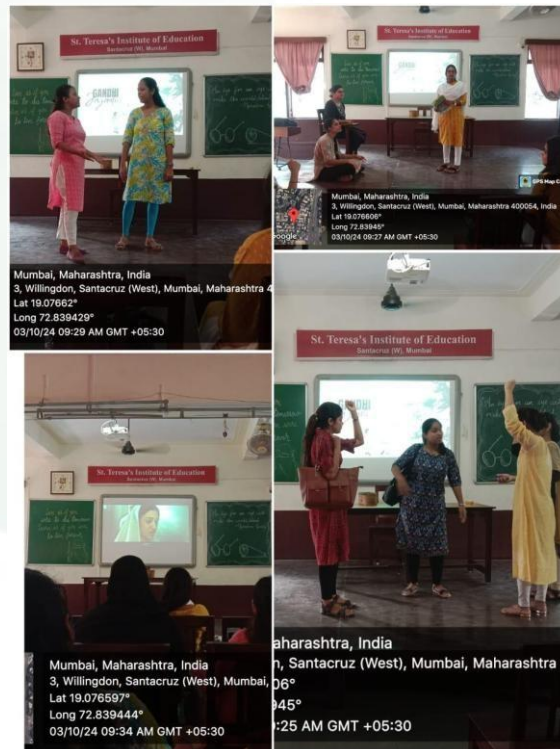


We all enjoy celebrating the different festivals all around our country but we take pride and honor more so while celebrating our national days in the month of August and January. This year marks the 75th year when India as a country adopted its Constitution. This Constitution stands as a center that makes us unique from other countries and gives its citizens the feeling of oneness. As a culturally and religiously diverse country, The Constitution of India helps each one of us exercise our rights and duties as citizens of this nation. On the 26th of January, 2024 the entire Teresian family gathered at St. Teresa's School ground to commemorate the 75th Republic Day by hoisting the flag with pride followed by a melodious chorus singing *Jana Gana Mana*. The STIE family then moved upstairs to the Multipurpose Hall to continue their celebration. We started by invoking God's blessings and praying for each person that serves our country, and for the protection of all citizens. This was followed by a small input on 'Republic Day' that



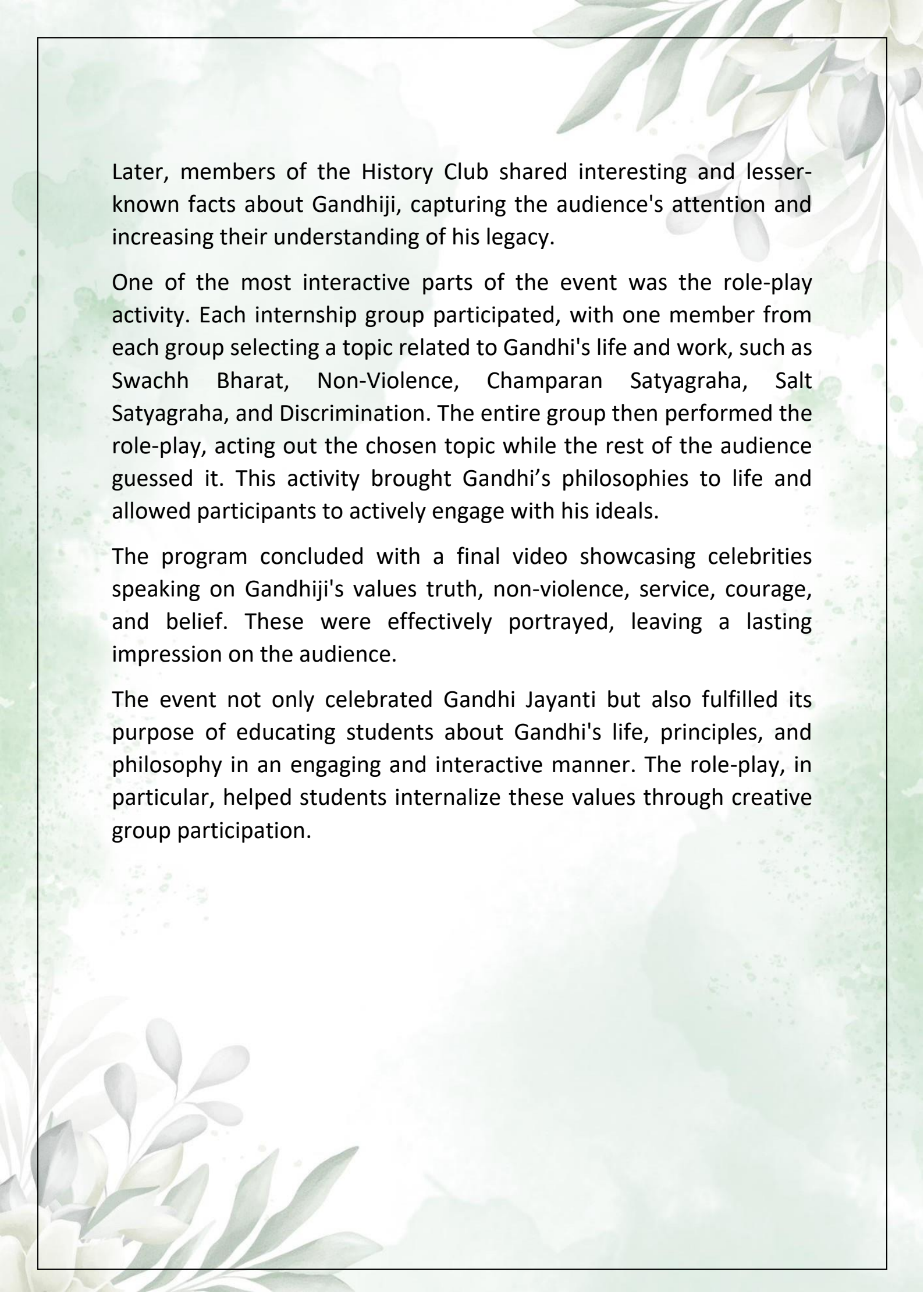
covered the essence of this joyous occasion followed by a moving and inspiring video on *love for one's nation*. The F. Y. B.Ed. students then sang a medley of patriotic songs followed by the Flag Song and National Anthem. We all wished each other and spread cheer not just at STIE but also with those at home. It was indeed a marvelous and jubilant celebration.

Gandhi Jayanti Celebration



The Gandhi Jayanti celebration at our college, organized by the History Club and coordinated by Joan Lopez, took place in the multipurpose hall at 8:30 AM. The event was held with the aim of celebrating Mahatma Gandhi's birth anniversary and instilling his values of non-violence, truth, service, and self-reliance among students. The program started with a prayer, followed by a motivational video titled "Change Within - Celebrate the Mahatma," which reminded everyone of Gandhi's profound influence on individual and social change. A club member then recited a moving Hindi poem about Gandhiji, and two speeches were delivered one in English and one in Hindi exploring Gandhiji's life, his contributions to India's freedom struggle, and the importance of his principles even today.

The event continued with the playing of the famous devotional song "Vaishnava Janato," which deeply resonated with Gandhi's spirituality. Following this, a song from the movie "Gandhi Godse - Ek Yudh" was played, adding a cultural and historical touch to the celebration.



Later, members of the History Club shared interesting and lesser-known facts about Gandhiji, capturing the audience's attention and increasing their understanding of his legacy.

One of the most interactive parts of the event was the role-play activity. Each internship group participated, with one member from each group selecting a topic related to Gandhi's life and work, such as Swachh Bharat, Non-Violence, Champaran Satyagraha, Salt Satyagraha, and Discrimination. The entire group then performed the role-play, acting out the chosen topic while the rest of the audience guessed it. This activity brought Gandhi's philosophies to life and allowed participants to actively engage with his ideals.

The program concluded with a final video showcasing celebrities speaking on Gandhiji's values truth, non-violence, service, courage, and belief. These were effectively portrayed, leaving a lasting impression on the audience.

The event not only celebrated Gandhi Jayanti but also fulfilled its purpose of educating students about Gandhi's life, principles, and philosophy in an engaging and interactive manner. The role-play, in particular, helped students internalize these values through creative group participation.


Waste Management



On October 5th, 2023, the Arts Education department of St. Teresa's Institute of Education organized a workshop on waste management for the S.Y. B.Ed. batch student-teachers and faculty members. The workshop, titled "Waste Invest or Invest It," aimed to orient student-teachers to the importance of waste management, sensitize citizens to sustainable living, and propagate awareness about waste segregation and domestic composting.

