

A detailed illustration of a monarch butterfly chrysalis (pupa) hanging from a brown, textured twig. The chrysalis is dark brown with prominent orange and yellow markings, including a large orange band across the middle and a series of orange spots near the top. The background is a solid green color.

*Chrysalis...*

Always believe  
that something  
wonderful  
is about  
to happen !

**YEAR 2020-2021**

## *From the Principal's Desk*

It is with great pleasure and a sense of immense pride that I present to you the E-Magazine of St. Teresa's Institute of Education. This publication stands as a testament to the extraordinary achievements, growth, and spirit of our vibrant college.

It represents the unwavering resilience, adaptability, and determination displayed by our students and staff. We faced unprecedented challenges, navigating through uncertain times, but emerged stronger and more united than ever. Our collective commitment to learning, innovation, and the pursuit of excellence has been truly inspiring.

Within the pages of this magazine, you will discover experiences, efforts and accomplishments that embody the spirit of our college. From academic achievements to artistic endeavours, from sports triumphs to community outreach initiatives, each narrative reflects the diverse talents, passions, and aspirations of our students.

It is essential to acknowledge the incredible dedication and expertise of our remarkable educators. Their unwavering support and guidance have nurtured a love for learning and an unwavering belief in the potential of every student. Their commitment to cultivating an inclusive and engaging educational environment has laid the foundation for our students' success.

Furthermore, I would like to extend my heartfelt gratitude to our parents, guardians, practice-teaching schools, experts, alumni etc. Your unwavering support has been instrumental in shaping a holistic educational experience for our students. Your partnership bears evidence to the strong bonds we share.

As we navigate through the ever-evolving landscape of education, we remain steadfast in our commitment to preparing our students for the challenges and opportunities of the future. We strive to equip them with the skills, knowledge, and values necessary to become compassionate, resilient, and responsible global citizens.

I thank you for your continued support; may this magazine serve as a source of inspiration and a tribute to the incredible capabilities of our college community.

Warmest regards,

Dr. Sr. Tanuja Waghmare

Principal

St. Teresa's Institute of Education





# AWARDS

## NCTE Award 2019



With great pride and joy, the entire family of **St. Teresa's Institute of Education, Santacruz (W)**, celebrates the success of their faculty member **Assoc. Prof. Dr. Giselle Ann D'souza**. She was awarded the prestigious 'Best Teacher - Educator Award 2019 - Western Region' on **October 29, 2020**, by the **National Council of Teacher Education, a Statutory Body of the Government of India**. This National Level Award was given in recognition of her outstanding contributions and innovative approaches in the field of Teacher Education for the betterment of the country. It is a symbol of appreciation from the NCTE to the best teacher educators of the Nation for their hard work and achievements. Dr. Giselle Ann D'souza is an inspiration to all members of '**TeamSTIE**,' and they hope she continues to strive towards the Institution's noble mission of '**Excellence in Education**.'

Dr. Giselle Ann D'souza is congratulated on receiving this meritorious award, and she is wished every blessing in her future endeavors.

# COMPETITIONS





## COMPETITIONS

### All-India counter KARONA poster contest 2020

Internal Quality Assurance Cell of  
**St. Teresa's Institute of Education**  
Santa Cruz West, Mumbai 400 054  
Re-accredited with 'A' Grade by NAAC (3<sup>rd</sup> Cycle)

Encourages you to participate in the

**All-India COUNTER KARONA Poster Contest 2020**

Engage to Experience ... Evolve to Emerge Empowered!

**Patron**  
Dr. Sr. Tanuja Waghmare

**Coordinators**  
Dr. Sheela Philip (98212 53255) Dr. Cerena D'Cunha (98605 69093)  
Dr. Joan Lopes (92262 96857) Dr. Reshma Rodrigues (99234 82525)

**About the College**  
St. Teresa's Institute of Education is a pioneering B.Ed. college in Mumbai offering teacher-education. It is the first and only B.Ed. college affiliated to the University of Mumbai that is exclusively for women. It focuses on sensitizing student-teachers to be artisans who will fashion the future of society. It also focuses on the lofty ideal of creating teachers who are competent and compassionate. The institution works steadily towards its motto of 'Excellence in Education', guided by the sublime principle of St. Teresa of Avila, Patroness of our Institution.

**Together We Create!**

**Instructions**

Prepare self-explanatory poster(s) on either or both the themes  
Enhance the poster with a captivating tagline;  
use English or any Indian language  
Multiple entries are permitted,  
but each entry should be submitted separately  
Posters can be curated using online graphic design tools  
Appropriate use of animation, videos, pictures.... is encouraged

**Additional Information**

This competition platform is **free**  
Results will be announced by June 24, 2020  
Entries will be judged by eminent  
**Faculty and Mentors from Academia**  
**'Certificate of Participation'**  
will be sent to **all participants**  
All meritorious entries (no limit on numbers), that is, entries that meet  
high standards as judged by the experts, will be awarded  
**'Certificate of Merit'**  
The **best three entries** will be conferred with the  
**'All-India COUNTER KARONA Poster Contest 2020 Award'**  
By submitting their entry, participants implicitly accept that they retain  
right of use to their poster, but also grant unrestricted right to  
St. Teresa's Institute of Education, Mumbai to use the posters for  
academic purposes giving appropriate credit to  
the participants and their institutions.

**Theme 1**  
**COVID-19 Paradoxes: Social Distancing or Global Cohesion?**  
*Contrary Ideas for a healthy world*  
Permit your imagination to capture the whirlpool of emotions and empathy that the coronavirus has spiralled us into!

**Theme 2**  
**COVID-vironment-Safe Classrooms: the Indian Context**  
*Revamp and reuse our educational spaces ... solutions through architectural designs*  
Let your architectural designs provide solutions to overcome the space challenges that educational institutions are faced with currently

**Who is eligible?**  
Students and teachers of educational institutions within India

**Registration (mandatory)**  
<https://forms.gle/qamdHtNjb2F3heFcU9>

**Poster-submission**  
(max. Size 10 MB in .jpg / .pdf / .png format)  
<https://forms.gle/FhRyRj228bckdyH966>

**Last date for submission of posters**  
June 14, 2020

**Social Distancing**

**All India Counter KORONA Poster Competition**

**LIST OF WINNERS**

**STUDENTS – HIGHER EDUCATION CATEGORY**

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	CERTIFICATE OF MERIT
<p>1 Siddhi Santosh Mandhare</p> <p>2 Ankita Napoleon Lopes</p> <p>3 Maya Patel</p> <p>4 Vanasri Sridhar</p> <p>5 Preeti Rathour</p> <p>6 Nicolette D' Silva</p> <p>7 Hina</p> <p>8 Afreen Niyaz</p> <p>9 Patel Munmun Bhawani</p>	<p>1 Nidhi Freddy D' Souza</p> <p>2 Danica Dominic D' Souza</p> <p>3 Prachi Pradosh Mohapatra</p> <p>4 Sarah Hilary Pereira</p> <p>5 Akshata Shettigar</p> <p>6 Nicolette D' Silva</p> <p>7 Eshwari Satish</p> <p>8 Calista D' Souza</p> <p>9 K Ranjith Kumar</p> <p>10 Janice Joseph Gonsalves</p>	<p>1 Carron D' Souza</p> <p>2 Ninian Jude Nunes</p> <p>3 Daljit Kaur</p> <p>4 Akshata Shettigar</p> <p>5 Ketki Maulik Makwana</p> <p>6 Rebecca Xavier Dias</p> <p>7 Samina Khan</p>	<p>1 Eva Rakesh Bhagat</p> <p>2 Manisha Bhengra</p> <p>3 Sneha Vishwakarma</p> <p>4 Parvathi Hariharan</p>

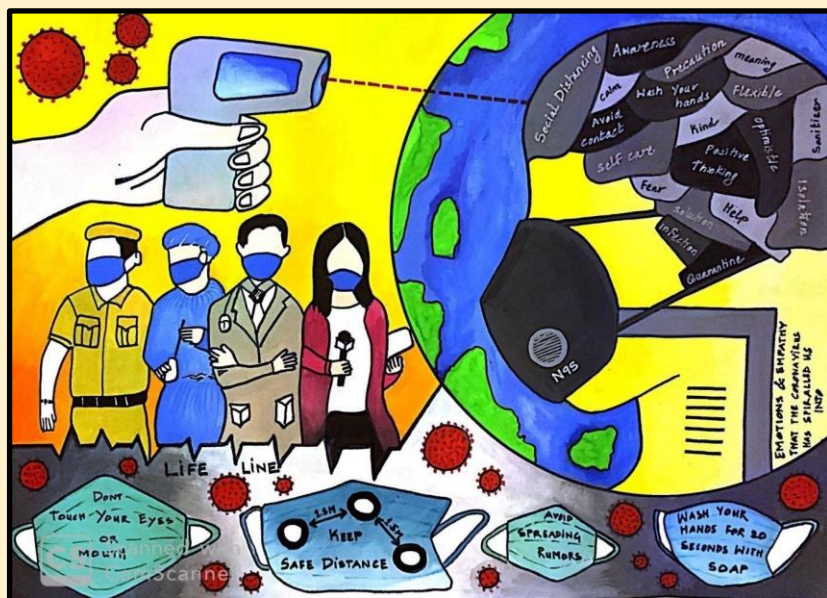


## **STUDENTS – SCHOOL EDUCATION CATEGORY**

<b>FIRST PRIZE</b>	<b>SECOND PRIZE</b>	<b>THIRD PRIZE</b>	<b>CERTIFICATE OF MERIT</b>
1 Aaryan Ashwin Raje 2 Snenthia Sudhir Alphonso 3 Dhriti Ghodki	1 Anushka Bhagat 2 Tuviksh Murudkar 3 Ritvik Bhat 4 Pahel Chetan Thakkar 5 Sameera Mansuri	1 Kratika pandey 2 Ishita Yogesh Patil 3 J Raphael Joseph 4 Somya Chaudhary 5 Niyati Patodia 6 Paarth Sharma 7 Prathana Ajmani 8 Prathana Ajmani	1 Mugdha sachin kondvilkar 2 Saloni Khanduri 3 Ameera Baga 4 Khushi Sudhir Saharan 5 Aayushi Agre 6 Nidhi Freddy D'silva 7 Kiara Padukone. 8 Nancy 9 Aarya Sunil Shewale 10 Saanvi Sushant Salunke 11 Aadya Chaudhary 12 Parmita Pradosh Mohapatra 13 Prathana Ajmani 14 Darshit Sharma 15 Ameera Baga 16 Vaibhav Saini 17 Divya Menon 18 Rutvik Kelkar 19 Alaina Victorina Fernandes 20 Shreya Bharti 21 Dev Mewada 22 Divya Mahesh shinde 23 Vrinda Agrawal 24 Sandeep Menon 25 Ameera Baga Tanya Varshney



## TEACHERS – HIGHER EDUCATION CATEGORY



FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	CERTIFICATE OF MERIT
1 Mrs. Beena Kumari  2 Matilda Francis Gracias	1 Dolrina Gonsalves	1 Kanchan Kumari 2 Ms. Ruby Shaikh 3 Matilda Francis Gracias	1 Jinu John 2 Mr. Manjit Singh Saluja  3 Ankita Gupta



## TEACHERS – SCHOOL EDUCATION CATEGORY

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	CERTIFICATE OF MERIT
1 Deepika Arora	1 Mrs. Vanisa Godfrey D'Souza	1 Saeeli Motadoo	1 Ms. Vaishnavi Tikariya 2 Mrs. Smita Renold Almeida 3 Diana Micky Menezes 4 Neha Sharma 5 Diana micky Menezes 6 Seema S. Ahir



# MISS EDUCATION CONTEST

### MISS EDUCATION CONTEST 2020-2021

1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20

17<sup>th</sup>  
October  
2020

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Edhem Aydin Samir

14

You are a teacher of principles. You always go by rules and regulations. You are unbiased in all evaluations. This year you are in-charge of the scholarship committee. On announcing about the scholarship scheme which grants certain amount to students for further studies, two students opt for it. One is from a rich family and the other belongs to a lower economic background. On assessing their educational performance you find out that the girl from the rich family has scored 1 mark more than the one from a lower economic background.

- Whom will you select for the scholarship scheme and why?
- What welfare schemes would you like to suggest for students?

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Edhem Aydin Samir

### MISS EDUCATION CONTEST 2020-2021

1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20

17<sup>th</sup>  
October  
2020

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Edhem Aydin Samir

9

You are a secondary school teacher. You are approachable. Students trust you a lot and therefore share lot of their academic as well as personal information with you. One day through an interaction with one student you come to know that he has cracked the password of an official site which deals with paper setting but has not seen the question papers yet. At the same time this student is your neighbor's child with whom you have close relations.

- How would you handle this issue?
- What steps must be taken by schools and teachers to avoid such unethical practices by students?

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Edhem Aydin Samir

Edhem Aydin Samir






## St. Teresa's Institute of Education Inter-Collegiate Essay Writing Competition

<b>St. Teresa's Institute of Education</b>  English Club  ORGANIZES  <b>Intra-Collegiate Essay Writing Competition</b>   <b>LAST DATE OF Submission</b>  May 30, 2021	<p>To write means more than putting pretty words on a page;</p> <p><b>THE ACT OF WRITING</b> is to share a part of your soul with the <b>WORLD</b></p> <p>Winning essays will be published in the Annual college Magazine. Certificate of Participation will be awarded to all participants.</p> <p>Please Register using the following link <a href="https://forms.gle/V6Z6nDZqzJfATCdq">https://forms.gle/V6Z6nDZqzJfATCdq</a></p>	<p><b>THEME - LIFE DURING THE PANDEMIC</b></p> <ol style="list-style-type: none"><li>1) Real life stories</li><li>2) Experiences during the Covid-19 Pandemic</li><li>3) Sustainability and sustainable efforts during the pandemic</li></ol> <p><b>RULES</b></p> <ol style="list-style-type: none"><li>1) Essay should not be more than 1000 words</li><li>2) Must be typed</li><li>3) Authors are free to do research, but must ensure that the essays are plagiarism free.</li><li>4) Give an appropriate title to your essay</li></ol> <p><b>SUBMISSION DETAILS</b></p> <p>Submit your original essays by May 30, 2021 on <a href="mailto:cerenaclassroom@gmail.com">cerenaclassroom@gmail.com</a></p>
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**St. Teresa's Institute of Education**  
**Intra-Collegiate Essay Writing  
Competition**

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

 <b>1</b> Danica D'Souza	 <b>2</b> Humera Khan	 <b>3</b> Nicolette D'Silva Larissa Quadros
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Winners Are Not Those Who Never Fail,  
But Those Who Never Quit

### Productivity & Pandemic: A Tale

Roads deserted, subways abandoned, trains halted, planes grounded, schools shut, colleges empty and zoom calls flooded with the instruction to keep our videos on to demonstrate our productivity to our superiors. This is what a Pandemic looks like!

Cooped up inside our houses, where we usually come to escape from our realities and stress of work, our own sanctuary of peace has been converted into the headquarters' of completing our additional assignments of work to prove to our employers that we are productive employees. Additionally, our emails are overflowing and we are bombarded with new offers each day, learn a new language,



complete that MBA degree that you've always dreamt about or take a photography course to add to your resume. Use your time wisely; if you lose this precious time, you will never get it back. Even the highest Google search during this lockdown period was, 'How to be productive during this Quarantine?' searched over 1, 00, 00, 000 times.

But why do we feel the need to be productive and account for every minute of our time? The answer to this is very simple. We link our happiness to being productive. We have romanticized the 'Burnout Culture' and the 'Hustle Culture' promoted by motivational speakers, we feel the need to constantly achieve something for validation either for ourselves or from social media and it serves to be an escape from the harsh realities. "When every single aspect of our lives follows a philosophy of productivity: we sap joy out of terribly simple things."

This modern and mechanical philosophy dates back to the Industrial Revolution, where work was linked to virtue and idleness to moral failure. Harvard Business Review has a piece on how we are collectively going through is grief and uncertainty about the future and a leap into the unknown. You don't need to be productive! What we need to do in times like this, is redefine productivity, be honest of how much we can balance along with additional responsibilities at home. In times like this, we tend to overwork to escape the difficulties and insecurities which the future imposes.

We need to keep in mind; Maslow's Theory of Needs and implement its applications in our lives. For example, make sure your basic physiological needs of food, water and shelter are provided for. Keep your house clean and develop a sense of solidarity in your house, take care of your mental health and sleep, these accounts for your safety needs. Socialization is the key to feel normal, socialize frequently but virtually, and let this be our new definition of being productive. Let us put ourselves first and be mindful of our well-being.

For the longest time, we have believed that life is a treadmill, if you don't move, you fall. Let's redefine this. Take your time and pace your steps on the journey of life, take joy in small things of life, help your elderly neighbor with their grocery list, have a just refreshing tea and go ahead and switch off our video during that zoom conference call!

**-Danica Dominic D'Souza**

### **SUSTAINABLE EFFORTS DURING THE PANDEMIC**

The Covid-19 pandemic has drastically changed our way of living. The lockdown is making us reconsider our lives, per the pandemic and other global events. This quarantine period can be seen as a reflection of how dreadful things have become and how badly we need change, which is why sustainability is fast becoming the new buzzword, especially during the pandemic. Until now, most of

us have not thought all that much about sustainability. We often feel that these things are too distant to be meaningful, their impact too slow to be noticeable in our daily lives. But this is changing fast.

The Covid-19 highlighted the need to take care of our environment, both in short and long terms. Many of us made sustainable efforts during the lockdown, demonstrating our significant potential to adapt, given the will. Many individuals and organizations turned towards sustainability and helped others do the same. For instance, as masks flew off the shelves when coronavirus tightened its grip across the world, many individuals and organizations made efforts to stitch reusable and eco-friendly masks, by replacing the disposable ones. As the pandemic made us homebound, we began buying, cooking and eating very differently. The virus limited our trips to the market. Rather than behaving like kids rampaging through a candy shop, we went shopping for groceries with focused lists. A sudden increase was evident in food prices. We felt the pressure on our wallets and turned affordable pantry staples into delicious, healthy meals. Low-cost sources of protein, which were occasionally neglected in the past, found a more prominent place on our menus. In the absence of our househelp, we took to making solid, belly-filling one-pot meals. Instead of luxury, we learnt to embrace minimalism. Stocking up our kitchens with essentials, we became experts at rationing.

Amid the pandemic, we realized the need to have natural and healthy food which led to a higher consumption of organic foods. Hence, due to the growing demand, the companies also upped their ante and launched a lot of natural immunity boosting items such as amla bars, chia turmeric cookies. The pandemic also saw people trying their hands at organic farming at home, wherein they grew veggies in their balcony and on the terrace. The benefits of eating local food became clear as many of us took to buying directly from farmers and small-scale organic producers. Health experts on television waxed eloquent about the need to eat seasonal foods abundant in nature, and to tap into our native wisdom. Out went chia seeds, quinoa, the so-called superfoods that travel across miles to reach supermarkets. Instead, we looked at bajra, gur and ghee with new eyes. As supplies decreased, there was a notable reduction in food wastage. Determined not to waste anything, we realized that an overripe banana is just fine to eat beneath its blackened peel. Some of us repurposed leftovers and became masters at substituting ingredients, when not available.

Immunity became the new buzzword as we were informed that a poor diet leads to increased risk of infection. Bottles of Chyawanprash flew off shelves, immunity capsules became scarce, and the prices of Vitamin C-rich oranges and sweet limes surged. Geeking out on the food-as-medicine aspect of Ayurveda, we couldn't get enough of our kadha and haldi doodh. There was an evident shift towards

plant-based diets. With supply chains of meat companies disrupted in the lockdown, we ate less/or no meat. Even those of us who dismiss the environmental impact of livestock (which accounts for 14.5% of all greenhouse gas emissions, as per the United Nations Food and Agriculture Organization) were forced to admit that relying on animals for all our protein needs isn't the smart thing to do.

Being environmentally conscious is the need of the hour, and the pandemic has only strengthened this belief. To end this, many individuals and organizations tried to work towards reducing waste by using sustainable alternatives.

**-Humera Khan**

### **What has the pandemic taught me ?**

My commandment is this: love one another, just as I love you &quot; (John 15:12), This is the key learning that the pandemic has taught me. To deliberate over this, the pandemic has really brought many people closer to each other. I have come to the realization that there is so much hatred, struggle and sadness in the world. People long to be heard and loved. For love alone has the power to heal everything. Slowly and steadily, love definitely heals the wounds. The pandemic has brought families closer, loved ones closer ; for at one given point of time, all of this was just taken for granted!

To share my personal experience, I have been living with my mom under the same roof for 24 years now, my dad is abroad and comes after every two years and my brother is abroad as well , however, he has never been in contact with us for more than 3 years now. Pandemic is like the blessing from God which has woven us together in love again! To be honest, I had taken my bond with my mother for granted, for I knew she was always there for me. During the lockdown, where we were behind closed doors, I started to observe things around me more than ever, that's when I realized how much my mother loves me and I had this thought, what if I lose her ? The thought alone made me go crazy, pondering over this further, I questioned how I could take things for granted ? From that every moment the bond between my mother and me grew stronger. I observed the little things she did for me and appreciated it in different ways which bought a beautiful smile on her face. She began to feel loved, to feel like the work she did mattered. Also, my dad got to video call us more often, which created a sense of belonging, a feeling of understanding each other's situations. It made us realise the importance of family. As for my brother, he finally did call up and ever since, he has been in touch.

The pandemic has taught me lessons of life which otherwise I would have not even looked at, until it was 2 gone. The pandemic has taught me to appreciate the little things of life, to see the grace God provides us, to love as our Abba Father has loved us, to spread that love around, to value things in the "present &quot; and to

have “faith &quot; that everything will be taken care of. It is only because of the pandemic I could rekindle my old friendships. I was able to get back in touch with my old companions and build bonds again that I will cherish for life. The pandemic has also given me time to introspect my deeds. I am able to give myself more time, learn new skills and understand different perspectives by listening to various speakers. Moreover, I have been able to give more time to God, the person who I have taken for granted since a very long time. I began to read the Bible, to pray and to regularly have our family pray. This is the biggest lesson I learnt during this pandemic that only prayers and the deep bond with Christ can bring solace to the once wandering soul. The pandemic has helped me understand the importance of the relationship we have with the people around us.

To summarise, the pandemic is a reminder to us that we should not take anything for granted. We must learn to appreciate the little things people do for us. We must always prioritise God for without him we are nothing, we must take care to ensure that by our words or deeds we are not hurting anyone and we must learn to love without conditions. The pandemic has made me realise that we are just instruments of God on this earth and we should not get attached to the material things rather we must love each other like God has loved us and seeks eternal salvation. The good shepherd carries us on his shoulders even though we have sinned so much, similarly, we must learn to forgive the wrongs done to us and spread love, joy, hope and faith in return and not keep any grudges; for we do not know for how long we will be here on earth. So why live life with regrets and hatred ? Why let the negativity of the world pull us down ? Let us spread love and heal the world.

**- Larissa Quadros**





# *Celebrations*



## CELEBRATION

Constitution Day, Christmas Day, Minority Rights Day, Republic Day, Marathi Bhasha Divas, 74<sup>th</sup> Independence Day, Gandhi Jayanti, English Day, World Mathematics Day, Maharashtra Day, National Science Day, Marathi Bhasha Padhravda Celebration, Peace Day, Hindi Divas, Independence Day.

### Constitution Day Celebration



***“The Constitution is not a mere lawyers document, it is a vehicle of life and its spirit is always the spirit of the age”.***

With the words of Dr. Babasaheb Ambedkar in mind, the St. Teresa's Institute of Education celebrated 'Constitution Day' on December 2, 2020. The event was organized by the History Club under the guidance of Dr. Reshma Rodrigues. The program began at 9:00 am with Ms. Angel and Ms. Lynn serving as hosts and Ms. Danica leading the forum in prayer.

The History Club did an excellent job in providing insight into the significance of Constitution Day and its history. An introduction to Constitution Day was followed by the display of a video which portrayed interesting facts and trivia about the Constitution. The program shed light on the making of the Constitution, the various stages of

Constitution drafting, and how the Constitution evolved through time. The students were able to participate in an activity on the 'Fastest Finger First' to revise the facts and trivia of the Constitution.

The event was a success, and the audience left the forum as conscious citizens of the country with a deeper understanding of the significance of the Constitution. The program concluded with the playing of the National Anthem and the College Anthem. The faculty and principal were thanked for their support and encouragement, and the History Club and Dr. Reshma Rodrigues were acknowledged for their meticulous organization of the event.

The image displays three sequential screenshots from a Google Meet session, showing a presentation about the Indian Constitution. The presenter, Angel Raj, is visible in the top left corner of each screen. The presentation content is as follows:

**Slide 1: Indian Constitution, a Bag of Borrowings**

This slide features five flags representing countries that influenced the Indian Constitution: the United Kingdom, France, the United States, Australia, and South Africa.

**Slide 2: Features of the Indian Constitution**

This slide lists three main features of the Indian Constitution:

- INDEPENDENT AND INTEGRATED JUDICIAL SYSTEM**
  - Supreme Court
  - State High Court
  - District Court
- DIRECTIVE PRINCIPLES OF STATE POLICY**
  - Part IV of the Constitution
  - Aim: Welfare State
  - Moral obligation
- COMBINATION OF RIGIDITY AND FLEXIBILITY**
  - Amendments - Article 368.
  - 104 amendments.

**Slide 3: Making of Indian Constitution**

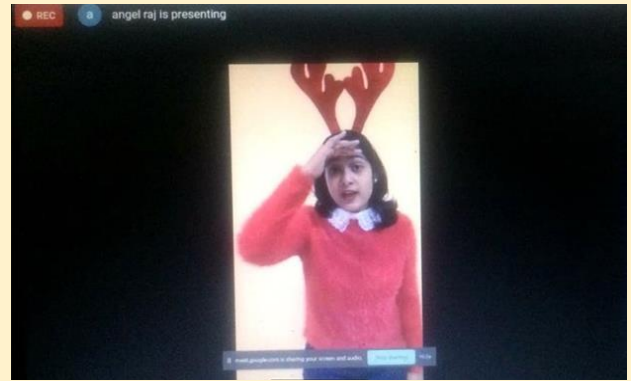
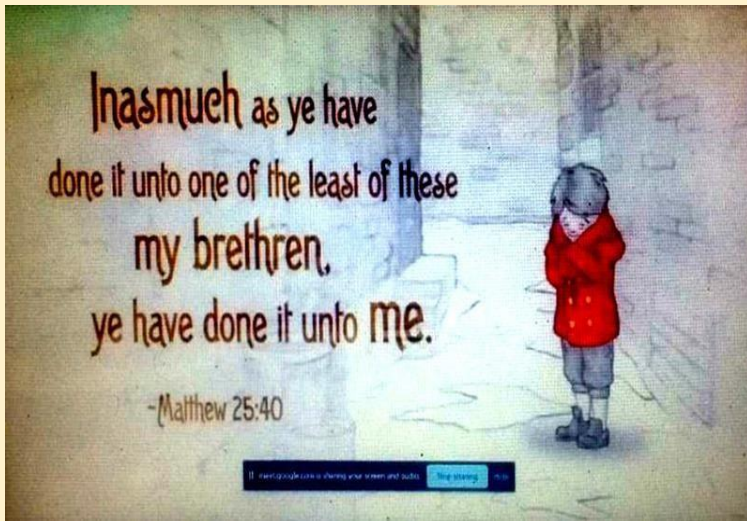
This slide lists the key elements of the Constitution's creation:

- 1946
- RULES BY INDIANS
- CONSTITUENT ASSEMBLY

The Constituent Assembly logo, featuring an elephant and the text "CONSTITUENT ASSEMBLY" and "INDIA", is shown on the right side of the slide.

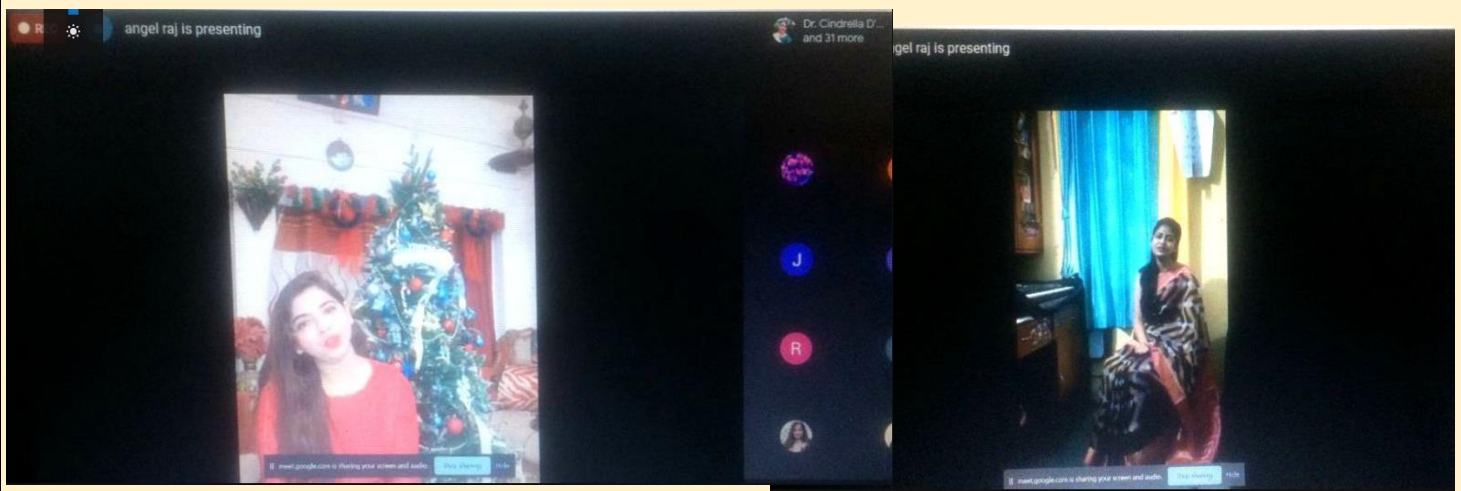


## Christmas Celebration



The program on 24th December 2020 began with an assembly at 8:40 am, where the principal, professors and students joined on Google Meet. Ms. Angel Raj led the assembly and played a short video about the gift for Christmas. Ms. Rhea Rodrigues recited the intentions and a short prayer, followed by the reading of the Holy Scripture by Ms. Coralann Rebello.

Mrs. Eshwari Satish shared her reflections on the year 2020, and Ms. Rhea Rodrigues, Ms. Coralann Rebello and Mrs. Amruta Pereira sang carols, which was the highlight of the celebration. Principal Sr. Tanuja Waghmare gave a speech, and the assembly ended with a vote of thanks by Ms. Rekha Padra. The Christmas Day celebration brought joy and set the mood for the holiday season.



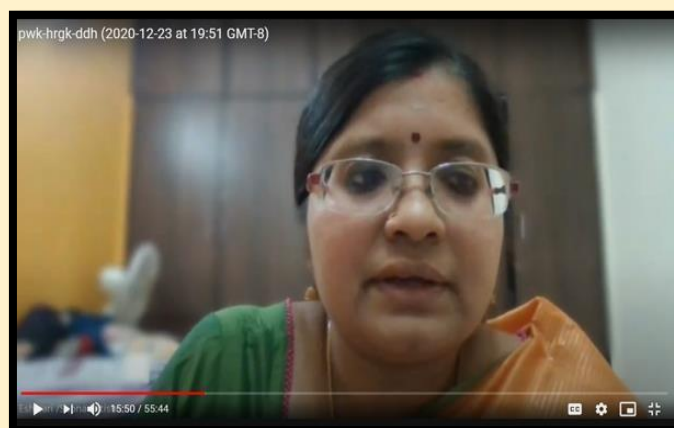


## Minority Rights Day Celebration.

India is a sovereign socialist secular country with democratic republic parliamentary system. The unique quality of India is that it is a multilingual and multicultural society, and hence, it is of significant importance to preserve and protect the culture, language, caste, and religion of minority communities. Minority Rights Day is observed annually on 18 December to protect and promote the rights of minority communities and ensure security in their particular language, caste, religion, culture, and tradition.

St. Teresa's Institute of Education (STIE) celebrated Minority Rights Day on Thursday, 23 December 2020, through an online Google meet session. The program was inaugurated at 9:20 a.m. The session was compered by Miss. Neha Gharat, who introduced Miss. Shital Gavand to give more information on Minority Rights Day. Miss. Shital Gavand then gave brief information on various Minority Rights provided by the Indian Constitution and mentioned the various councils working for protecting minority interests in India. She also informed about the schemes provided in different fields for minorities by the Government of Maharashtra. Miss. Neha Gharat then introduced and welcomed the Resource Person Adv. Prachi Leroy Collaco.

Adv. Prachi Collaco has completed Bachelor of Social work from Nirmala Niketan College of Social Work, University of Mumbai, and LL.B. from Government Law College, Churchgate, University of Mumbai. She started her talk by expressing her gratitude towards STIE and then informed all the students to be interactive during the session.



The Resource Person first mentioned the values given in the Preamble and Indian Constitution to explain them in detail in the later part. She interacted with students about the meaning of minority and the need for Minority Protection Laws. She gave information on the National Minority Commission and then mentioned different articles on Minority Rights from the Indian Constitution. She explained different provisions given to Minorities in simple words with some real-life examples. The importance of practicing democracy freely was also highlighted. She also gave information about various misconceptions that people have about the freedom and provisions given, and the corresponding actual meaning expected by the Court of Law was explained by her. Students were made aware of the conditional freedom given to all citizens. The importance of individual rights was also taken into consideration while highlighting the Minority Rights. The responsibilities of all citizens with respect to the practice of different acts were explained. She also solved the queries of students and interacted with them to share their views, opinions, and thoughts. In this manner, the awareness was created by the Resource Person among students about their responsibilities as future teachers to have knowledge of Protection and Promotion of Rights.

Principal Dr. Sr. Tanuja Waghmare shared her views, and Miss. Neha Gharat expressed the vote of thanks given to the Resource Person for the informative and interactive session and to Dr. Joan Lopes for providing guidance to arrange and organize the session, followed by a vote of thanks to the Principal, all teachers, and STIE family. The program ended with the National Anthem.