The workshop was conducted by Ms. Sumedha Bhirde, Research and Sustainable Programs Manager at RGR Greenlife Pvt. Ltd. The session began with a presentation explaining the four-bin approach to waste segregation, followed by a demonstration of the domestic aerobic bio composter installed on the campus. The resource person shared success stories of societies and residential buildings practicing sustainable waste management approaches.

The workshop was attended by 53 participants, including 48 B.Ed. student-teachers and faculty members. The session was supported by Dr. Giselle D'souza, Dr. Joan Lopes, Dr. Cindrella D'Mello, Dr. Cerena D'Cunha, and Dr. Reshma Rodrigues.




The outcome of the workshop was that student-teachers and faculty members were sensitized to the need for waste management and sustainable living. Participants were encouraged to create innovative designs for sustainable solutions and practice composting at home.

Vachan Prerana Diwas



Vachan Prerana Diwas was held on 19th October 2023 for the S.Y.B.Ed students. The event was organized by Dr. Shakuntala Nighot to promote a reading culture and inspire a love for books and literature among our students and participants.

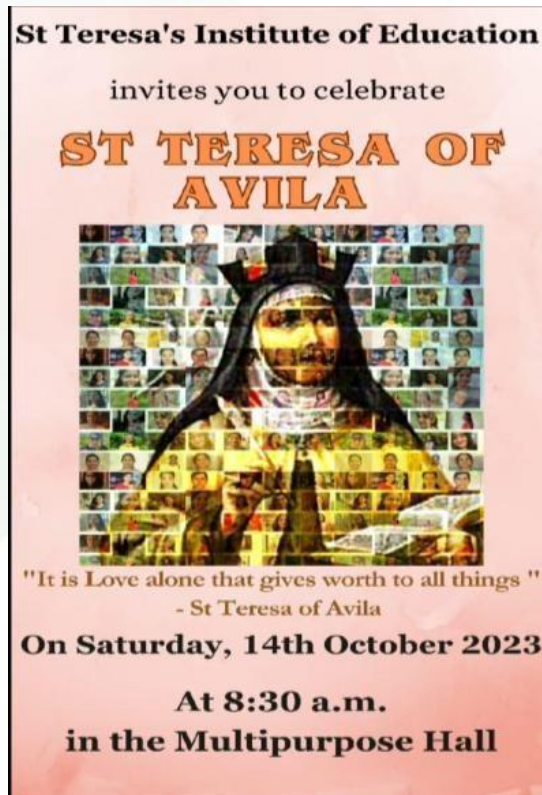
The day began with a theme-based assembly where students and teachers gathered to celebrate the joy of reading. The assembly was centered around the importance of books and their impact on our lives. Thereafter, a quiz competition was conducted to test the knowledge and understanding of the participants about famous authors, literary works, and general book-related facts. This competition engaged the students in a fun and educational way. Furthermore, a movie screening related to Abdul Kalam was presented which enlightened the students. Thereafter, the library was transformed into a mini book fair with a diverse selection of books from various genres. The students had the opportunity to browse and borrow books of their choice. This activity aimed at sparking interest in a wide range of reading materials. A book review competition was held as well where students shared their insights and opinions about their favorite books. This encouraged



critical thinking and communication skills among the participants. Students engaged in a creative session where they made personalized bookmarks. This craft activity allowed them to express themselves artistically and also encouraged them to use their handmade bookmarks when reading. The event concluded with a formal vote of thanks by Ms. Sancia Andrades expressing heartfelt gratitude towards the In charge Principal Dr. Giselle D'souza, the staff, and the students who played a pivotal role in organizing Vachan Prerna Divas.

In conclusion, Vachan Prerna Divas was a successful event that achieved its goal of inspiring and encouraging a love for reading and literature among the participants. The activities organized throughout the day provided a well-rounded experience for all, fostering a culture of reading within our school/organization. We are committed to continuing efforts to promote the importance of reading and look forward to future initiatives that encourage our students to explore the world through books.

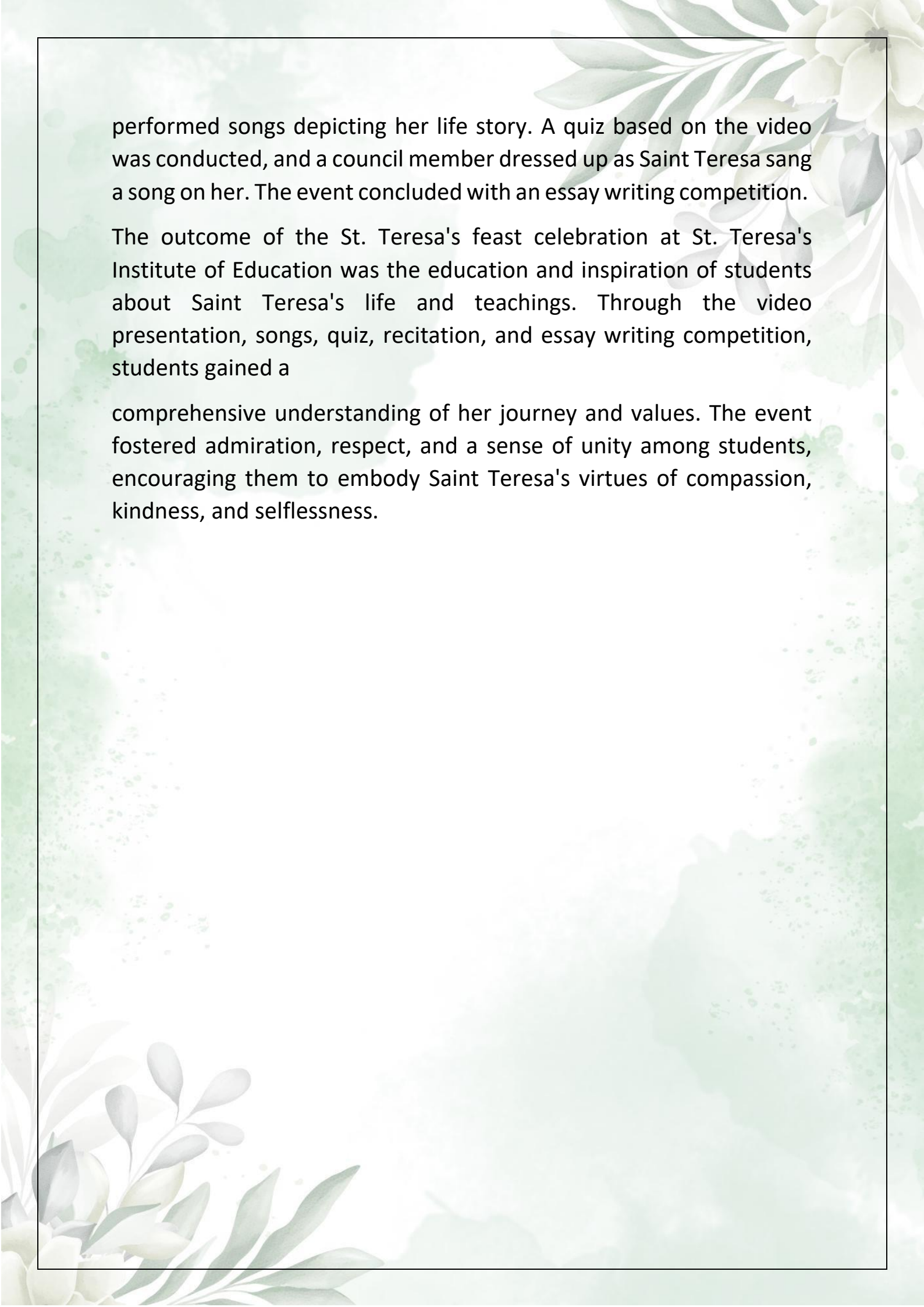
St. Teresa's Feast Celebration



St. Teresa Institute of Education successfully hosted the ***St. Teresa's Feast Celebration*** on ***October 14th 2023***, orchestrated with precision by the dedicated coordinator, Dr. Reshma Rodriguez, and under the leadership of the esteemed Principal, Dr. Giselle D'Souza. The event, held in the multi-purpose hall at 8:30 AM.