## Republic Day Celebration



On the morning of January 26th, 2021, St. Teresa's Institute of Education celebrated the 72nd Republic Day with great enthusiasm, pride, and joy. The program was held on Google meet at 9:00 am and was conducted under the

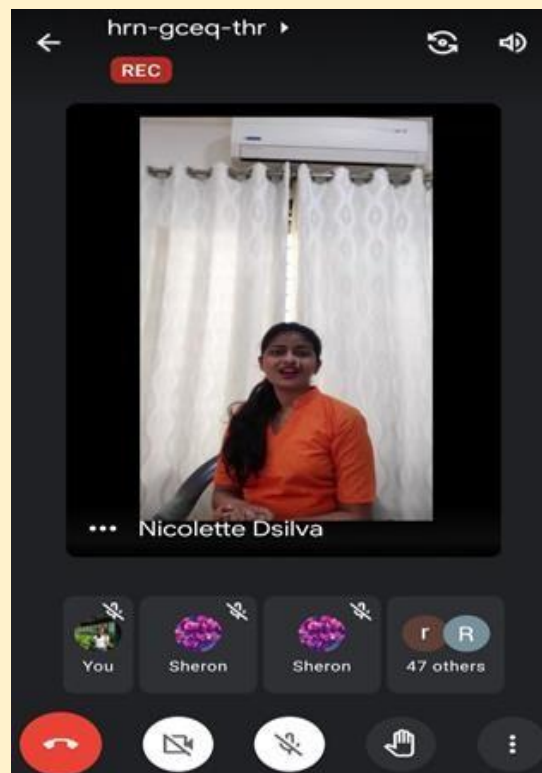
guidance of Ma'am Dr. Cerena D'Cunha and Ma'am Dr. Shakuntala Nighot. The program was initiated by anchors Ms. Sheron Fernandes and Ms. Rebecca Gonsalves, who gave a beautiful introduction, followed by a peaceful prayer service by Mrs. Jonita Dbritto, Ms. Jewel Correia, Ms. Janice Gonsalves, and Ms. Rincy Lopes.

After the assembly, a video on the amazing facts about Republic Day was presented by Ms. Nicolette D'Silva, Ms. Lynn Dbritto, Ms. Sarah Carvalho, Ms. Sinora Dcunha, Ms. Danica D'Souza, and Ms. Carishma Nevis. Mrs. Prajna Nayak, Ms. Cinera D'mello, Ms. Larissa Dabre, Ms. Jelita Angeline, and Ms. Jeba Evelin then expressed their views confidently about Republic Day. A video showcasing the importance of Republic Day was played.

The nightingales of St. Teresa's, including Mrs. Amruta Pereira, Ms. Ashwini Nair, Mrs. Lorna Chourappa, Sr. Jenifer Almeida, and Ms. Neha Yadhav, then sang and enlightened the atmosphere. A heart-touching video on the life of a soldier was also played.

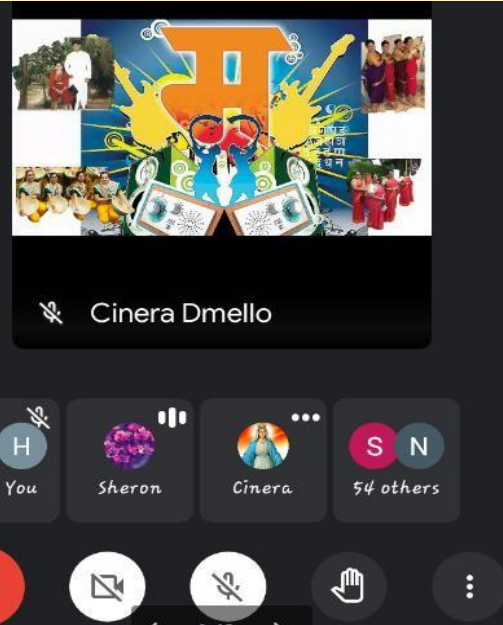
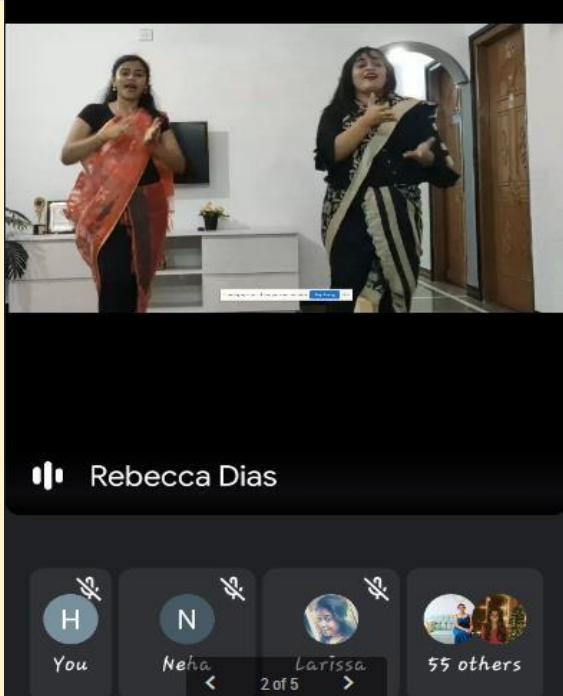
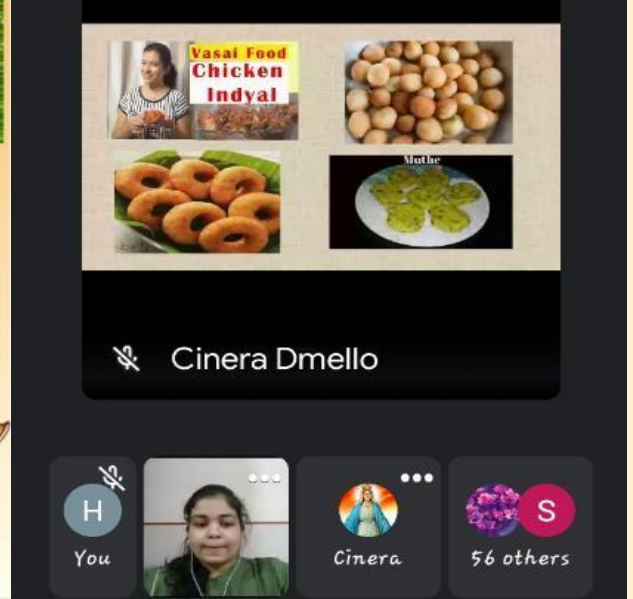
To showcase the message of unity between students at St. Teresa's with different slogans, a beautiful video was presented by Ms. Rebecca Dias. An interesting quiz by Ms. Humera Khan was also included in the program.

Then, the principal, Dr. Sr. Tanuja Waghmare, shared words of wisdom with everyone and reminded them of their social and moral duties towards their country. She also encouraged everyone to continue praying for each other. At the end of the program, the National Anthem was played, and Dr. Sr. Tanuja Waghmare appreciated the program. The program ended with a vote of thanks by Ms. Danica D'souza.





## Celebration of Marathi Bhasha Divas.



“Ruzvu Marathi, Fulvu Marathi, Chala Bolu Fakt Marathi.”

On February 27th, Marathi Language Day was celebrated in India to honor the birth anniversary of Vishnu Vaman Shirwadkar, an eminent Marathi poet known as “Kusumagraj”. The day aims to promote and sustain the richness of Marathi culture among the young generation in the state of Maharashtra, where Marathi is the official language.



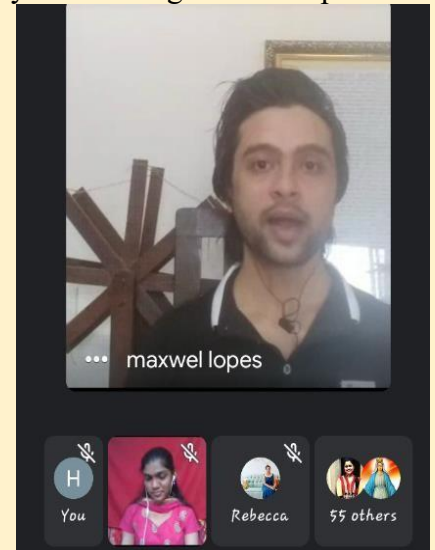
St. Teresa's Institute of Education celebrated Marathi Language Day on February 27th through a virtual platform.

The program was attended by Principal Dr. Sr. Tanuja Waghmare, teaching staff, and S.Y.B.Ed batch students. The event began with a welcoming address by Ms. Neha Gharat, followed by a beautiful assembly conducted by Ms. Pritika Mhatre and Ms. Larissa Dabre.

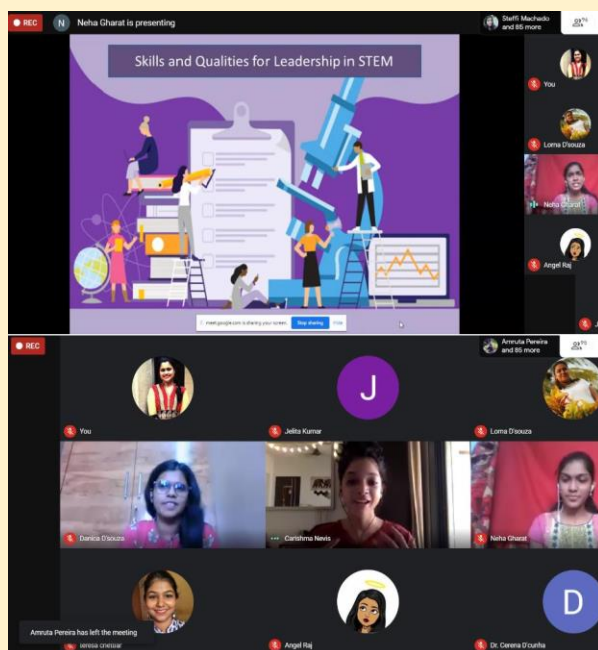
The program included presentations on the importance of the Marathi language and the story of V.V Shirwadkar by Ms. Sheetal Gavand. Sir Maxwell Lopes spoke about the significance of Marathi Bhasha Divas and Marathi language. Students presented on Marathi dialects, dressing, and cuisines, and Ms. Neha Yadav recited a poem. Information about Paithani saree was shared by Mrs. Jonita Fonseca through an amazing ppt.

The program also featured quizzes, games, and a scintillating dance performance by Ms. Alisha Gonsalves and Ms. Sarah Carvalho. Sir Ramdas Bhatkal shared his views on the occasion, and Principal Dr. Tanuja Waghmare thanked everyone for their presence. The program concluded with a vote of thanks by Mrs. Amruta Pereira followed by the College and National Anthem.

Overall, the program enabled the students to actively participate in the Marathi Bhasha Diwas celebrations and display an appreciation of the multicultural world. The success of the event was due to the efforts of the faculty members and batch mates.



## Women's Day Celebration

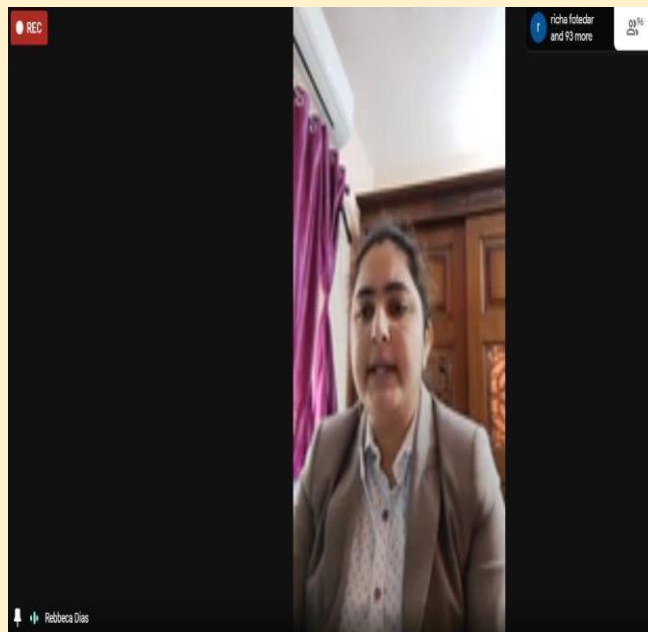


“The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before.”

- Albert Einstein

International Women's Day is celebrated every year on March 8, and it is a day when people show their appreciation, love, and respect for women all over the world. Women are considered to be a beautiful creation of God and have been responsible for giving birth to great personalities and providing initial teachings. This day is all about achieving self-worth and reaching one's full potential while also gathering the courage to overcome obstacles in all areas of life.

At St. Teresa's Institute of Education, the celebration of International Women's Day was organized by the S.Y.B.Ed students. The program included a prayer and assembly that highlighted the unique beauty of women. A video was shown that depicted how a woman can achieve her goals if she truly wishes to do so. Advocate Rebecca Ignatius Dias was the chief guest and spoke about the various challenges that women in India face and the laws that have been implemented to protect their rights. There were also segments that included a speech by Ms. Neha Gharat on the importance of women in STEM, a documentary on the uniqueness of women, and poems that highlighted the power of women. The celebration ended with a quiz on women's achievements in various fields. The program was a heartfelt expression of gratitude to all the women in the world.



## **74th Independence Day Celebration**



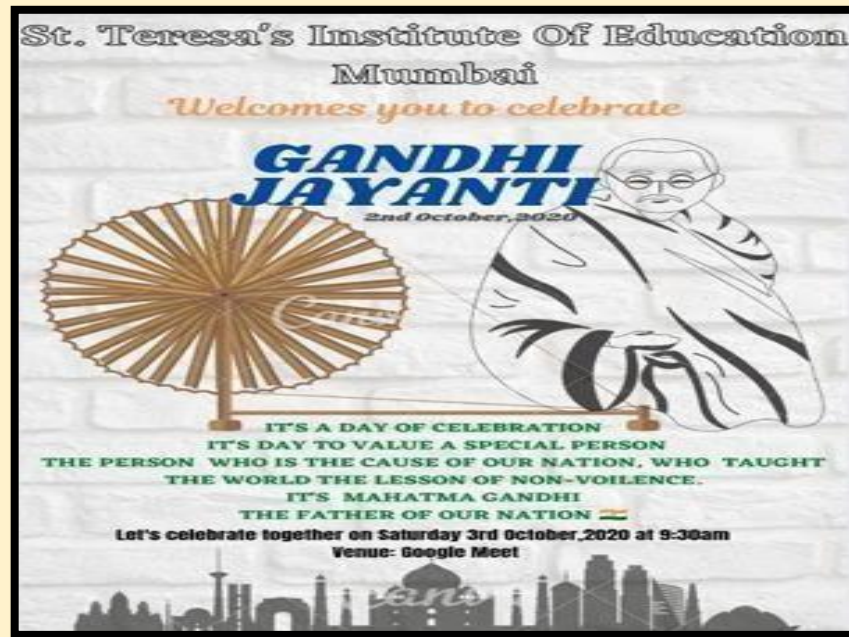
St. Teresa's Institute of Education celebrated the 74th Independence Day on August 15th, 2020 through a virtual platform. The program began at 9:40 AM with an assembly that included prayers, hymns, and spiritual verses from the Bible, Quran, and Bhagavad Gita. The program was organized by the Student Council members and the History Club. Dr. Reshma Rodrigues and Dr. Joan Lopes were the teachers in charge of the program and provided resourceful instructions on how to conduct it. The main aim of the program was to celebrate 74 years of freedom from British Raj, as it is one of the national festivals.

On the occasion of Independence Day, the chief guest was Colonel Uday Agashe, who served in the Indian army for 32 years on 15 postings at different military stations and one foreign assignment in Sri Lanka as a part of the Indian peacekeeping force from September 1987 to March 1990. He retired from active military service in the rank of Colonel on July 31, 2008. Colonel Uday Agashe spoke about the journey for independence.

St. Teresa's Institute of Education conducted various cultural activities on the occasion of Independence Day celebration, such as prayer, hymn, pledge, national anthem, inspirational video, poem recitation, song, speech, dance, Chief Guest speech, Dr. Sr. Tanuja Waghmare Speech and vote of thanks given by Student Council. The program ended with the College anthem through a virtual platform, which was the best moment of the day as it was heard after a long time.

The celebration ended with a picture that brought a smile to everyone's face. Although socially distant, they were virtually connected.

## Gandhi Jayanti Celebration



### BE THE CHANGE YOU WANT TO SEE

The theme of the Gandhi Jayanti Celebration on 3rd October 2020 was "Be the change you want to see". The entire celebration was enlightening and filled with great appreciation for the great Mahatma. The celebration began with an assembly, as it was always important to be grateful to the lord for keeping everyone safe even in these difficult times. The comparing for the program was done by Carishma Nevis. Diana Alexandra conducted the prayer services and played a lovely hymn on the promises of the lord.

Carishma Nevis introduced the theme, which focused on Mahatma Gandhi's belief in bringing change to the world. Sinora D'chuna spoke about the importance of the theme and how it is relevant even in recent times. Later, the College Anthem and the National Anthem were played.

Sarah Carvalho shared her thoughts on Mahatma Gandhi, how he helped in building a healthy nation, and how the youth can act as a catalyst. A video from the movie "Lage raho Munna Bhai" was shown to emphasize Gandhi's Principle of Non-violence.

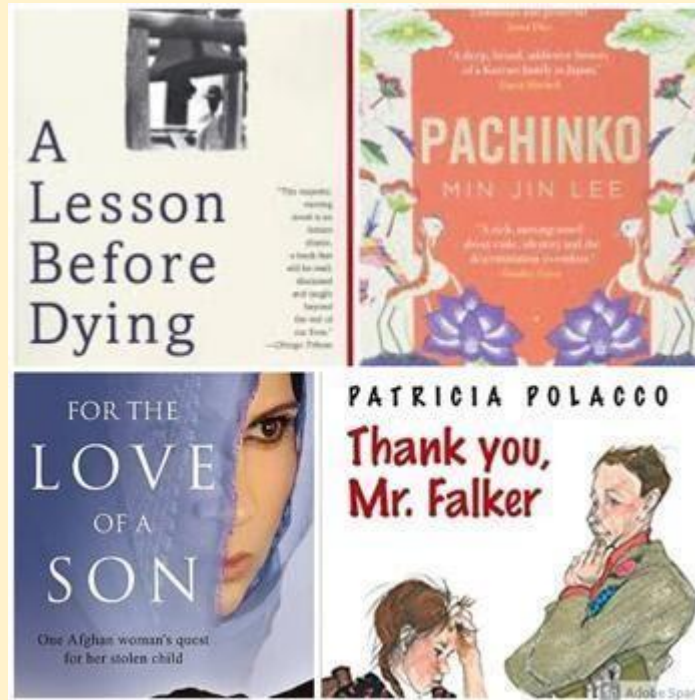
Renica recited a poem on the great Mahatma, which spoke about no violence and no guns. A video on the entire life of Mahatma Gandhi was presented to the class, highlighting his contribution to the freedom struggle and Dandi march.

Alisha introduced the speaker of the day, Manisha Karape, an eminent personality who follows Gandhi's principles in real life. Manisha spoke about how Mahatma Gandhi started with 79 followers and ended up influencing millions of people. She also spoke about how Gandhi used his ego in a positive way.



Larissa Dabre and Priyanka Surve displayed a fun activity by playing a quiz to test the participants' knowledge of Gandhi's life. The program ended with a vote of thanks given by Alisha. The efforts of the St. Louis internship group and Joan ma'am were appreciated by all the teachers, making it a grand success.

### **English Language Day Celebration**



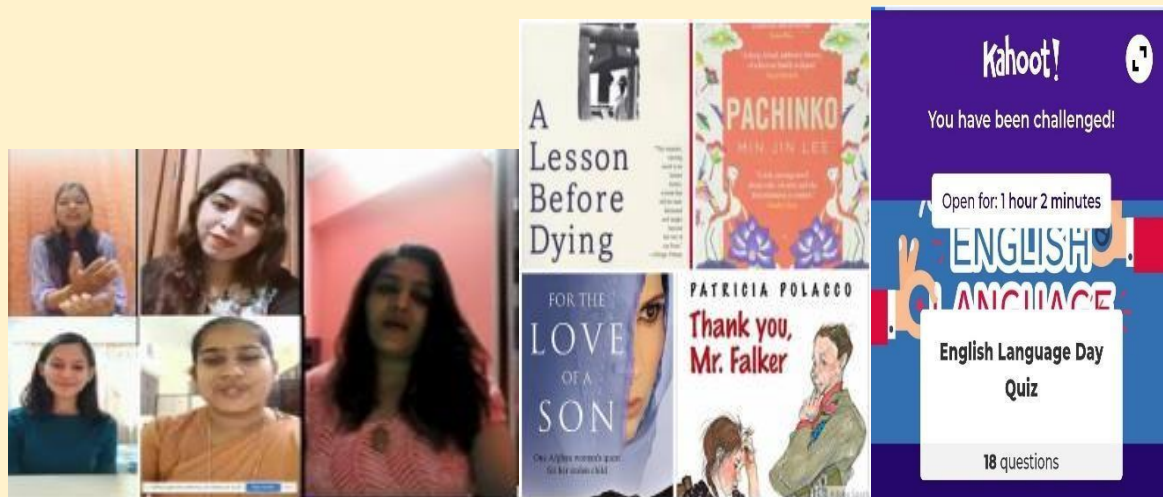
St. Teresa's Institute of Education organized an English Day celebration on October 10, 2020 to mark the birth anniversary of R.K. Narayan, a famous Indian author. The event was conducted over a Google Meet and attended by the institute's Principal, Dr. Sr. Tanuja Waghmare, the faculty, and all the students. The celebration aimed to increase awareness and respect for the history and culture of the English language and the accomplishments of numerous writers, poets, and playwrights. The second year Bachelor of Education (B.Ed.) students specializing in English organized various activities and quizzes under the guidance of Dr. Cerena D'Cunha.

The program commenced with Eshwari welcoming the teachers and students and emphasizing the importance of the English language. This was followed by a brief prayer and hymn and an introduction to R.K. Narayan provided by Jeba and Jelita. Valencia shared some interesting facts about the English language through a short video, and Annabelle and Corallan compered the event and introduced the various participants.

Several students, including Eshwari, Sinora, Diana, Melita, and Larissa, recited poems on various topics such as nature, society, feminism, and spirituality, highlighting the versatility of English literature. Lorna, Rhea, Teresa, and

Sr. Jenifer got everyone humming to popular English songs by Michael Jackson and Bryan Adams. Carishma, Danica, and Sarah presented book reviews recommending inspiring books for teachers, books with cultural themes, and shedding light on Romanticism.

Shital, a science student, shared her experiences and thoughts, emphasizing how language is not just a tool of communication but also a means of building relationships. Valencia then conducted a fun Kahoot quiz on facts about the English language and R.K. Narayan's literary works. The program concluded with a vote of thanks presented by Lorna. The second year Bachelor of Education students demonstrated that a successful program can be executed on a virtual platform as well. The program was deemed a grand success.



## World Mathematics Day



St. Teresa's Institute of Education organized a program to celebrate World Math Day on October 24th, 2020, which was held on Google Meet at 2 PM. The day is traditionally observed on October 15th.

Ms. Pritika Mhatre began the program with an introduction to the day, followed by a prayer service led by Ms. Premalie Correia and Ms. Pritika Mhatre.

After the prayer, Ms. Eshwari Satish and Sr. Litty Joseph shared an interesting video about the importance of math in our daily lives.

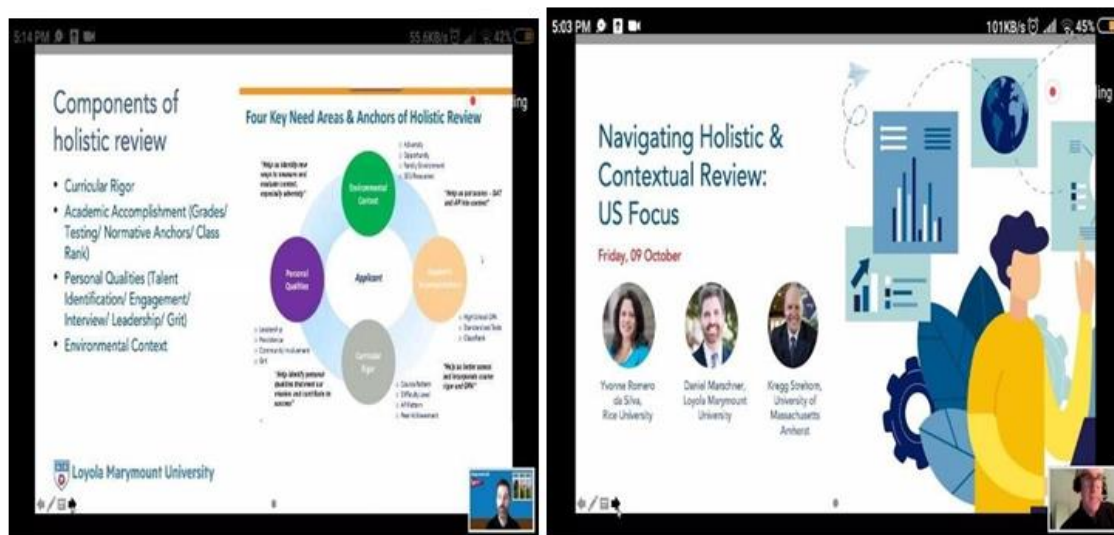
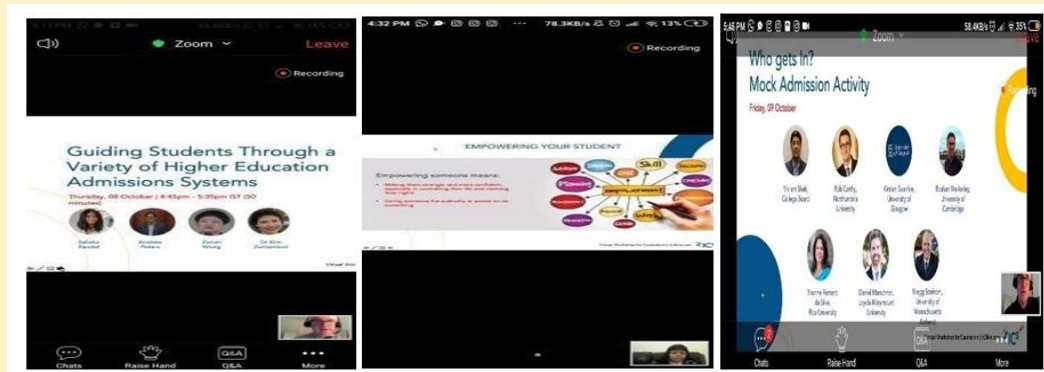
Ms. Neha Yadav and Ms. Pritika Mhatre then demonstrated various tricks to solve multiplication problems quickly and easily, making math more interesting for all. Next, Ms. Cindrella D'mello hosted a quiz for students and staff, emphasizing that math gives us hope that every problem has a solution.

Throughout the program, there were also interesting riddles presented by Ms. Sheron Fernandes, Ms. Rebecca Gonsalves, Ms. Cinera D'mello, and Ms. Priyanka Kajar.

Ms. Larissa Quadros, Ms. Larissa Dabre, Ms. Swinal Dabre, and Ms. Janet Macwan presented novel facts about math, followed by an open quiz for all by Ms. Rincy Lopes, Ms. Alisha Gonsalves, and Ms. Janice Gonsalves.

The program ended with an exciting competition among internship groups named "Kaun Banega Math Pandit," with St. Theresa's Boys High School group winning the game. Principal Sr. Tanuja Waghmare appreciated the program, and Ms. Renica Patil closed the program with a thanking note.

The program was considered a great success.





## Vachan Prerna Divas



On 29th October, 2020 at 2:30pm, St. Teresa's Institute Of Education celebrated Vachan Prerna Divas via Google meet. Vachan Prerna Divas is usually celebrated on 15th October each year, on the occasion of the birth anniversary of late Dr. A.P.J Abdul Kalam, who strongly advocated reading as a necessity more than a hobby.

The event was initiated by Ms. Teresa Chettiar and Mrs. Lorna D'Souza as the comparers for the event. A short prayer service was led by Ms. Sarah Carvalho, followed by a video on the importance of reading by Ms. Janice Gonsalves. Ms. Neha Gharat provided more information about Dr. A.P.J Abdul Kalam with the help of a video.

One student from each internship then presented their videos for an online book exhibition competition held by the institution. Ms. Sarah Carvalho led the Saint Louis Convent High School internship group with the topic of books on and by October-born great personalities. Biographies of famous personalities were presented by Saint Louis Convent School Dahisar, while Mrs. Jonita represented the St. Charles group with the topic of English fiction, classics, and short stories.

Ms. Pritika welcomed the guest of honor for the program, Sir Maxwell Lopes, to share his views on how books are true friends.

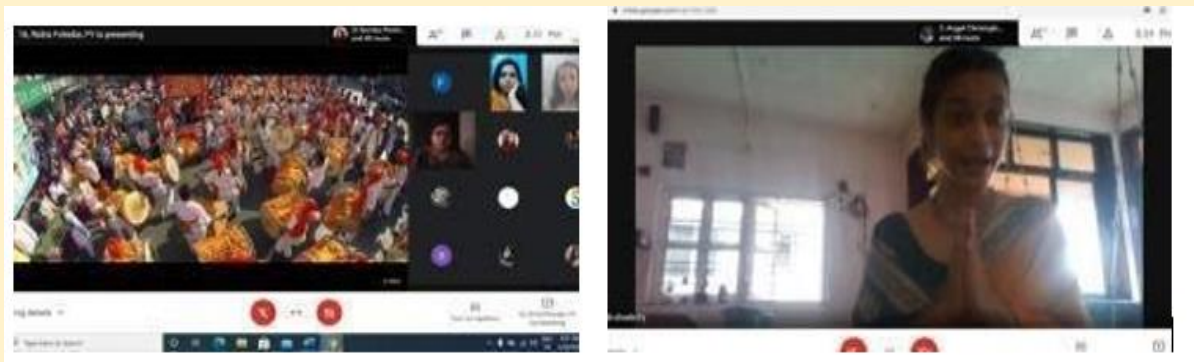
As the competition proceeded, Ms. Danica represented St. Elias Convent High School with the topic of children literature, moral literature, and literature for young readers. St. Teresa's Boys High School presented the topic of poems, led by Ms. Pritika Mhatre. Lastly, Ms. Valencia Fernandes represented the group Our Lady of Health, Sahar, with the topic of nature, plant health, plant kingdom, and the International Year of Plant Health.

Ma'am Shakuntala presented the statistics of reading documentation and appreciated the readers for their corporation in filling the document weekly.

Ms. Larissa Quadroz and Ms. Annabelle D'cruz further led the program with a fun quiz. Lastly, the college principal, Sr. Tanuja Waghmare, announced the winners for the Online book exhibition Competition. The program came to an end by reciting and honoring the National Anthem.

The event was a great success, with fun activities and valuable information highlighting the need and importance of reading.

## **Maharashtra Day Celebration**

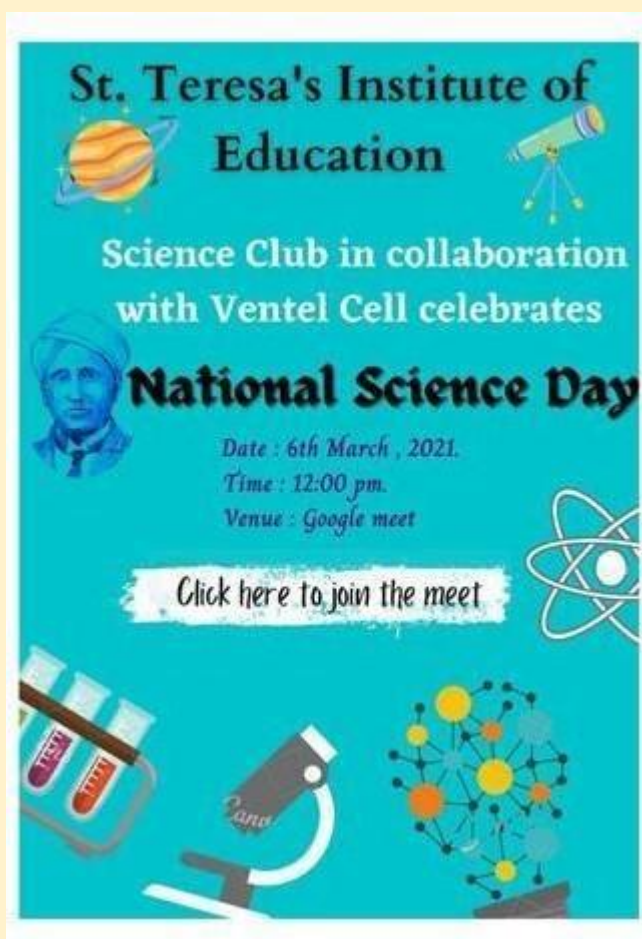


On the auspicious occasion of Maharashtra Day, also known as 'Maharashtra Diwas', St. Teresa's Institute of Education along with its staff and students organized a short program to mark the historic occasion. The program was led by Prof. Joan Lopes, who was in charge of the event, and had a total of 55 participants. Maharashtra Day is celebrated to commemorate the creation of the Marathi speaking state of Maharashtra, and is also recognized as Workers Day or Laborers Day worldwide.

The program began promptly at 9:00 am with Ruth Dmello, a batchmate, presenting on the Marathi dialects while donning a traditional Maharashtrian costume. Sr. Elvina commenced a prayer session, and Romaine Dsouza, another batchmate, delivered a reflection on St. Joseph- the patron of all workers. Sr. Elvina continued with her prayer service, emphasizing the importance of work in our lives and how it is fundamental to the dignity of the person. She also offered a short prayer for those who lost their jobs during the pandemic. The program continued with the playing of a beautiful song, 'Two Thousand Years Ago,' which was focused on St. Joseph. A video highlighting the

importance of water in our daily lives was also presented. Ms. Ruth Dmello and Ms. Kanishka then highlighted the significance of Maharashtra Day and Laborers Day in detail. The program concluded with a vote of thanks by the principal, Sr. Tanuja Waghmare, who expressed gratitude towards the batch mates for their efforts and Prof. Joan Lopes for her contribution in making the event a great success.

### **National Science Day Celebration**



'The Science of today is the technology of tomorrow'

At St Teresa's Institute of Education, 'National Science Day' was celebrated on March 6th, 2021 to commemorate Sir C V Raman's discovery of the 'Raman Effect'. The Science Club, in collaboration with Ventel Cell, organized the event under the guidance of Dr. Joan Lopes, Dr. Reshma Rodrigues, and Dr. Sheela Philip. The program was hosted by Ms. Ashwini Nair and Ms. Sayma Kazi, who provided a brief introduction to the significance of the day.

Ms. Swinal Dabre highlighted the importance of National Science Day and the theme of the year, while Ms. Amruta Pereira provided information about Sir C.V. Raman. Ms. Larissa and Ms. Shital Gavand delivered informative speeches on two different scientists and their inventions. A video highlighting scientific discoveries by Ms. Rekha Padra and Ms. Ashwini Nair was also presented.

Ms. Neha Gharat spoke about famous science institutions in India, followed by Ms. Janice Gonsalves, Ms. Rincy Lopes, and Ms. Premalie Corriea, who shared some fun facts about science by showing a short video. Ms. Priyanka Kajar, Ms. Rebecca Gonsalves, and Ms. Cinera D'mello presented interesting riddles that kept the entire class engaged.