St. Teresa's Feast Celebration was conducted to commemorate and honor the life and teachings of Saint Teresa. The event aimed to educate students about her journey, inspire them with her devotion, and foster a sense of admiration and respect for her humanitarian work.

The celebration involved several components. It began with an assembly to gather all the students, followed by a video presentation showcasing Saint Teresa's life journey. Different house groups

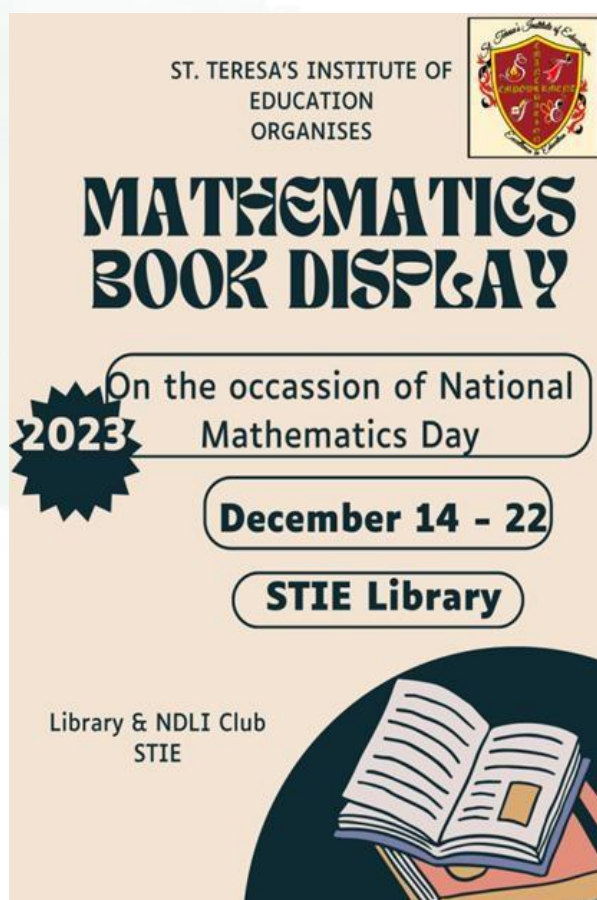


performed songs depicting her life story. A quiz based on the video was conducted, and a council member dressed up as Saint Teresa sang a song on her. The event concluded with an essay writing competition.

The outcome of the St. Teresa's feast celebration at St. Teresa's Institute of Education was the education and inspiration of students about Saint Teresa's life and teachings. Through the video presentation, songs, quiz, recitation, and essay writing competition, students gained a

comprehensive understanding of her journey and values. The event fostered admiration, respect, and a sense of unity among students, encouraging them to embody Saint Teresa's virtues of compassion, kindness, and selflessness.

Mathematics Book Display



As National Mathematics Day is celebrated on 22nd December, a math book display has been arranged in the library from 14th December to 22nd December. The event was coordinated by our librarian Dr. Shakuntala S. Nighot and the display was visited by the B.Ed students, D.Ed students as well as the staff.

The display was organized to spark curiosity among the students and foster a love for Mathematics by presenting engaging and accessible Mathematics books from the library collection. Through this event, students were able to explore and experience the beauty and practicality of Maths.

As a result, the book exhibition ignited an enthusiasm and interest for Mathematics among the students and the staff.


MARATHI BHASHA GAURAV DIN



Date: 01 March 2024

Venue: Multipurpose hall

On March 1, 2024, St. Teresa's Institute of Education proudly celebrated Marathi Bhasha Gaurav Divas, a day dedicated to honoring the Marathi language and its rich cultural heritage. The event was conducted under the guidance of Dr. Joan Lopes, and the F.Y.B.Ed. students took the lead in organizing a variety of cultural activities reflecting the diversity and richness of Maharashtrian culture.

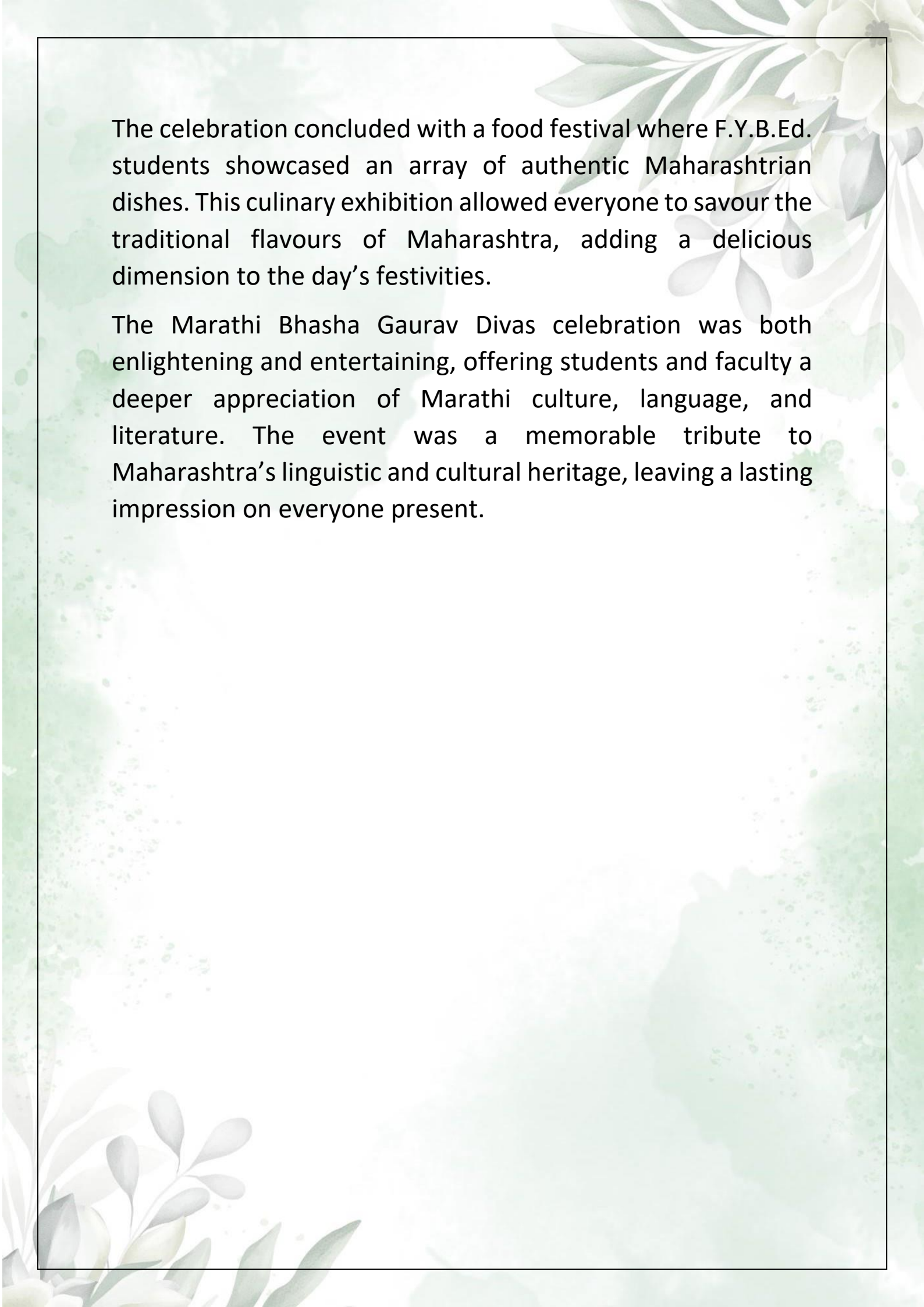


The day began with a morning assembly conducted in Marathi, setting a respectful and enthusiastic tone for the event. During the assembly, students highlighted the importance and significance of Marathi Bhasha Gaurav Din, emphasizing its role in preserving and celebrating the Marathi language and literature.

Continuing the celebration of Marathi literature, Ms. Eesha Choudhary and her team presented a traditional Marathi ballad, Powada, narrating the heroic tales and valour of Maharashtra's rich history. This was followed by a quiz organized by Ms. Siyora and her team, which focused on Marathi language and literature. The quiz was both engaging and educational, enriching the students' understanding of Marathi heritage.

The event also featured lively performances of traditional Marathi songs and dances, showcasing the colorful folk culture of Maharashtra. Students paid homage to the cultural heritage of Vasai, a region known for its vibrant folk traditions, through a fusion of songs and dance performances that captivated the audience.