After the riddles, Ms. Neha Gharat, Ms. Pritika Mhatre, Ms. Janice Gonsalves, Ms. Renica Patil, and Sr. Litty Joseph showed a video demonstrating simple tests for identifying adulterants in food at home. Ms. Sheron Fernandes and Ms. Jonita D'britto engaged the entire class with a fun wordwall quiz, and the winners were announced after everyone attempted the quiz. The program ended with a vote of thanks by Ms. Cinera D'mello.

At the end, Dr. Joan Lopes appreciated the program, which was considered a great success.

### **Marathi Bhasha Pandharwada Celebration**



मराठी भाषा संवर्धन पंधरवडा (१४ जानेवारी ते २८ जानेवारी २०२१)

सेन्ट तेरे सा मशक्षणशास्त्र िहामवद्यालयाने १४ जानेवारी ते २८ जानेवारी २०२१ या कालावधीत िराठी भाषा संवर्धन पंधरवडा साजरा के ला. दै नंमदन जीवनात िराठी भाषेच्या अमधकामधक वापरास प्रोत्सामहत करण्याच्या दृष्टिकोनातून िहामवद्यालयाद्वारे ग्रंथपाल डॉ शक ुं तला मनघोट आमण अमधव्याख्यात्या डॉ सेरे ना मडकू न्हा यांच्या िंगधदशधनाखाली खालीलप्राणे मवमवध उपक्रांचे आभासी िाध्याद्वारे आयोजन करण्यात आले

दिवस १) १८ जानेवारी २०२१

िहामवद्यालयाच्या ग्रंथपालांनी "उत्खनन मवनािल्ल्य ऑनलाईन िराठी िामहती संसाधनांचे" (Information Retrieval Of Free Online Marathi Books and Information Resources) या कायधशाळे तून मवद्यामथधनीसोर नॅशनल मडमजटल लायब्ररी ऑफ इंडिया, ई-सामहत्य, नेटभेट: िराठी प ुस्तके , ई-िराठी प ुस्तके , पीडीएफ डर ाइव्ह, िराठी मवश्वकोश इत्यादी संके तस्थळाद्वारे िराठी सामहत्य व प ुस्तकांचे भांडार ख ुले के ले. िराठी टंकलेखनासाठी Google Input Tools व Google Docs वर Voice Typing इत्यादी स ुमवधा प्रात्यमक्षकाद्वारे मवद्यार्थांंना मशकवण्यात आल्या.



दिवस २) १९ जानेवारी २०२१

या मदवसाची सुरुवात िराठी भाषेच्या सन्मानाथध "िराठी अमभान गीताने" ने झाली. मद्धतीय वषाधच्या ४७ मवद्याधीनीनी िराठी श्रद्धलेखन आमण हस्ताक्षर स्पधेिध्ये िोठ्या उत्साहाने आमण आनंदाने सहभाग घेतला. स्पधेचा मनकाल खालीलप्रमाणे: प्रथि पाररतोमषक : नेहा घरत मद्धतीय पाररतोमषक : मप्रमतका म्हात्रे , रे मनका पाटील तृतीय पाररतोमषक : .स्वीनल डाबरे , नेहा यादव

दिवस ३ (२१जानेवारी २०२१)

या मदवशी मवद्यामथधनीनी सकाळची प्राथधना-सभा िराठी भाषेिध्ये आयोजीत के ली, यात िराठीतील प्राथधना, ईशस्तवन, स्रिध्र िराठी गीते आमण िराठी भामषक व्यक्तिश्रेष्ांच्या कायाधवरील िामहतीपूणध क्तव्हमडओचा सिवेश होता.

दिवस ४ (२३ जानेवारी २०२१)

तज्ांचे व्याख्यान : मवषय: भाषा कशी अन भवावी?

तज् िागधदशधक : डॉ.राजश्री पाटील, सहाय्यक प्राध्यापक, एस एन डी टी िमहला मवद्यापीठ, िराठी मवभाग, िंबई. िॅडिने आम्हाला मदलखलास शैलीत िराठी सामहक्त्यक आमण सामहत्यसंपदेची ओळख करून देत, िराठी भाषेचे िाधयध, सािर्थ, वेशीपरत्वे बदलणारे वैमवध्य आमण सौन्दयध आिच्यासिोर अनेक उदाहरणांतून उलगडले. िनिकळ्या गप्ांतून आज दलधमक्षत झालेल्या िराठीसह इतर प्रांतीय भाषांच्या दरावस्थेबद्दल खेद व्यि करीत अमतरे की पाश्चात्तीकरणाच्या प्रवाहात आपली िातृभाषा नािशेष होऊ नये यासाठी मवद्यार्थांनी िातृभाषेला अनौपचारक संवादाची भाषा बनवून मतचे संवधधन के ले पामहजे या जबाबदारीचे भान त्यांनी तरुण मवद्याधीनीना मदले. प्रश्नोत्तरांच्या तासानंतर क नेहा घरात महने िॅडिचे त्यांच्या ओघवत्या आमण स्र्वाव्य व्याख्यानासाठी आभार िानले.

दिवस ५ (२५ जानेवारी २०२१)

"बोलतो िराठी" या अभव्यी कायधक्रिांतगधत ४६ मवद्यामथधनीन सादरीकरण के ले.

- कथाकथन
- काव्यवाचन
- िराठी पस्तक / नाटक / मचत्रपट पररक्षण.
- िराठी वेषभूषा, खाद्यजीवन, संस्कृ ती
- गीत-गायन

दिवस ६ (२६ जानेवारी २०२१)

ी खालील मवषयांवर िराठीतून उत्कृ ि िनोरं जनात्मक

प्रजासत्ताक मदनी मवद्यामथधनीनी सपणधूं कायक्रिाचेध प्रि. ख्याने िराठीतनू आयोजन के ल,े देशभीपर भाषणे मदली,

स.ंदर स्तोत्रे आमण स.िध.र गीते गायली.

दिवस ७ (२८ जानेवारी २०२१०)

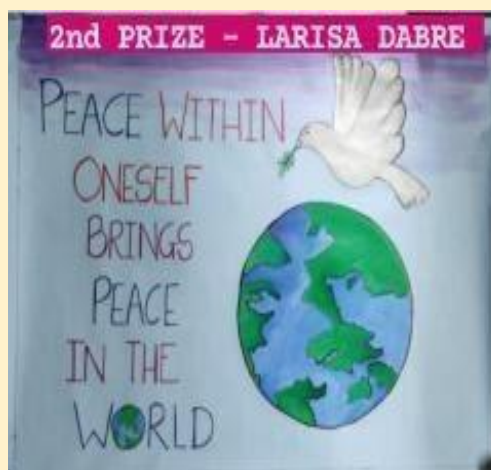
िराठी िामहती संसाधनांवर आयोमजत करण्यात आलेल्या प्रश्रिंज. षेिध्ये ४८ मवद्यामथधनीन

प्राणपत्र संपन्न के ले. जोनीता मदमब्रटो, अनाबेल डीकू झ, शीतल गावंड, नेहा घरत या चार मवद्यामथधनीनी प्रत्येकी

८७% ग.ण मिळवत प्रश्रिंज. षेिध्ये प्रथि क्रांक संपादन के ला. अखेरीस रािर गीताने िराठी पंधरवड्याची सांगता झाली अथाधत तत्पूवी प्रत्येकीने भाषा िाऊली िराठीचा वापर, प्रचार आमण प्रसार करण्याची खूणगाठ िनाशी पक्की बांधली होती!

ी उत्साहाने सहभाग घेऊन

## INTERNATIONAL PEACE DAY 2020

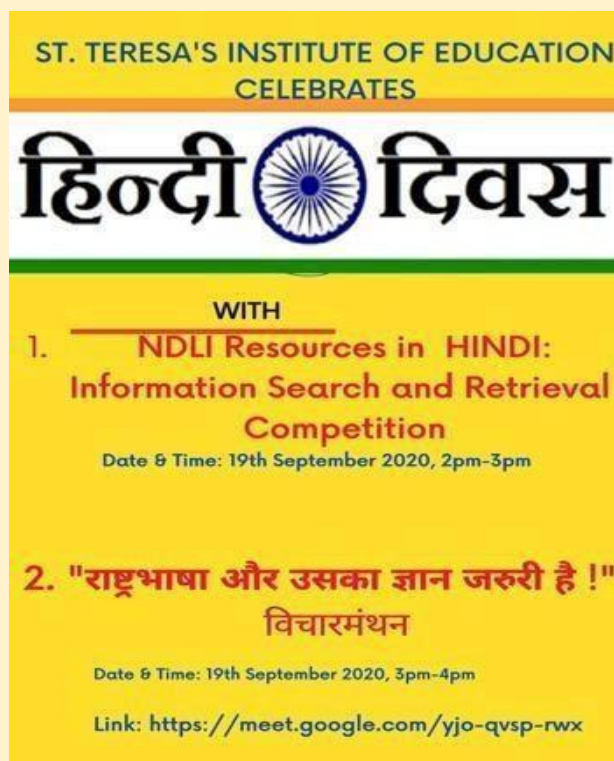


Shaping peace together was the theme for the Peace Day program that took place on 26th September 2020. The program was conducted on Google Meet at 10 a.m. It was initiated by Ms. Neha Gharat, who introduced the theme of Peace Day brilliantly. She also provided some insights into the theme of Peace Day, which was shaping peace together. As they continued, the atmosphere was made peaceful by a serene hymn and prayer by Ms. Ashwini Nair. Verses from the Holy Quran, Bhagavad Gita and the Holy Bible were read out by Ms. Humera, Ms. Melita and Ms. Rekha. The prayer of the faithful was led by Ms. Janet. Following this, Ms. Shital Gavand spoke on the importance of peace, and what caught everyone's attention was the information about how Peace Day was celebrated around the world. It was followed by a revelatory presentation on the Origin of the peace symbol by Ms. Rebecca Dias. Furthermore, an amazing poem was read by Ms. Alisha, Ms. Neha Gharat, and Ms. Neha Yadav. Ms. Sayma Kazi and Mrs. Jonita gave a wonderful presentation on two personalities who promoted peace which were Mahatma Gandhi and Mother Theresa.

The program almost came to an end and Ms. Neha Gharat spoke on the importance of peace education. She opened each one's eyes to inculcating peace education in their respective pedagogy. In the end, the results of the poster making competition were announced. The winners were; First place -Swinal Dabre, Second place - Larisa Dabre and Third place was grabbed by Angel Raj and Annabelle D'cruz stood fourth in the competition. In the end, Dr. Sr. Tanuja Waghmare addressed everyone on this occasion and shed light on the event of Peace Day. The program ended with a thank you note from Ms. Neha. It was well conducted and reflected incredible information on Peace Day and was carried out very smoothly. It is obvious that it was surely inspirational for all students. A special appreciation for **Dr. Joan Lopes** for organizing the wonderful program.



## HINDI DIWAS



On 14th September 1949, the Constituent Assembly of India designated Hindi as the official language of the country. To commemorate the significance of this decision, Hindi Diwas is celebrated every year on September 14th. Hindi is one of the two official languages of the Union Government, written in Devanagari script. On August 19th, 2020, the STIE Library and NDLI Club celebrated Hindi Diwas by organizing virtual activities on Google Meet from 2pm-4pm. 48 students from the SYBED Batch participated in both activities. In the first activity, "राष्ट्रीय भाषा और उसका ज्ञान जरूरी है !," students brainstormed about the importance of the national language and why citizens should have knowledge of it. The second activity was an Information Retrieval Competition about NDLI Resources in Hindi. Students attempted a Google Quiz with real-time information search and retrieval on the National Digital Library Portal. The questions were based on the NDLI Information Resources available in the Hindi language.

The objective of these activities was to create awareness about Open Educational Resources (OER) like NDLI and encourage students to access its resources. As a result of the comprehensive NDLI orientation, 9 students scored 100% in the quiz. The students were amazed to explore the various rich resources of NDLI, such as textbooks, novels, children's literature, plays, music, and many more in various formats such as text, audios, and videos. Individual certificates with the score were distributed to students for participating in both the activities.

## INDEPENDENCE DAY CELEBRATION



On August 15, 2021, St. Teresa's Institute of Education in Santacruz celebrated the 75th Independence Day of India with great enthusiasm and pride. The principal, faculty, and students commemorated the occasion virtually, with Captain Rajshekhar Banerjee from the Indian Navy as the esteemed Guest of Honour.

To infuse a spirit of patriotism, student teachers in the organizing team dressed up as Freedom Fighters, while other participants wore the colours of the Indian Tricolour. The event was anchored by Arlene and Stevina, who set the tempo for the occasion. The solemn prayer service by Sr. Cinthiya implored blessings of the Almighty to protect the nation from all adversity.

In her address, Dr. Sr. Tanuja Waghmare, the Principal, delivered a meaningful message about Independence Day and the Feast of the Assumption of the Virgin Mary, and extended a warm welcome to the Chief Guest. The flag hoisting was done virtually by sharing a recording of the ceremony held earlier the same day at the college campus. Captain Rajshekhar Banerjee then delivered an inspiring speech about our responsibilities towards the country. The forum was opened for an interactive Q/A session, and Ms. Angel Christopher shared her thoughts on Independence Day and reminded us of our responsibility in shaping young minds as future teachers and educators. A pre-recorded video of an enthusiastic and patriotic dance performed by Stevina, Riya, Ruchita, and Lisa set the tempo for the occasion. The event concluded with a Quiz by Kritika on our Freedom Struggle titled 'Let's test your

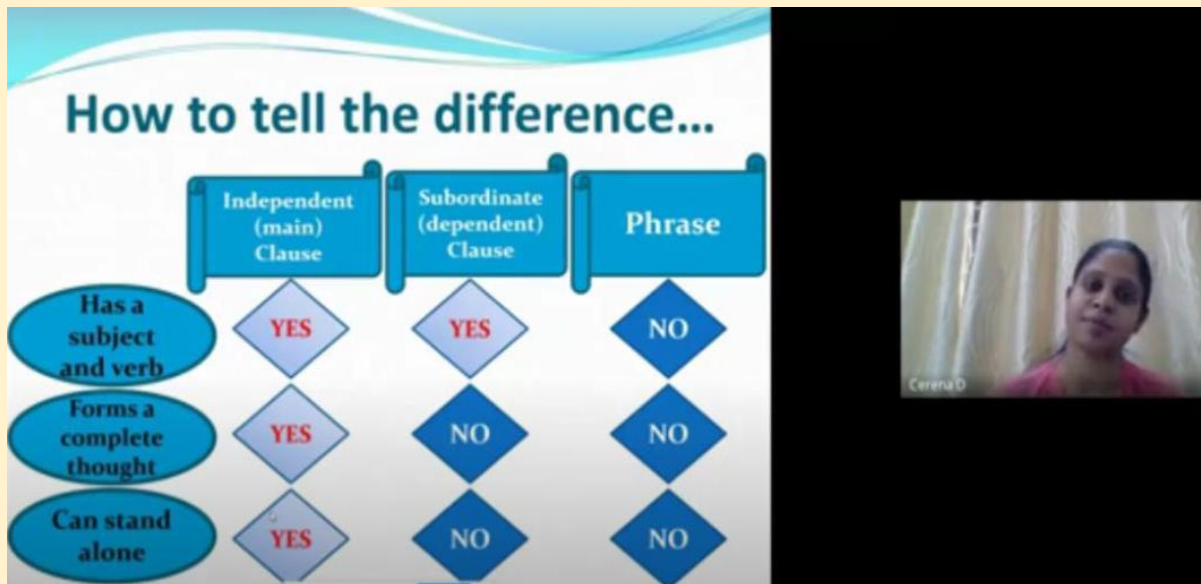
Indian Quotient,' followed by the vote of thanks by Riya. A collage of images of all the student teachers embedded on the map of India left an indelible impression on everyone's minds and hearts. Kudos to the organizing team and their mentor, Assoc. Prof. Dr. Giselle D'souza, for planning and conducting such a meaningful and impressive celebration of the 75th Independence Day!

# COURSES





## ENGLISH GRAMMAR COURSE PRO- BEGINNER TO ADVANCED



Grammar is the foundation of effective communication, as it sets the basis for clear and meaningful messages. Improper grammar can hinder the intended message, much like a poorly configured telephone wire that can cause static during a phone call.

Joan Didion once said, "Grammar is a piano I play by ear. All I know about grammar is its power," which is evident in the 20 sessions of the English Grammar Course Pro- Beginner to Advanced held from March 9 to April 7, 2021, conducted by Dr. Cerena D'cunha.

Dr. Cerena began each topic by explaining the course's importance, features, and benefits, providing us with a comprehensive understanding of grammar as new teachers. The 40-hour course was taught thoroughly, utilizing tools like PowerPoint, Google Docs, and Google Forms to simplify the course for the 50 students.

The course began with a Pre Test to determine the areas requiring special emphasis. We were assigned Google Forms and a topic-specific assignment, which helped us brush up on the concepts.

Each session provided us with insight into how to systematically conduct classes. The entire course was well-organized, featuring explanatory videos, e-materials, assignments, discussion forums, and quizzes that enhanced our learning experience.

For instance, we were taught "Ram runs," but with the help of technology, Ram was shown running, making it fun to learn. The course culminated with a final assessment, certifying us as pupils of the English Grammar Course.

Grammar is a crucial tool that, when used effectively, creates clarity, meaning, and magic on a simple page. It not only teaches us how to write properly but also how to speak with clarity. Grammar forms the heart of the English language.

## INTERNATIONAL CAREER AND COLLEGE COUNSELLING (IC3) COURSE



## SOCIAL CONSCIENTIZATION METHODOLOGY COURSE

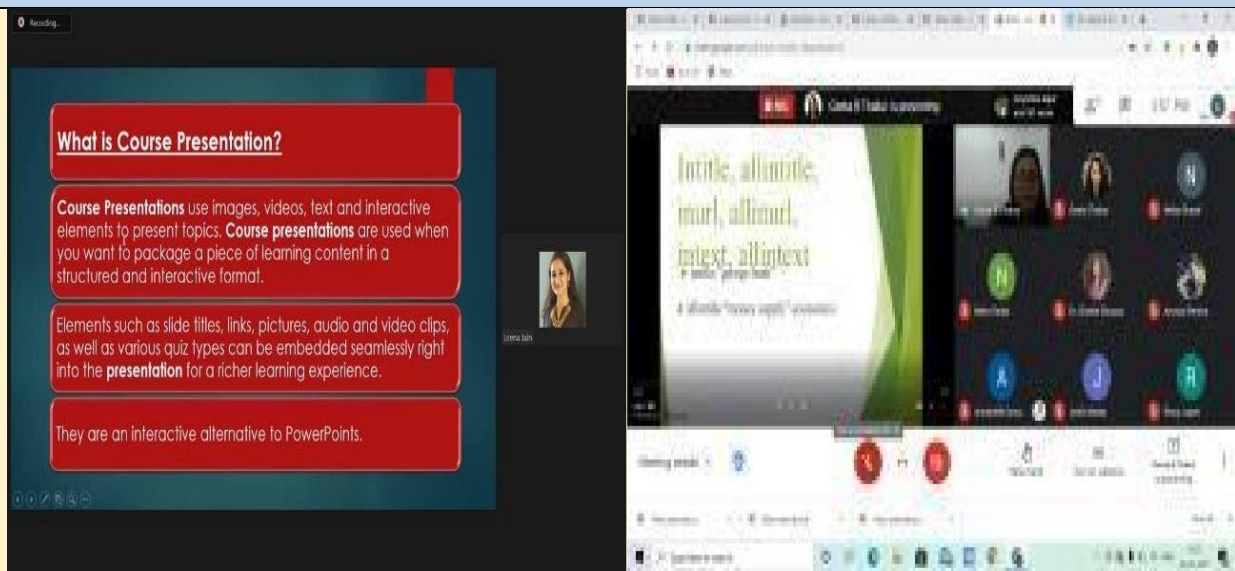


# SEMINARS, WEBINAR AND WORKSHOPS





## TECH FLUENT TEACHERS



The COVID-19 pandemic has presented a significant challenge to the educational fraternity, disrupting face-to-face classes and highlighting the importance of digital learning tools. However, the teaching faculty at S.T.I.E. led by Assoc. Prof. Dr. Giselle D'Souza and Assoc. Prof. Dr. Cindrella D'Mello rose to the challenge and turned it into a learning opportunity for student-teachers. They organized a course titled "Tech-Fluent Teachers" which spanned eight months and comprised of experts from prestigious educational institutions training them on various digital tools to enhance the teaching-learning process in schools.

Each session focused on unique digital aids that could make online learning engaging, interactive, and fun for students. Trainers who came on-board were experts in the digital world, sharing secrets that had the potential to turn each online lesson into a masterpiece.

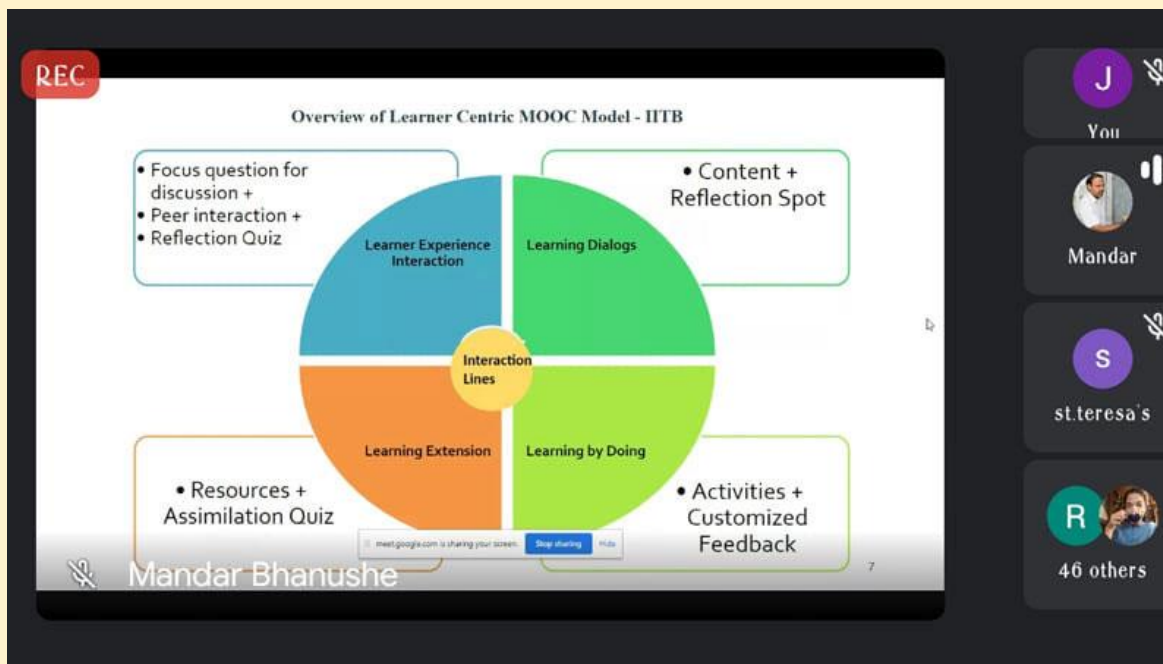
The course began with a class on how to record audio and add background music/effects to it using the software 'Audacity'. The session was conducted by Mr. Asir Julius of Universal Teachers' Academy [UTA] and covered an essential tool that could make voice-based lessons fun and pleasing to students even in the absence of a teacher. The following session, led by Mrs. Ramya Sriram of UTA, showed them how to edit videos using the software

'Olive Video Editor' on a desktop/laptop. They learned to customize videos by adding their own title, introductory card, and end card to pre-existing or newly recorded videos. Mr. Saktivel Murugan of UTA's session was a boon for those working extensively on mobile phones. They learned that the lack of a desktop/laptop need not be a barrier to editing videos, and the process could be just as smooth and hassle-free even on a mobile phone using software like 'VN Video Editor'. Assoc. Prof. Dr. Giselle D'Souza took them through creating an effective and easy-to-understand assessment tool using Google Forms. This was especially helpful as they were puzzled about how to conduct online assessments in schools in the absence of a physical classroom.

Ms. Leena Jain, a secondary school Science teacher, demonstrated a bouquet of tools built into Microsoft PowerPoint that could make their lessons interactive and engaging. She also showed them that images could not only enhance a lesson visually but also be used to drive the point home by using 'Image Hotspots' on the online platform H5P. Dr. Agnes D'Costa, Assoc. Professor, Pushpanjali College of Education, equipped them with a variety of online resources during their final online internship in schools. Her in-depth demonstration of virtual tools such as Wordwall, Thinglink, Dotstorming, Storyweaver, and ClassTools proved that the sky was the limit when it came to making online lessons creative. Assoc. Prof. Dr. Giselle D'Souza introduced them to the creative landscape of MindMeister, a tool that could capture the attention of every student in a class. She also showcased her own E-Portfolio and illustrated how to create one for themselves using the Wix platform. Ms. Leena Jain introduced the H5P Course Presentation, which was a novel idea that could be used not only to present interactive content but also as an effective testing tool to evaluate student comprehension immediately after a class. Dr. Geeta. R. Thakur of S.P. College, Pune, demonstrated the use and importance of WebQuests, a valuable tool for achieving inquiry-based learning, which is one of the ultimate aims of NEP 2020. She helped them understand the steps to create an effective WebQuest to enhance the curiosity and imagination of young learners.

The course concluded with Dr. Geeta showing them how to design effective rubrics using web-based.

## SESSION ON MOOC



On 14th January 2021, an important and informative session on MOOC (Massive Open Online Course) was organized by St. Teresa's Institute of Education. The program was held on Google Meet at 9.15 am and was conducted and presented by Sir Mandar Bhanushe. During the session, Sir Mandar Bhanushe provided lots of information about MOOC and explained how doing different online courses can help improve knowledge. He began by introducing MOOC as free online courses available for anyone to enroll and explained how they provide an affordable and flexible way to learn new skills. He also spoke about online course apps like Udemy that provide different courses and certificates on completion.

Sir Mandar Bhanushe then discussed the learner-centric MOOC model and also talked about SWAYAM (Study Webs of Active-learning for Young Aspiring Minds), an indigenous platform of the MHRD and Government of India that provides an integrated portal and platform for hosting MOOCs developed under the aegis of NME-ICT. Throughout the session, Sir Mandar Bhanushe cleared doubts about the way of teaching in an online course, the timings for those courses, and how one can enroll in those courses. He also gave options about different online course platforms.

The session was a must-attend as it not only cleared doubts regarding online courses but also helped understand many more factors related to MOOC. Sir Joshi discussed each aspect of MOOC with ease and covered all related things. The program ended at 10.30 am and was a great success.

## SESSION ON 'NATIONAL EDUCATION POLICY (NEP) 2020

**11. Towards a More Holistic and Multidisciplinary Education**

India has a tradition of multidisciplinary education in the form of 64 kalaas or arts. 21<sup>st</sup> century needs a notion of a 'knowledge of many arts' or liberal arts

64 Kalas (Arts) and 14 Vidyas (Techniques) of Ancient India

Humanities and arts when integrated with Science, Technology, Engineering and Mathematics (STEM) have consistently showed positive learning outcomes

HE(Higher Education) to have creative combinations of disciplines for study, and offer multiple entry & exit points

The biggest complaint of today's Education system in India is that it does not get students a relevant job. Even achieving 90% marks may not guarantee a decent job in the near future. Ironically, the education system for the past 34 years has been totally based on marks with excessive focus on various kinds of traditional assessments and examinations.

The new National Education Policy (NEP) 2020 is set to replace the existing National Policy on Education which was first formulated in 1986 and last modified in 1992. The Ministry of Human Resource Development (MHRD) will again be known as the Ministry of Education that was last renamed as the HRD ministry in 1985, during the tenure of former Prime Minister Rajiv Gandhi.

According to Times of India, on Saturday, the 27th of March, 2021, St. Teresa's Institute of Education organized an online seminar on "Understanding the NEP 2020 and its effects on Teachers". Dr. Agnes D'Costa, Associate Professor at Pushpanjali College of Education, Vasai, was invited to speak. With over 8 years of experience as a school teacher, she adorned an MA in History as well as a Ph.D. Due to her vast knowledge, she was able to share her understanding about the New Education Policy 2020. The seminar began with an ice breaker activity conducted by Dr. Agnes, showing her adept knowledge about technology. She divided the policy into various parts, highlighting important points for the student teachers of STIE to take note of, some of which were:



- The change in the new pedagogical structure
- The principles and vision of NEP
- Impact on Teachers
- Transforming assessment for Student Development, among many other topics.

The seminar began at 9:30 am and concluded with Dr. Agnes answering and clarifying all the questions that came her way. Thanks to Dr. Agnes for giving her valuable time to help the student teachers of STIE, gratitude was expressed to Dr. Cinderella D'Mello for organizing this event for the S.Y.B.Ed. batch who are preparing to begin their teaching career school, and to all the student teachers who attended the seminar.

The NEP is a policy that is looking to bring about good change in the Indian Education system. However, the onus of being a good teacher is still on individuals. It is important to look forward towards a brighter education system and continue working on ourselves to become better teachers.

## THE BIG FIVE TALK SHOW



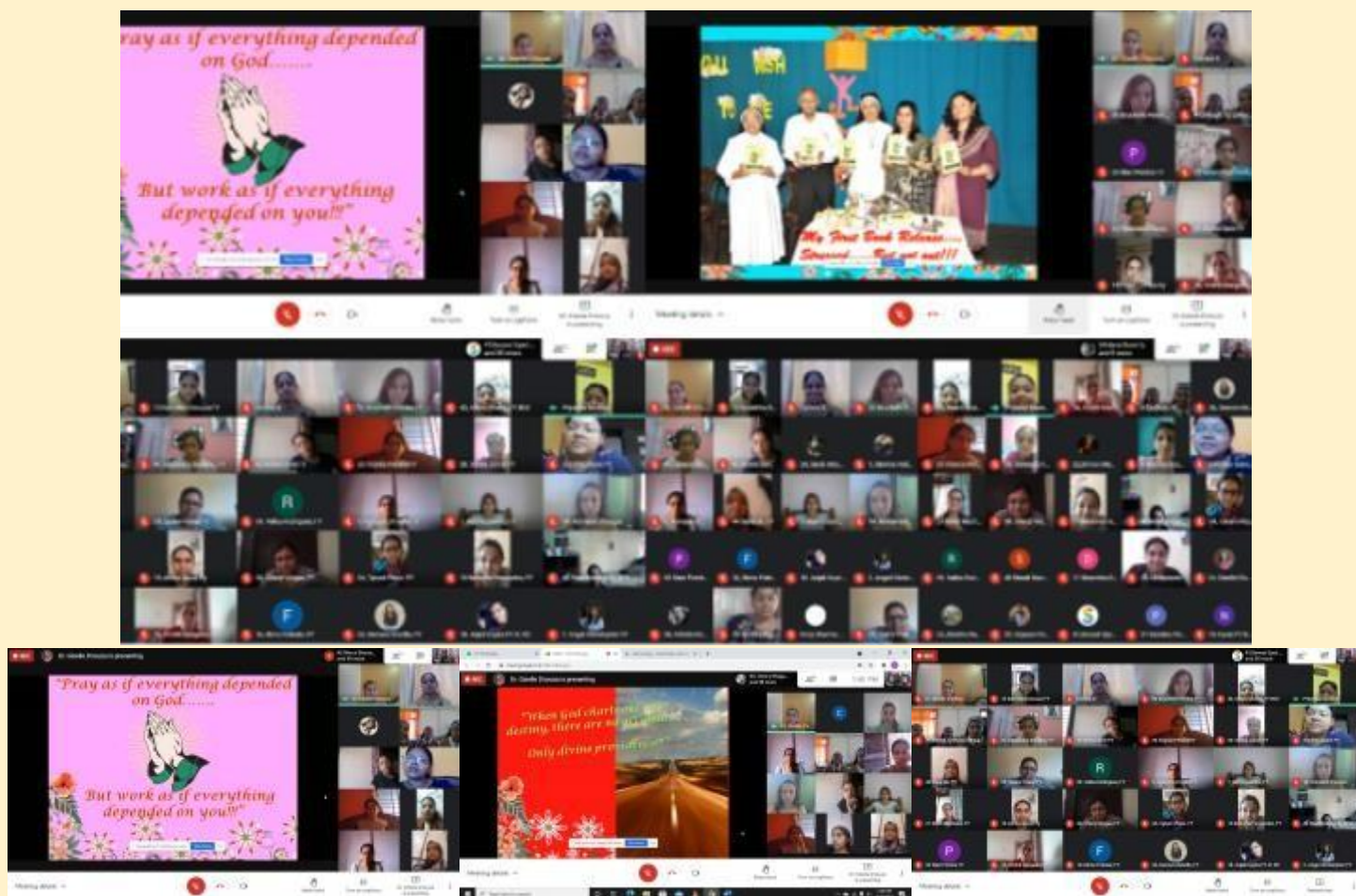
On November 7th, 2020, St. Teresa's Institute of Education held their Annual Intellectual feast, "The Big Five Talk Show." The event, which lasted for 3 1/2 hours, consisted of a panel of distinguished alumni from schools affiliated with the 5 Boards of Education in India, including two panelists from schools in the UAE. The session was declared open by Sr. Jenifer Almeida after a warm welcome from Principal Dr. Sr. Tanuja Waghmare. The panelists, all alumni of STIE, shared their wealth of knowledge and expertise on the curricula, syllabi, evaluation patterns, and highlights relating to their respective Board types.

The panelists included Mrs. Jane Kotian, Mrs. Anns Stanley, Mrs. Tracy Cardoz, Mrs. Sonia Cardoza, Mrs. Kirtida Kale Swami, and Mrs. Rachael Vaz. They provided insights into practical aspects like curricular transactions, job prospects, and qualifications required for recruitment, and how they have adapted to the ongoing pandemic using a spectrum of online teaching strategies. They also answered questions from the audience, including future teachers who were S.Y.B.Ed. students, making it an intellectually stimulating session.

The event was conceptualized and anchored by Assoc. Prof Dr. Giselle D'Souza, and co-hosted by Ms. Teresa Chettiar, Ms. Amruta Pereira, Ms. Jonita D'brito, Ms. Janice Gonsalves, Ms. Rebecca Dias, and Ms. Sheetal Gavand. The Q&A session was moderated by Ms. Eshwari Satish, who ended it on a phenomenal note with her vote of thanks.

The Big Five Talk Show provided a panoramic view of the educational landscape with adequate scope for comparison of the salient highlights of the 5 main Board Types. The panelists emphasized that the real point of becoming a teacher isn't to replenish one's bank account, but rather to fill our world with kind-hearted, value-driven, and well-rounded human beings. They drove home the message that "Teaching is more about the outcome and less about the income."