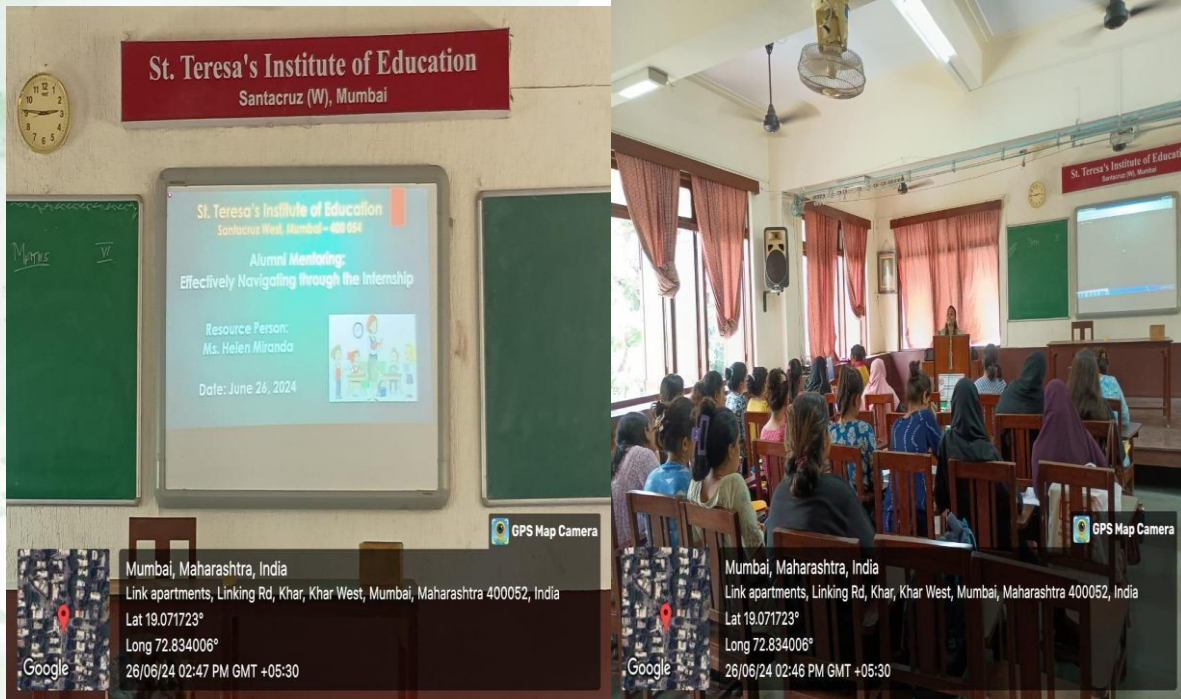
Adding to the cultural immersion, the resource person, Ms. Sushma Saldana, shared insights into the heritage and significance of the Marathi language, enlightening the students on the historical and cultural pride associated with it. A video presentation further illustrated the profound significance and pride associated with Marathi, reinforcing the day's theme.



The celebration concluded with a food festival where F.Y.B.Ed. students showcased an array of authentic Maharashtrian dishes. This culinary exhibition allowed everyone to savour the traditional flavours of Maharashtra, adding a delicious dimension to the day's festivities.

The Marathi Bhasha Gaurav Divas celebration was both enlightening and entertaining, offering students and faculty a deeper appreciation of Marathi culture, language, and literature. The event was a memorable tribute to Maharashtra's linguistic and cultural heritage, leaving a lasting impression on everyone present.

Alumni Mentoring




Date: 26th June 2024

Time: 8:00 am onwards

Venue: Multi-purpose Hall, St. Teresa's Institute of Education

Topic: Alumni Mentoring: Effectively navigating through the Internship

The session aimed to familiarize F.Y. B.Ed. students with the tasks and procedures to be carried out during their internship and highlight the various skills needed for successful completion. Ms. Helen Miranda began by briefing the students on the overall objectives and structure of the internship. She detailed the organizational skills required to complete tasks efficiently and on time, such as time management, task prioritization, and effective communication.

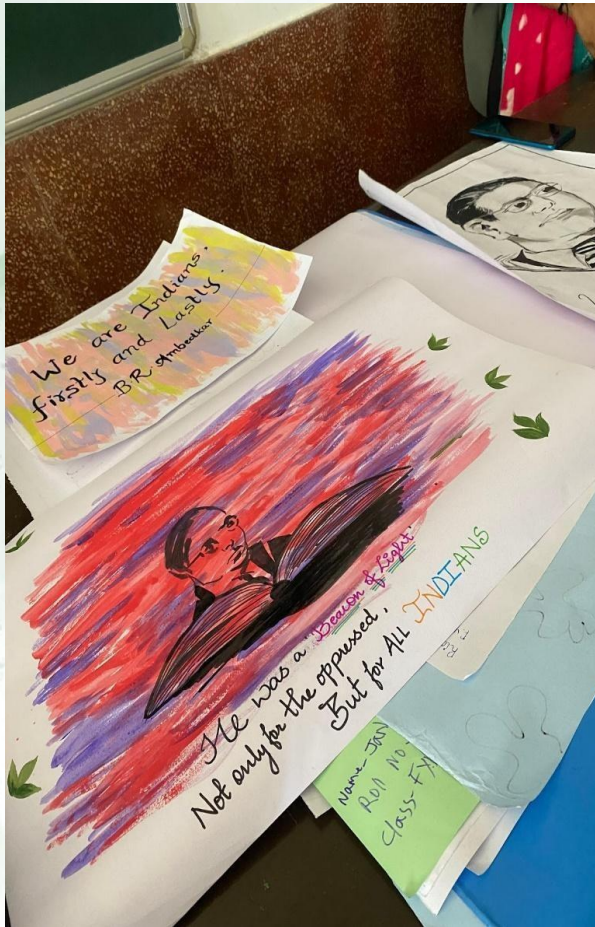


Ms. Helen Miranda emphasized the importance of resilience, encouraging students to overcome setbacks and remain focused on their goals. She shared her personal experiences as a teacher-trainee, illustrating how the internship played a pivotal role in her professional development and helped her grow as an educator.

The outcome of the session was multifaceted. Students gained a clear understanding of the aims and procedures associated with the internship. They were inspired to view the internship not just as a requirement but as a valuable professional learning experience that would enrich their teaching skills and career prospects. The session also clarified the various skills needed to navigate and complete the internship successfully, including problem-solving, adaptability, and reflective practice.

The session conducted by alumni Ms. Helen Miranda was both informative and motivational. It provided F.Y. B.Ed. students with essential knowledge and insights, preparing them to effectively navigate their upcoming internships and make the most of this critical phase in their professional education

Ambedkar Jayanti



St.Teresa's Institute Of Education

S.V Road, Santacruz (w), Mumbai -400054

INVITES YOU TO CELEBRATE

AMBEDKAR JAYANTI

16th APRIL 2024

Events:

**Assembly
Poster making**

Venue:

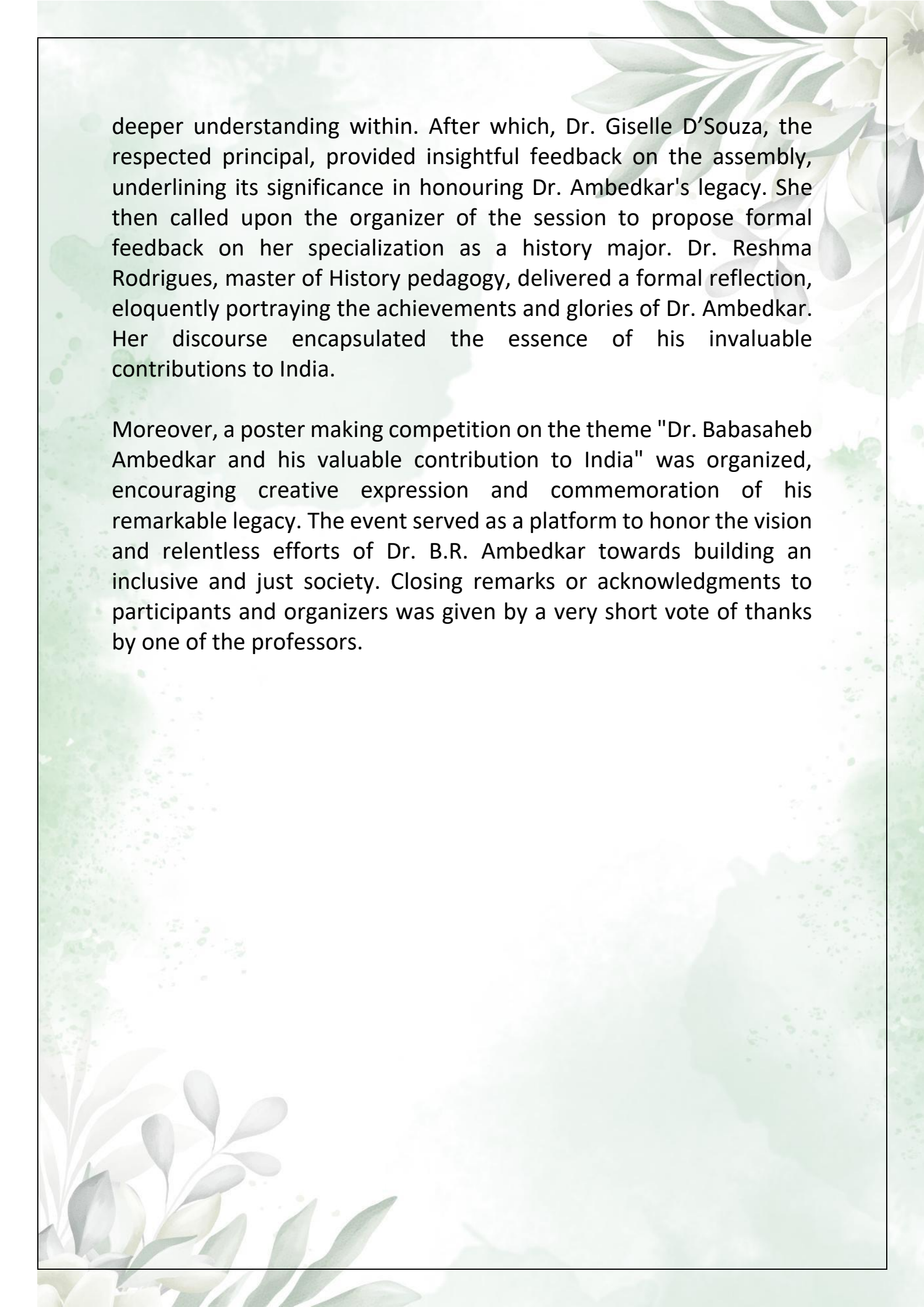
Multipurpose hall



Date: 16 April, 2024

The Ambedkar Jayanti celebration at St. Teresa's Institute of Education commenced with an assembly, conducted by two FYs, where a hymn resonating with India's liberty set a patriotic initial tone for the event. A short yet impactful motivational video depicting Dr. B.R. Ambedkar's arduous journey as an untouchable was showcased, highlighting his relentless struggle for equality and justice. His pioneering work for the upliftment, empowerment and reservation of the untouchable community (SC & ST) evidently shown in the video had everyone experiencing goosebumps out of surprise and pride.

Following the video, a quiz based on this video, about his life and contributions was conducted, engaging participants and fostering



deeper understanding within. After which, Dr. Giselle D'Souza, the respected principal, provided insightful feedback on the assembly, underlining its significance in honouring Dr. Ambedkar's legacy. She then called upon the organizer of the session to propose formal feedback on her specialization as a history major. Dr. Reshma Rodrigues, master of History pedagogy, delivered a formal reflection, eloquently portraying the achievements and glories of Dr. Ambedkar. Her discourse encapsulated the essence of his invaluable contributions to India.


Moreover, a poster making competition on the theme "Dr. Babasaheb Ambedkar and his valuable contribution to India" was organized, encouraging creative expression and commemoration of his remarkable legacy. The event served as a platform to honor the vision and relentless efforts of Dr. B.R. Ambedkar towards building an inclusive and just society. Closing remarks or acknowledgments to participants and organizers was given by a very short vote of thanks by one of the professors.

CAMPUS INTERVIEW PROGRAMME



On 20th January 2024, from 8:00 am to 1:00 pm, a Campus Interview programme was conducted at St. Teresa's Institute of Education, Santacruz (W) for the SY B. ED students. This programme was hosted by the staff members including Prof. Dr. Gissele D'Souza, Dr. Joan Lopes, Dr. Cinderella D'mello, Dr. Cerena D'Cunha and Dr. Reshma Rodrigues. The FY B.Ed. students also helped through this program.

The primary objective of the campus interview program was to facilitate a seamless transition for students from academia to the professional realm. This programme aimed at providing job opportunities to the students, allowing educational institutions to recruit talented individuals directly from educational institutions and helping bridge the gap between academia and industry. It also created



a platform for students to establish professional connections that can contribute to their future career growth.

During the programme, the students were able to showcase their skills, achievements, and capabilities to prospective employers. It also provided students with valuable insights into different career paths within their field. This program offered guidance on industry trends, skill development, and professional growth opportunities.

This program served as a bridge between academic institutions and the professional world, benefiting both students and employers by creating a platform for mutual collaboration and interaction.

Campus Tour of St. Teresas Institute of Education (STIE)



Date: 07 November 2023

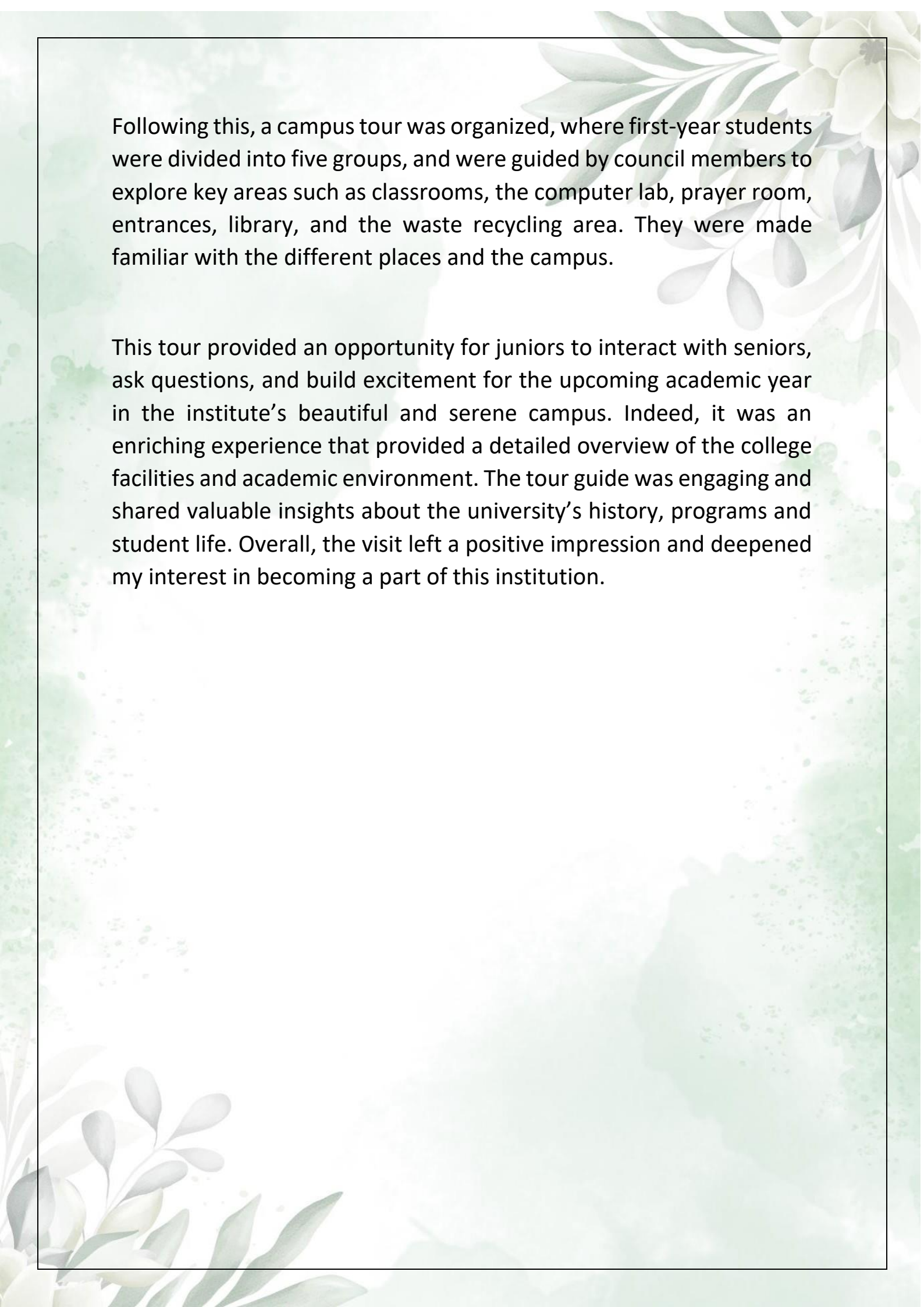
Time: 9.00 am - 9.30 am

Venue: St Teresa's Institute of Education.