## MENTORING SESSION BY ALUMNI



The alumni mentoring session for F.Y.B.Ed batch of 2020-22 at STIE was organized by Dr. Cerena D’cunha. Dr. Giselle D’souza and Mrs. Priyanka Moraes were the two chief speakers invited for conducting the session. There were a total of 53 participants present for the program. The main objective of the session was to enrich and motivate the first year students of the B.Ed course. It was a very well- organized session to make the students believe in themselves and overcome all the challenges and obstacles that are going to come up their way.

Dr. Cerena D’Cunha began the session by introducing the two speakers after which Dr. Giselle D’souza shared her life experiences with the students. This was followed by Mrs. Priyanka Moraes who spoke about her journey through STIE and where she has reached now in life. Finally, Miss Upassana concluded by giving a vote of thanks on behalf of STIE.

The session was truly inspiring in several ways as it was relatable to the speakers. From having to change her career stream altogether to having to manage a child while doing B.Ed and still standing first at STIE and second at MU, Dr. Giselle D’souza really is an inspiration as to how one needs to give their best and have faith in God to take care



of the rest. Mrs. Priyanka Moraes, who was a student at STIE in 2010 went on to narrate her experiences at college and the support she gained from her teachers. She spoke about how she learned humility and gives credit to her mentors at STIE. Her belief that 'efforts are not really efforts until it hurts' is truly an inspiration to keep pushing one's boundaries forward and embrace the obstacles only to come out stronger. The session was really fruitful as everyone left with a smile on their face and were motivated by their alumni to bring out the best in them and be humble no matter where one reaches in life.

## REPORT ON TET SESSION

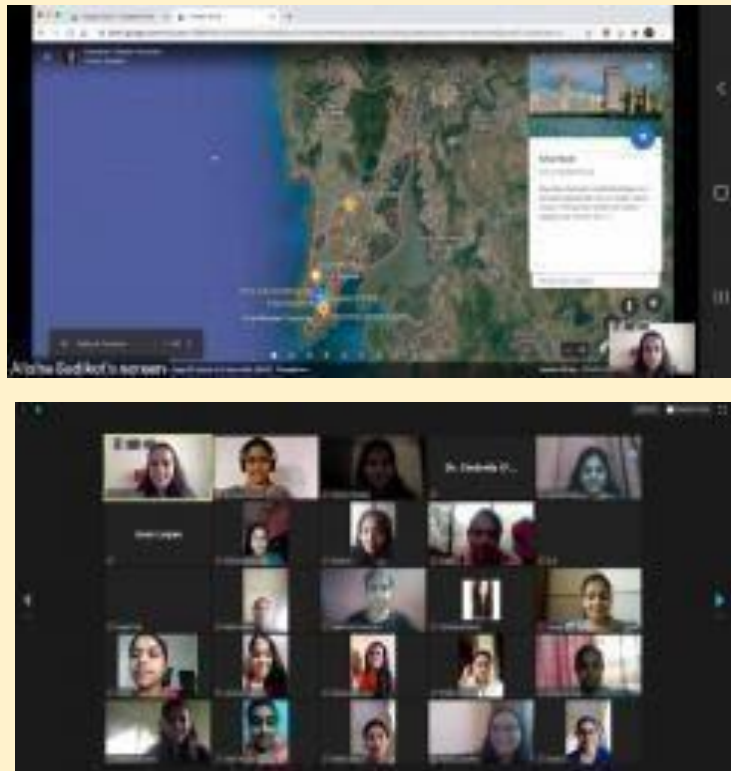
St. Teresa's Institute of Education organized an online session on TEACHERS ELIGIBILITY TEST (TET) for S.Y.B.Ed. students on 10th November 2020. The program was held on Google Meet at 10:30 am.

Dr. Cindrella D'Mello, Assistant Professor, St. Teresa's Institute of Education organized and conducted the session. The session began with a few analogies which highlighted the importance of quality of products and processes related to daily life and also the need for quality teachers. The session focused on the questions like- Why do we need TET? Who is eligible to appear for TET? What is the structure of this test? What are the qualifying marks? What is the frequency and validity of the TET? How to apply for TET?

Dr. Cindrella D'Mello also provided information about another alternative for TET that is the CTET. Here she explained the similarities and differences between the two test which gave a clear idea about which test to opt for. Later Dr. Cindrella also cleared all doubts regarding the exam. At the end a MOCK TEST was conducted to give the students a clear view of the test. The MOCK test surely helped the student-teachers in actually understanding the type of questions and also gain a self-confidence to appear for the test.

This session was a must as it not only cleared doubts regarding the TET but also helped each one in understanding the different aspects of the test. It helped them in gaining insights about the format of the TET. It was indeed an informative and a much-needed session. This session was a great success!

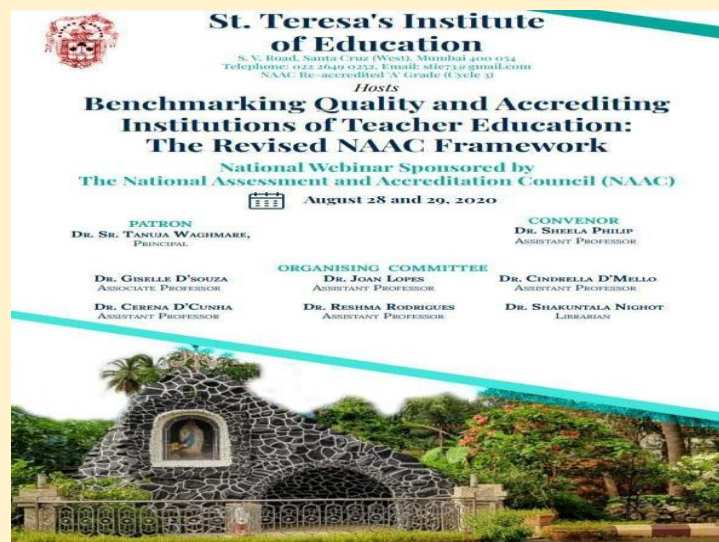
## VIRTUALLY WALKING MUMBAI



This beautiful walk took place on 12/09/2020 from 2pm to 4pm via Zoom application. It was organised by the staff of St. Teresa's Institute of Education and the event was coordinated by Dr.Joan Lopes and Dr.Reshma Rodrigues. The event was hosted by Alisha Sadikot who is a Post-Graduate Diploma in Heritage and Museum Education and Interpretation from the International Centre for Cultural and Heritage Studies (ICCHS), Newcastle University (2011). She Uses walking tours as a tool to encourage creative and critical public engagement with Mumbai's urban histories, art and museum collections. Her practice focuses on broadening art, museum and heritage conversations through the In-heritage Project (since 2015) and Art walks Mumbai, which she co-founded in 2017. Formerly, Alisha was a curator, Education and Outreach, at the Dr. Bhau Sahi Lad Mumbai City Museum from 2012 to 2015 where she helped develop the museum's popular learning programme.

There were 59 participants for this event. The main objective of this event was to give information and knowledge about the history of Bombay (today known as Mumbai) and how one can inculcate such heritage walks in classrooms and explain the history about the place to their students. The session was taken 300 years back when Bombay was just 7 Islands and then was brought back to the present, how Bombay is today turned into Mumbai, through Maps and pictures. As students/participants they learnt many new and interesting facts which some of them never knew about Mumbai. Also, history gets boring sometimes however, by showing the map and the different places and giving in depth information and facts, kept everyone glued throughout the session. It was an amazing way of learning.

# NATIONAL WEBINAR ON BENCHMARKING QUALITY AND ACCREDITING INSTITUTIONS OF TEACHER EDUCATION



The Certificate Course named "Social Conscientization Methodology Course" was offered to the student teachers of St. Teresa's Institute of Education and it had a total of 3 credits. The course was taught by Dr. Agnelo Menezes, who is the Head of the Department of Public Policy at St. Xavier's College. St. Teresa's Institute of Education and the Department of Public Policy at St. Xavier's College were the institutions that offered the course.

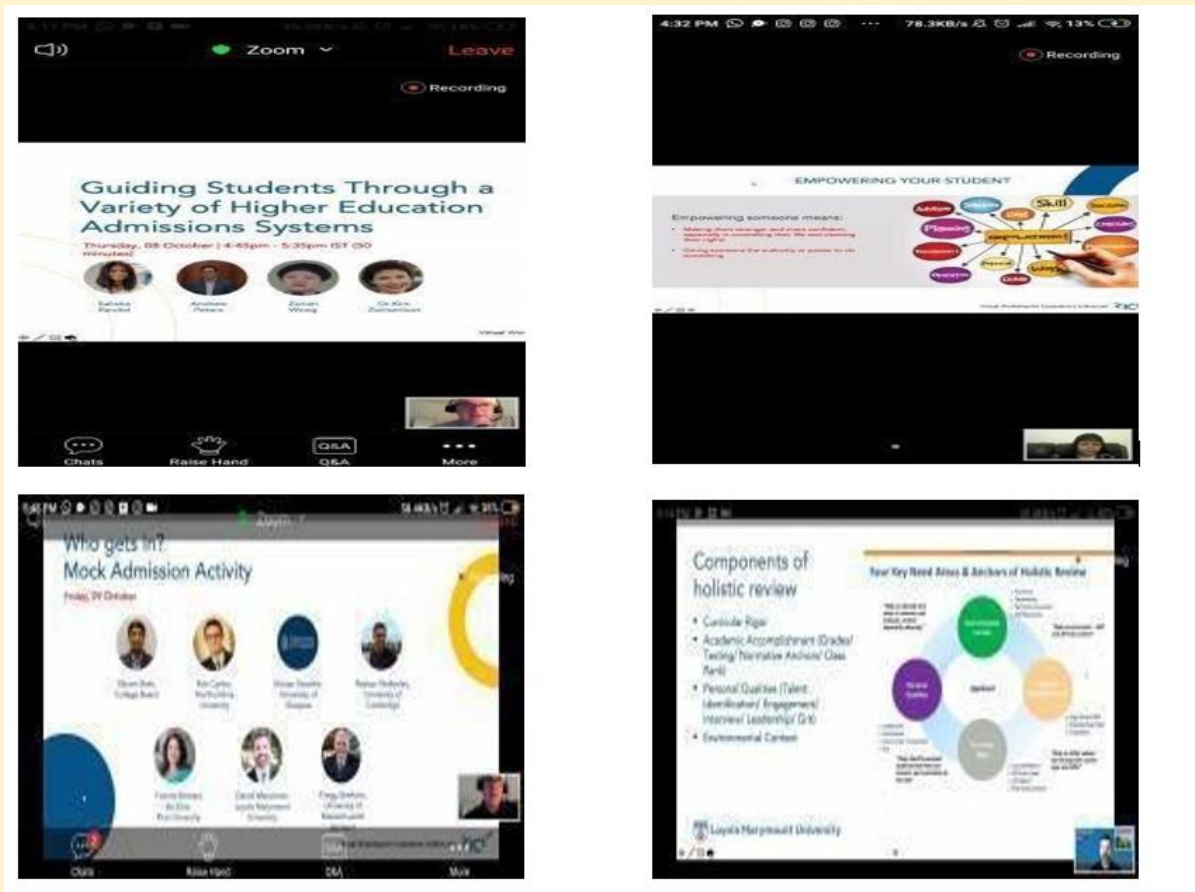
The course ran for 9 weeks, starting from November 2020 and ending in January 2021. During each week of the course, there were 2 lectures, and each lecture lasted for 2 hours. The lectures took place on Mondays and Thursdays, from 2 p.m. to 4 p.m. In total, the course lasted for 30 hours. St. Teresa's Institute of Education conducted a National Webinar "Benchmarking Quality and Accrediting Institutions of Teacher Education: The Revised NAAC Framework" sponsored by The National Assessment and Accreditation Council (NAAC) to



provide an insight into the Revised NAAC Framework. The two-day webinar dated August 28 and 29, 2020 was successfully hosted by convenor of the webinar - Dr. Sheela Philip along with other faculty members of STIE as the organizing Committee.

On Day 1 of the webinar, Dr. Sheela Philip initiated an introduction of the keynote speaker, Professor Dr. Shefali Pandya. The webinar covered several criteria such as curricular aspects, teaching, learning and evaluation, research and outreach activities, student support and progression, governance, leadership and management, infrastructure and learning resources, and institutional values and best practices. On Day 2, Dr. Dharmaraj K. Veer spoke about infrastructure and learning resources while Assistant Professor Shrihari Pingle spoke about institutional values and best practices. Both the sessions were highly informative and enlightening, with discussions on the importance of education institutes playing a vital role in the progress of students. The webinar emphasized the need to have good governance and policies, administrative set-ups, procedures, and programs for teaching and non-teaching staff. It also focused on enhancing the quality of the institution by introducing waste management, water management, cleanliness drives, and other initiatives. The session ended with a panel discussion by Dr. Priya Narayanan and Dr. T.K.S.Lakshmi, among others.

## ICT REPORT



The faculty members Dr. Sheela Phillip and Dr. Cindrella D'Mello led the students of STIE in attending a two-day virtual workshop for counselors, conducted by the IC3 Institute on 08 & 09 October, 2020 from 4 pm to 6 pm IST. The workshop was a bountiful session hosted by learned panelists from across the world, with participants from different nations interacting with the panelists via Zoom. The objective of the workshop was to bring forth the changing role of the Career Counselor in schools and colleges and to help students navigate Admission Systems in Universities across the globe with insights from experienced counsellors.

During the first day of the workshop, various techniques of counseling that would empower students to make the right academic and career choices were discussed by the panelists. The latter half of the session provided insights into the admission process in emerging destinations for higher education such as Canada, Australia, Hong Kong, and The Netherlands. On the second day, representatives from prestigious Universities in the U.K. and the U.S shared valuable information on the admission process and criteria for each of these institutions.

The students of STIE gained deep insights into the admission processes of various universities and learnt the nuances of guiding students through their academic and career choices, as aspiring teachers and counselors. As Ms. Michelle Obama, the former First Lady of the U.S., said, "The benefits of studying abroad are almost endless".

## WORKSHOP ON MAKING LEARNING VISIBLE THROUGH SKETCHNOTING



On the occasion of the College Feast Day on October 15th, 2020, the faculty and Second Year student-teachers of St. Teresa's Institute of Education participated in a Sketchnoting workshop conducted by Ms. Kirtida Kale Swami, an alumnus of the Institution and PYP Coordinator at Crossroads International School, Udaipur. The session, organized and anchored by Assoc. Prof. Dr. Giselle D'souza, was held on Google Meet and began with a prayer by Nicolette D'silva in commemoration of the feast of St. Teresa of Avila. The General Secretary, Annabelle D'cruz, welcomed and introduced Ms. Kirtida Kale Swami to the audience, after which the session began.

During the workshop, Ms. Kirtida demonstrated how Sketchnoting could be used in the teaching-learning process to add a fun dimension to formative assessment. She explained how this tool aids visual learning and can be used effectively to assess the creativity and ingenuity of students. She used an interactive approach to drive home every concept clearly, ensuring a vibrant and lively session. Additionally, Ms. Kirtida shared some of the masterpieces designed by her second graders.

After orienting the participants to the finer nuances of Sketchnoting, the group engaged in an hour of hands-on experience, creating Sketchnotes on the theme of 'Self Care'. Each participant poured in their ideas while Ms. Kirtida creatively transformed them into graphic form on a blank canvas with a dash of aesthetics, finesse, and novelty. The exercise embodied the idea that learning can also be fun. Over the next hour and a half, the group enjoyed each and every moment of the session as Ms. Kirtida kept them amused and entertained with her jovial comments while preparing the Sketchnote, which they modeled and designed themselves.



The session ended with the Principal, Dr. Sr. Tanuja Waghmare, addressing the virtual forum and enlightening the participants about the feast of St. Teresa of Avila. She expressed her gratitude to Ms. Kirtida for the resourceful session. A formal vote of thanks was delivered by Neha Gharat on behalf of the S.T.I.E. family.



## THE TRAILBLAZERS-BRIDGING THE GAP



On 9th January, 2021 at 11 am on GlobalMeet, Trailblazers conducted a webinar named "Bridging the Gap" to highlight the benefits of taking a Gap experience program to choose the right career path. The program was coordinated by Ma'am Cindrella D'mello and hosted by Ranjan Biswas, Managing Director – Trailblazers. The session began with a small video about Trailblazers, after which Ranjan Biswas hosted the program. The panelists for the session were Rae Nelson, Stefan Wathan, Mahesh Balakrishnan, Bob Clagett, Louis Dias, Anjali Razdan, Vinayak Sudhakar, Shreya Ghodawat, Purujith Gautam and Sharmin Segal. They shared their experiences and views on taking a gap year to explore, learn new skills, conquer fears, and broaden horizons.

The webinar focused on why taking a gap year is beneficial for students who may not know themselves well, need a break from academics, and want to connect with others while gaining valuable skills and overcoming challenges. The gap year teaches resilience and prepares students to face the world. More than 1000 students attended the webinar and a questionnaire was provided during the session. The session concluded with a question-and-answer session.