Group: FY.BED students

Resource Person- SY.BED Council members

St. Teresa's Institute of Education welcomed its first-year students with a formal introduction by the Principal Dr. Giselle D'Souza, all the Professors, and Senior SY.BED students. All the FY. B.Ed. students were welcomed with a warm speech by the principal stating what was ahead of them for the coming two years. The principal briefed them about the different activities that they will be a part of. They were also introduced them to the staff members.



Following this, a campus tour was organized, where first-year students were divided into five groups, and were guided by council members to explore key areas such as classrooms, the computer lab, prayer room, entrances, library, and the waste recycling area. They were made familiar with the different places and the campus.

This tour provided an opportunity for juniors to interact with seniors, ask questions, and build excitement for the upcoming academic year in the institute's beautiful and serene campus. Indeed, it was an enriching experience that provided a detailed overview of the college facilities and academic environment. The tour guide was engaging and shared valuable insights about the university's history, programs and student life. Overall, the visit left a positive impression and deepened my interest in becoming a part of this institution.

STUDENT COUNCIL ELECTION REPORT



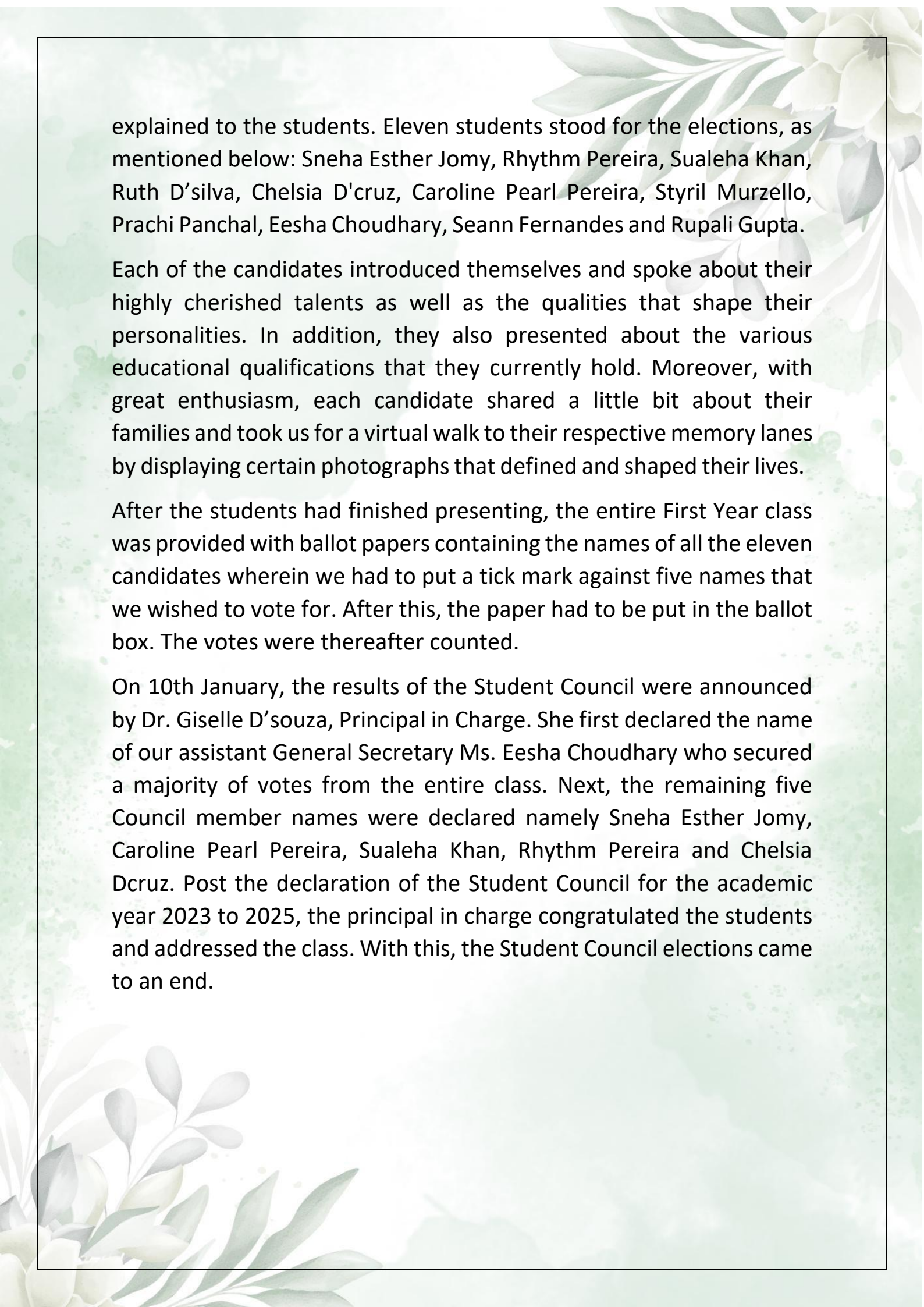
Time: 9am

Date: 8th January, 2024

Venue: Computer lab, St. Teresa's Institute of Education

On 8th January, the Student Council elections for the current First Year B.Ed. batch of 2023 - 2025 was organized at St. Teresa's Institute of Education in the Computer Lab. The objectives of the election were to instill leadership skills in students and equip them with organizing as well as executing various events throughout the academic year. It mainly focused at electing a council that would be strong enough to bridge the gap between the students and the management.

Prior to the commencement of the election process, Professor Dr. Reshma Rodrigues briefed all the students about the role and functions of the Student Council. Thereafter, the election process was



explained to the students. Eleven students stood for the elections, as mentioned below: Sneha Esther Jomy, Rhythm Pereira, Sualeha Khan, Ruth D'silva, Chelsia D'cruz, Caroline Pearl Pereira, Styril Murzello, Prachi Panchal, Eesha Choudhary, Seann Fernandes and Rupali Gupta.

Each of the candidates introduced themselves and spoke about their highly cherished talents as well as the qualities that shape their personalities. In addition, they also presented about the various educational qualifications that they currently hold. Moreover, with great enthusiasm, each candidate shared a little bit about their families and took us for a virtual walk to their respective memory lanes by displaying certain photographs that defined and shaped their lives.

After the students had finished presenting, the entire First Year class was provided with ballot papers containing the names of all the eleven candidates wherein we had to put a tick mark against five names that we wished to vote for. After this, the paper had to be put in the ballot box. The votes were thereafter counted.

On 10th January, the results of the Student Council were announced by Dr. Giselle D'souza, Principal in Charge. She first declared the name of our assistant General Secretary Ms. Eesha Choudhary who secured a majority of votes from the entire class. Next, the remaining five Council member names were declared namely Sneha Esther Jomy, Caroline Pearl Pereira, Sualeha Khan, Rhythm Pereira and Chelsia Dcruz. Post the declaration of the Student Council for the academic year 2023 to 2025, the principal in charge congratulated the students and addressed the class. With this, the Student Council elections came to an end.