## HEARTFULNESS EDUCATION PROGRAMME

In today's fast-paced world, forming and sustaining human connections has become increasingly difficult. As a result of the pandemic, feelings of anxiety and panic have become commonplace. In response to this, St. Teresa's Institute of Education collaborated with the Heartfulness Education team to conduct a Heartfulness Education Programme. The programme aimed to teach students at STIE the methods and techniques required to connect with their hearts and maintain a healthy mindset. Dr. Joan Lopes and Dr. Reshma Rodrigues, both Assistant Professors at STIE, coordinated the programme, while the Heartfulness Education team acted as the resource person. The programme consisted of two phases, with 10 sessions of 1 hour and 30 minutes each in the first phase, and 12 sessions of 1 hour and 15 minutes each in the second phase, totalling 30 hours. The topics covered a range of techniques and tips to help students introspect and develop healthy meditation habits, as well as encouraged values that every teacher and participant should have. The highlight of the programme was the knowledge of heartfulness meditation and SPOT cleansing techniques, which were taught in every session. The heartfulness team also encouraged students to practice these techniques daily, and students who did so experienced visible changes. In addition, the heartfulness team encouraged students to suggest topics for discussion, which were taken into consideration during phase 2. The heartfulness team was supportive and encouraging, without forcing students to participate or share. By the end of the course, many students felt comfortable and confident enough to share their experiences. The course not only focused on individual aspects but also taught the mindset required to be a good teacher, emphasizing the importance of compassion, love, and understanding in the classroom. The Heartfulness course encouraged everyone to live a wholesome life, be happy, and attain peace, while also providing tools to deal with major human emotions like fear and anger. Overall, the course left a positive impact, with everyone walking out feeling better, calmer, and happier, which is a true achievement.

## COMMUNITY WORK AT SARVA SEVA SANGH

The St. Teresa's Institute of Education, Santacruz West conducted the Community Outreach Program for the academic year 2022-2023. This was a week-long program that required 50 F.Y. B.Ed students and 8 S.Y. B.Ed students of the institute to engage in community service activities in collaboration with Sarva Seva Sangha, Andheri East. The program aimed to teach new techniques for communicating and teaching young and special children, while also developing a sense of social responsibility in the students. Mrs. Shobha D'souza was the coordinator of the program, supported by her staff members. The program was held from 21st March 2022 till the 26th of March 2022, with timings from 9.00 am to 2.00 pm. The students participated in sessions on life skills such as acupuncture and occupational therapy, and attended talks on topics like Pressure Points of the Body and Spoken English, conducted by resource persons and staff members. They also learned techniques such as Emotional Freedom Tapping technique (EFT) for their personal development and well-being. The program began each day with a prayer and hymns thanking God, followed by a short meditation session conducted by Mr. Stefan, the coordinator of the program. An exhibition was also held for the students and their families, which was conducted and organized by the F.Y. B.Ed and S.Y. B.Ed students. The community work at Sarva Seva Sangha was crucial in teaching the students how to interact with special children and how to identify them, inculcating team work skills, and highlighting the importance of education for every child. The program also demonstrated how teachers can make a difference in a child's life by teaching them various techniques and helping them to have a good education and future.

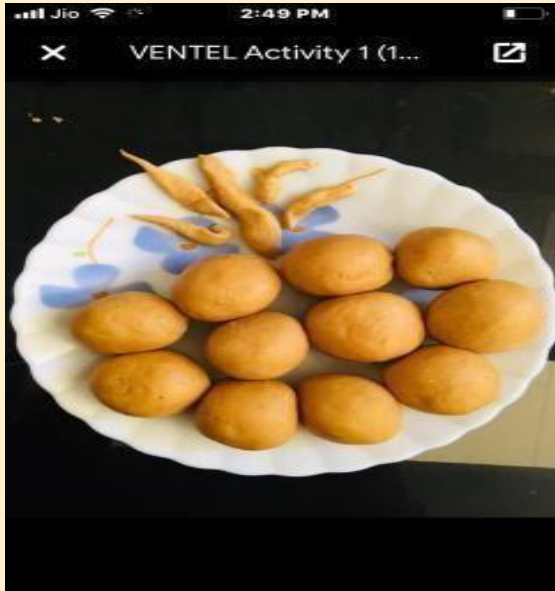


# Activities





## VENTEL ACTIVITY 1



The Vocational Education Nai Talim Experiential Learning (VENTEL) activity, which aimed to teach students how to become entrepreneurs, was introduced and an orientation was held on November 10, 2020. Dr. Prof Joan Lopes and Dr. Prof Reshma Rodrigues were in charge of the program and provided a list of activities for the students to follow. When the question of which group would present first was raised, Annabelle Dcruz, Priyanka Surve, and Coralann Rebello volunteered. They chose to present on the topic of "Land of Sweets-Happiness Galore," and decided to prepare besan (gram flour/chick pea) laddoos in anticipation of the upcoming festival of lights and sweets, Diwali.

The three students divided the work among themselves, with Coralann Rebello preparing the sweets, Priyanka Surve preparing the PowerPoint presentation, and Annabelle Dcruz editing the final video to be displayed on November 11, 2020.

On November 11th, the video was displayed, which showed a step-by-step method of laddoo preparation. After the presentation, the girls prepared the laddoos themselves and posted them on the Google Classroom.

## VENTEL ACTIVITY 4



The current situation of COVID-19, which has affected the entire world, is widely recognized. The pandemic has taught people many things and changed their habits and lifestyles, emphasizing the importance of hygiene, particularly the frequent washing of hands, which should be continued even after the pandemic subsides.

A group of three individuals collaborated to learn how to make hand wash themselves and then taught the entire class. The activity was interesting and used readily available and inexpensive materials such as soap and glycerin. They also created a presentation and video explaining the simple steps of preparing the hand wash at home. While acknowledging that readymade hand wash is readily available in the market, the group recognized that not everyone can afford it or may have their own preferences for fragrance. Using this method, individuals can make a hand wash of their choice using their favorite soap bar. Recognizing that proper handwashing technique is not widely understood, the group showed a short video in which the World Health Organization demonstrated how to wash hands thoroughly. They felt that washing hands in the right manner is equally important.

Finally, the activity ended with a small slogan: “हाथ धो लेंगे हैंडवाश से तो रोग मिटेंगे जीवन से” (If we wash our hands with handwash, we can eliminate diseases from our lives).

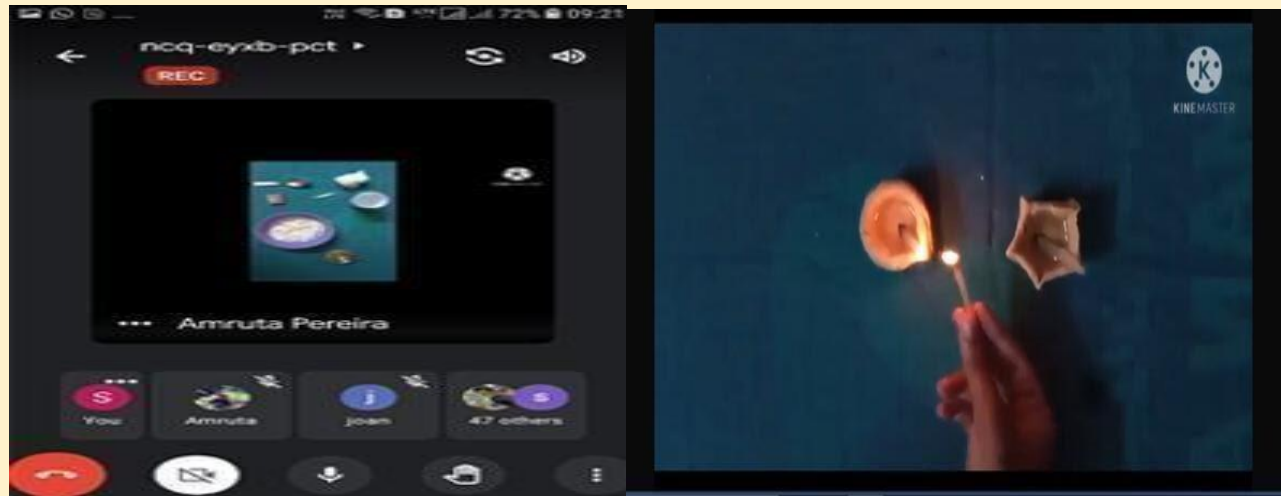
## VENTEL ACTIVITY 8

"TEACH TO LEARN - LEARN TO EARN, A Step forward in the life as an ENTREPRENEUR" is a programme that was organized by St. Teresa's Institute of Education in Mumbai in collaboration with Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India as part of their Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan. The programme includes various activities that are conducted by the S.Y.B.Ed students of St. Teresa's Institute of Education. On Thursday, 4th February 2021, the VENTEL Activity 8, named as "Fertile Fields- Get Growing with Nature Power" was conducted.

The activity was focused on teaching the students how to make organic compost from kitchen waste. It was conducted by Neha Gharat (Roll No. 22), Janet Macwan (Roll No. 34), and Ashwini Nair (Roll No. 37) who had prepared a sample of organic compost, a PowerPoint presentation, and a video for making organic compost before the session.

Ashwini Nair introduced the topic by explaining the meaning, need, and advantages of organic fertilizer. Neha Gharat then explained the steps involved in making organic compost from kitchen waste at home. This included the materials required, the process of making, and precautions to be taken while making organic fertilizer at home. Janet Macwan highlighted the importance of organic fertilizer and created awareness among the students about the opportunity to become an entrepreneur with a small business or start-up. She showed a video that was easy to understand and helpful for all the students to refer to while making the organic fertilizer. After showing the video, the group members solved the queries of the students regarding making the compost. Finally, the group thanked the institute and teachers for arranging the session.

## VENTEL ACTIVITY 9



The VENTEL programme, which aims to promote vocational education among students, is a collaborative effort between St. Teresa's Institute of Education and the Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India. The programme, which focuses on developing knowledge, skills and values for a sustainable future, includes various hands-on learning activities conducted by S.Y. B. Ed students for their peers.

On 11th February 2021, the 9th VENTEL activity was held, led by Amruta Pereira, Shital Gavand, and Valencia Fernandes. The activity demonstrated how to make a Diya (an earthen oil lamp) at home. The group members prepared a video and power point presentation to guide the process. Miss Shital Gavand introduced the importance of Diya and explained the steps with the help of the ppt. The group also showed a video that demonstrated the easy process of making a Diya using flour, if clay was not available.

The session concluded with the group expressing gratitude to their teachers for organizing the VENTEL programme and providing an opportunity to showcase their skills.



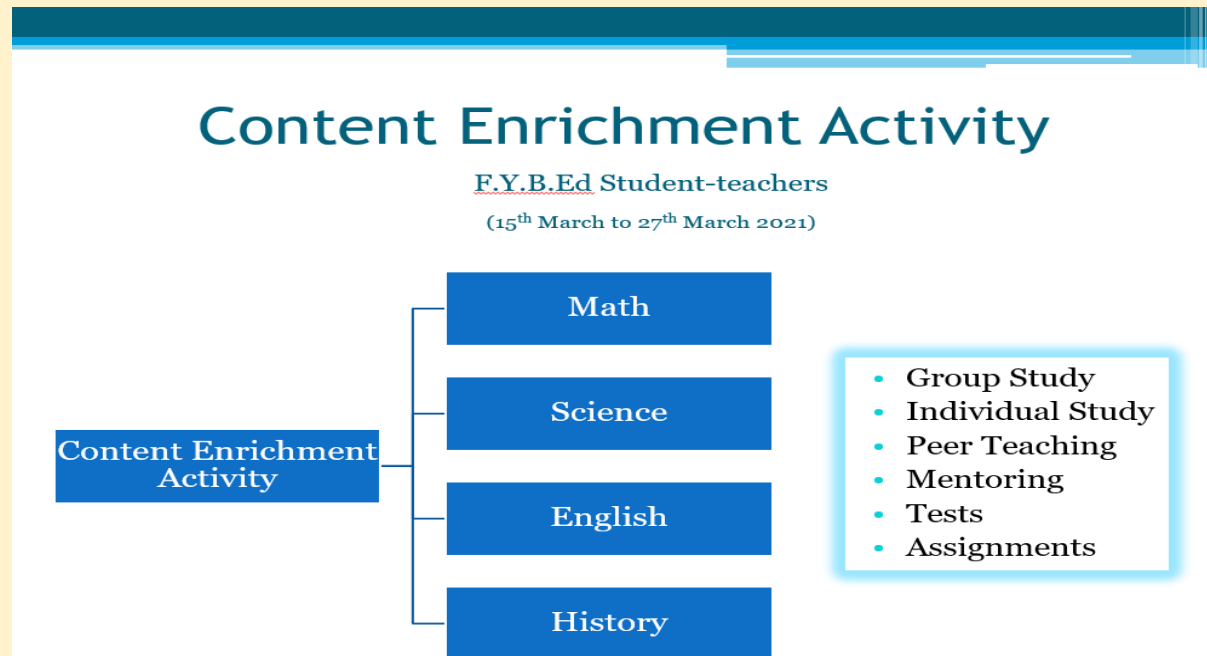
## VENTEL ACTIVITY 10



As a part of the Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan, the 10th Ventel Activity was virtually conducted by Ms. Humera Khan, Ms. Melita Chettiar, and Ms. Sayma Kazi on Thursday, 25th February 2021, for the student teachers of St. Teresa's Institute of Education. They demonstrated how to make a homemade pizza and shared a detailed recipe along with a PowerPoint presentation and a video. They believed that starting a homemade pizza business can be a profitable business venture and can yield a high-profit margin for any entrepreneur who is serious about the business.

The session started with a riddle and then Ms. Humera explained the process of making the pizza, including the ingredients, procedure, and method of cooking. They also shared a video to provide a better understanding. Since most Indian kitchens lack the traditional oven, they filled the gap by making the pizza with a pan on a cooktop. Following this, Ms. Melita shared insights on how to become an entrepreneur with a pizza business. The presentation and video were shared with the class for future reference. Ms. Humera concluded the session by thanking the students for joining.

## CONTENT ENRICHMENT ACTIVITY



The content enrichment activity was organized for the students of F.Y.B. Ed at STIE from 15th to 27th March, 2021. A total of fifty students participated in this activity, which was conducted online through assignments on Google Classroom. The students were assigned different activities based on their first method, and various teachers led the activities based on their respective teaching methods.

The objective of the content enrichment activity was to enhance the students' understanding of their methods. Daily assignments were given to cover the topics related to the students' specific methods. The students were required to study the assigned topics and complete the given assignments within the given time frame. This activity provided students with the opportunity to explore their subject method and helped them to recall their previous knowledge while also updating their knowledge on the subject. The content enrichment activity was a beneficial experience for the students, providing them with a solid foundation for their B.Ed. course.

## PROJECT PHONESHAALA



The objective of Project PhoneShala was Education for all through a toll-free call. The session was carried out in collaboration with the NGO eArth Samvarta Foundation. It is a resilient pedagogy which aimed at continuing education for underprivileged learners across the country during the pandemic and beyond. Content was delivered through audio lessons which were made available to the learners through toll-free calls.

526 audio lessons created in different school subjects in English, Hindi and Marathi from standards I to VIII. It was conducted as a part of the Community Outreach Program. This repository of audio lessons was then made available to 573 underprivileged children across 3 states -Uttar Pradesh, Bihar and Maharashtra.

## MAKE A DIFFERENCE WEEK 2021



At St. Teresa's Institute of Education, it is believed that everyone is capable of ushering a change in the world. Make A Difference (M.A.D) Week is an initiative conceptualized by Assoc. Prof. Dr. Giselle D'souza and organized annually by St. Teresa's Institute of Education, with the aim of propagating environmental awareness among students. On each day of this green week, students conduct assemblies and educate their fellow classmates and faculty about pressing issues relating to environmental conservation. In relation to the theme of each day's assembly, a meaningful activity is conducted by the students to ensure the realization of the goal of environmental protection.

The M.A.D Week, 2021 was celebrated between 9th – 18th March using the Google Meet platform. The S.Y.B.Ed Environmental Education students organized the MAD Week program under the able guidance of Assoc. Prof. Dr. Giselle D'souza.

The green celebrations started off with the initiative to 'Reduce CO<sub>2</sub> emissions' by simply reducing Junk Mail. The students enlightened the class about the harmful environmental impact of an overflowing inbox. At the end of the assembly, students were asked to delete at least 20 unwanted emails from their inboxes. On Day 2 of the MAD week, the students were oriented to 'Deforestation' and its main causes. They were informed about how reforestation can have a positive impact on the Earth. They were presented with a simple yet viable alternative to planting trees through use of the Search Engine Ecosia, wherein with every 45 searches on this browser, a tree is planted by the organization. The green task was for each student to plant a tree in this manner. Day 3 spread awareness about 'Air Pollution' - its causes and effects. The students were asked to make a 'Pollution Catcher', which can be simply made using a paper plate smeared with Vaseline. When hung near a window, this ingenious device will catch all the atmospheric pollutants and filter the air. Day 4 of the MAD Week alerted to the disheartening reality of 'Global



Water Scarcity'. Day 5 threw light on the need for 'Minimalism'. The students were made aware of how habits of consumerism and over-consumption are having a dangerous impact on the Earth. The students were instructed to get rid of one item per day for the next seven days and segregate them into different boxes such as for donation, for recycling and so on. Day 6 of MAD Week brought laughter along with an important message for the students. They were introduced to Miss Lola who had an engaging conversation with Mr. Earth. This hilarious dialogue between the two highlighted some vital and crucial issues relating to 'Plastic Pollution'. The MAD Week, 2021 was a grand success and ended on a green note!

## E-MODULE PREPARATION



On 8th April 2021, the E-Module preparation competition was held to celebrate the 2020 UN International Year of Plant Health. E-modules on various themes related to Plant Health were prepared by student-teachers of St. Teresa's Institute. The E-Modules were considered an excellent means to sensitize individuals toward vital issues related to the environment and plant health. In order to advocate such vital topics, student-teachers, in their practice teaching groups, gave elaborate theme-based lessons and then prepared the E-Modules to champion the cause of protecting the environment and sensitizing people to create a better world. A panel of experts judged these E-Modules and commended the efforts taken to sensitize regarding issues of great importance, and gave their expert opinions.