LIBRARY ORIENTATION

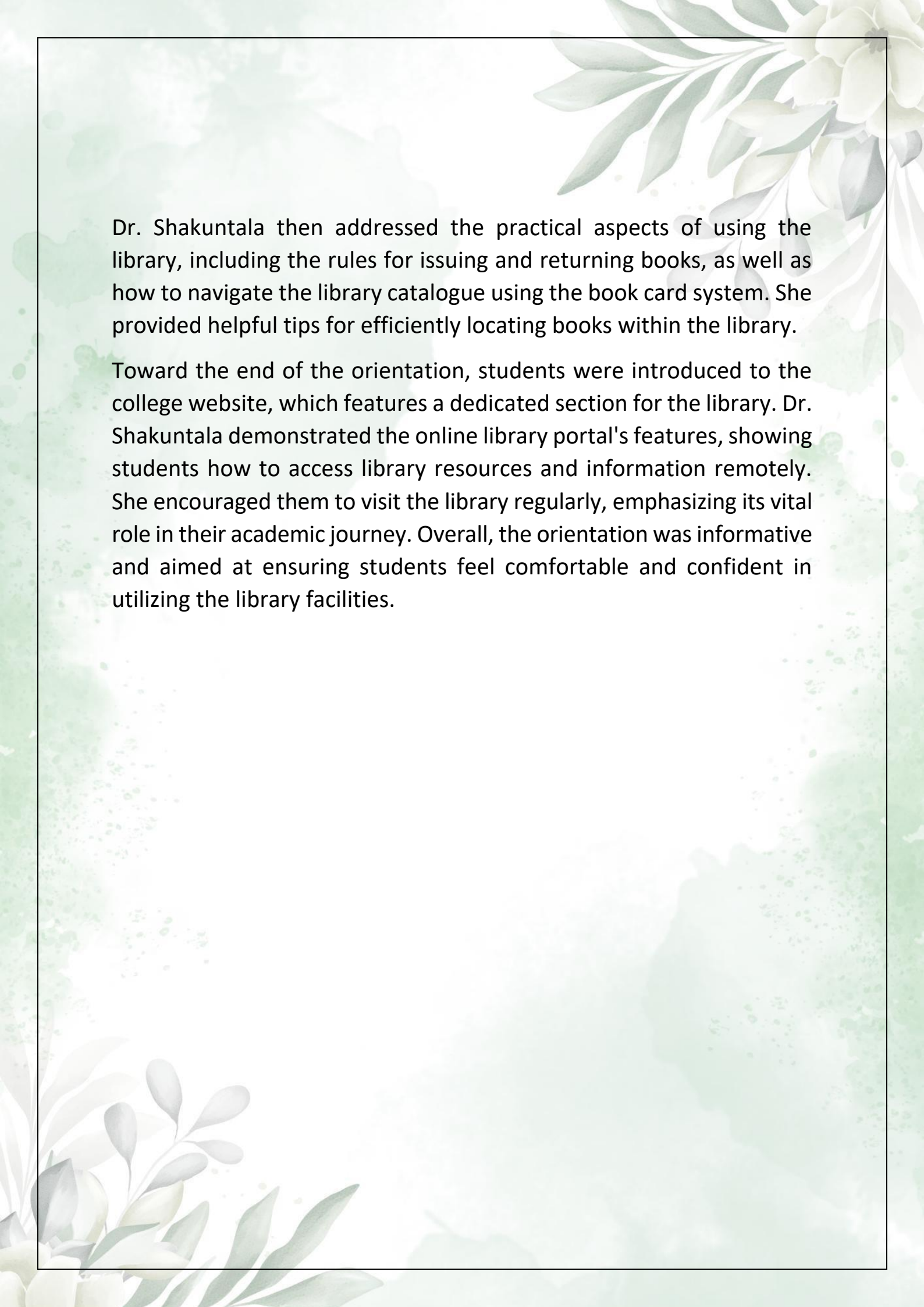


Date: 29th November 2023

Venue: Multipurpose Hall

On November 29, 2023, a library orientation session was held at St. Teresa's Institute of Education in Santacruz (W). The event took place in the multipurpose hall and was led by Dr. Shakuntala Nighot, who was in charge of the library orientation. The session was conducted from 9:50 a.m. to 11:30 a.m. and was attended by 48 First-Year B.Ed. students.

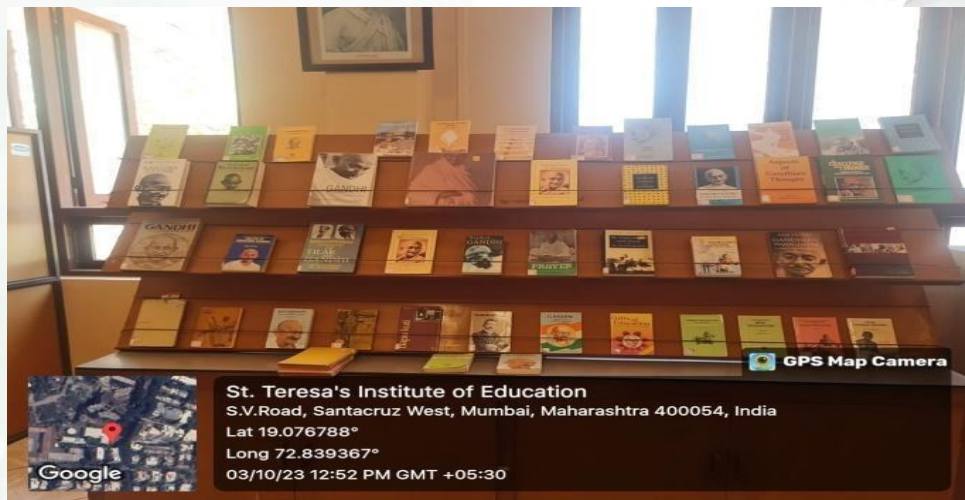
The session began with an introduction to the library, during which Dr. Shakuntala explained the importance of utilizing library resources to enhance academic learning. She highlighted various schemes, awards, and facilities offered by the library to support student success. She also informed the students that library membership is free, encouraging them to take full advantage of this invaluable resource.



Dr. Shakuntala then addressed the practical aspects of using the library, including the rules for issuing and returning books, as well as how to navigate the library catalogue using the book card system. She provided helpful tips for efficiently locating books within the library.

Toward the end of the orientation, students were introduced to the college website, which features a dedicated section for the library. Dr. Shakuntala demonstrated the online library portal's features, showing students how to access library resources and information remotely. She encouraged them to visit the library regularly, emphasizing its vital role in their academic journey. Overall, the orientation was informative and aimed at ensuring students feel comfortable and confident in utilizing the library facilities.

Gandhi Jayanti Book Display.

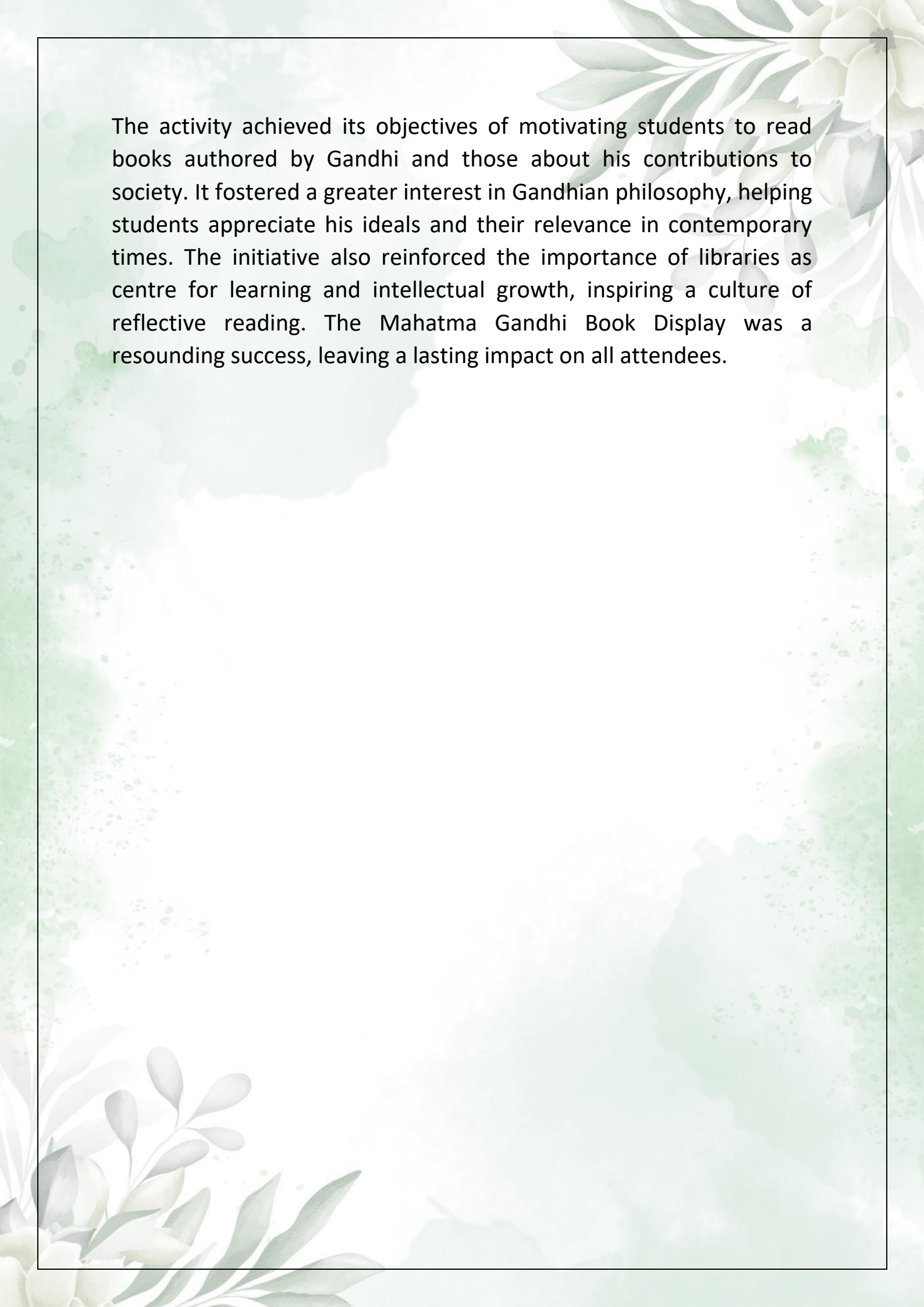


Date: 3rd to 10th October 2023

Venue: Library

From 3rd to 10th October 2023, St. Teresa's Institute of Education organized a Mahatma Gandhi Book Display in the library to commemorate Gandhi Jayanti. Coordinated by Dr. Shakuntala S. Nighot and led by the Arts Faculty and Education Department, the activity aimed to raise awareness about the library's extensive collection on Mahatma Gandhi and to inculcate the habit of reading among students. The event was held from 8:30 AM to 4:10 PM each day, with participation from 49 F.Y.B.Ed students, 49 S.Y.B.Ed students, 40 D.Ed students, and 10 staff members.

The library showcased a variety of books written by and about Mahatma Gandhi, emphasizing his life, works, and philosophy. Both staff and students actively visited the library to explore the collection. This thoughtful display provided an opportunity to deepen their understanding of Gandhian principles and encouraged them to engage with his writings and philosophies more thoroughly.



The activity achieved its objectives of motivating students to read books authored by Gandhi and those about his contributions to society. It fostered a greater interest in Gandhian philosophy, helping students appreciate his ideals and their relevance in contemporary times. The initiative also reinforced the importance of libraries as centre for learning and intellectual growth, inspiring a culture of reflective reading. The Mahatma Gandhi Book Display was a resounding success, leaving a lasting impact on all attendees.

Diwali Celebration

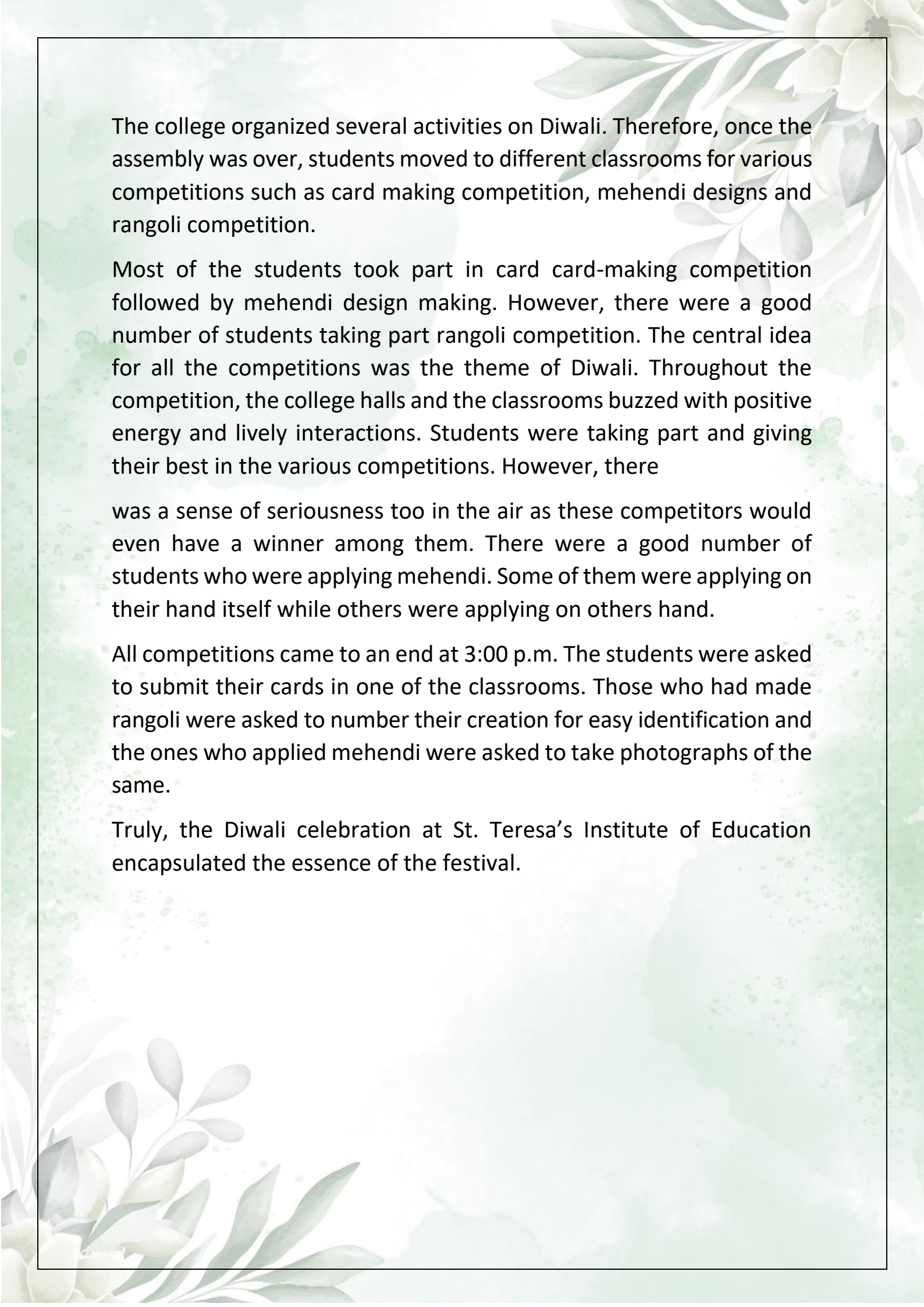


Date – 07th November, 2023.

Venue – St. Teresa's Institute of Education. Santacruz West.

Theme – Diwali celebration.

Diwali is synonymous with the festival of lights. It is celebrated on a grand scale and it shows the victory of light over darkness, good over evil. St. Teresa's Institute of Education celebrated the festival on 9th November, 2023. The celebration began with an assembly centred around the festival of lights. The hymn and the motivational video spoke about the importance of being the light in today's darkened world. The assembly ended with a short activity. The students were given a strip of paper. They had to write a good deed/activity that they would do to make someone happy during Diwali and then stick it to the lamp (kandil).



The college organized several activities on Diwali. Therefore, once the assembly was over, students moved to different classrooms for various competitions such as card making competition, mehendi designs and rangoli competition.

Most of the students took part in card card-making competition followed by mehendi design making. However, there were a good number of students taking part rangoli competition. The central idea for all the competitions was the theme of Diwali. Throughout the competition, the college halls and the classrooms buzzed with positive energy and lively interactions. Students were taking part and giving their best in the various competitions. However, there

was a sense of seriousness too in the air as these competitors would even have a winner among them. There were a good number of students who were applying mehendi. Some of them were applying on their hand itself while others were applying on others hand.

All competitions came to an end at 3:00 p.m. The students were asked to submit their cards in one of the classrooms. Those who had made rangoli were asked to number their creation for easy identification and the ones who applied mehendi were asked to take photographs of the same.

Truly, the Diwali celebration at St. Teresa's Institute of Education encapsulated the essence of the festival.



Thank you