



CHRYSALIS

**Always believe that something
wonderful is about to happen.
YEAR 2021 - 2022**

From the Principal's desk



It is my absolute pleasure to present to you the college E-Magazine. This publication stands as a celebration of the unique bond that exists within our college community and highlights the exceptional accomplishments, aspirations, and spirit of our remarkable female students.

St. Teresa's Institute is not just a name; it embodies the essence of unity, and empowerment that permeates through the corridors of our college. It serves as a platform to showcase the talents, experiences, and achievements of our diverse student body, fostering a sense of pride and accomplishment.

Within the pages of this magazine, you will discover a journey that exemplifies the incredible potential and resilience of our young women. From academic endeavors to artistic expressions, from leadership initiatives to community engagement projects, each event mentioned in this magazine encapsulates the multifaceted talents and passions that make our college so vibrant.

I would like to express my deepest appreciation to our extraordinary faculty. Their unwavering commitment, expertise, and guidance have played an instrumental role in nurturing and empowering our students. Through their dedication, they have fostered a nurturing and inclusive learning environment, enabling our young women to thrive and fulfill their dreams.

I would also like to extend my gratitude to our students' families, whose unwavering support and encouragement have been vital in their educational journeys. The partnership and involvement of the Practice Teaching Schools, experts, alumni etc. have helped create a strong foundation for our students to excel academically, develop their character, and embrace a lifelong love for learning.

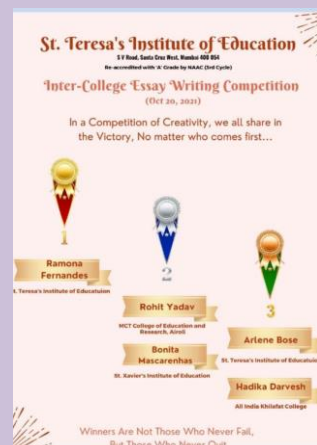
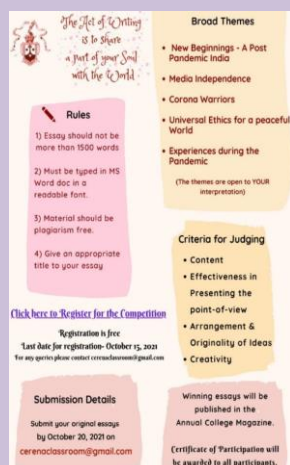
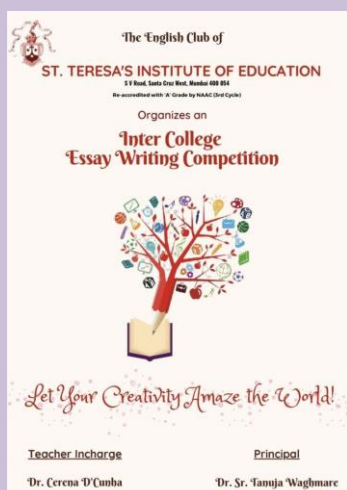
At our college, we firmly believe in the power of education to transform lives and shape the future. We are committed to providing our students with a holistic educational experience that equips them with the skills, knowledge, and values necessary to become confident, compassionate, and empowered leaders in their chosen field.

Thank you for your unwavering support, and I hope you enjoy this Magazine celebrating the achievements and aspirations of our students.

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

COMPETITIONS





WINNING ESSAYS

First Prize

Hopping into a Hopeful Tomorrow

NAME: Ramona Fernandes

Institution: St. Teresa's Institute of Education

It is a Wednesday morning and I wake up groggily just thirty minutes before 9 am, going through all the perfunctory activities of the dawn. I walk towards the living room, slouch on a comfortable chair, and switch on my laptop. As soon as the clock strikes 9, I press the 'join meeting' button flashing on my screen and I'm greeted with a screen of mosaic tiles, with a cheerful and warm voice echoing, "Good Morning my dear students". At present this is the reality for many of us, caged and confined in our homes with technology as the only means to socialize.

Occasionally, it feels as if it was only yesterday that India got engulfed into the nightmarish pandemic of Covid 19 and all of our lives turned upside down overnight. Amongst all the ensuing lockdowns, loss of jobs, growing paranoia, deteriorating health systems, debilitating pressure on the frontline workers, we pondered if we could ever return back to how it was. However, with the speedy vaccination drives across the country ensuring as many people as possible get vaccinated, almost a year and a half later, we finally have some semblance of hope that we may once again get back to normalcy. But could we really go back to how it was? I'm afraid not.

Even though the pandemic was an unforeseen situation which claimed loss of lives and resources, at the cost of sounding disgustingly optimistic, it also served as an eye-opener to the inadequacies that plagued our beloved nation. It highlighted the various incompetencies and poor standards of our institutional ecosystems. It slapped us in our faces with the challenges that we were pushing under the rug of being a 'developing nation'. In just one moment, it made all of us aware of our apathy and negligence. It was a rude awakening albeit a necessary one.

We, as a nation cannot go back to how we were because circumstances, situations and systems have changed right from the local level to the global level. With the changing political scene at the global level, India can no longer afford to be vulnerable if it wants to stand its own at the global scene. There is the need of the hour to prove India as a responsible, self-reliant, empowering country who can face challenges come what may. Achieving this goal for a nation is only possible with the spirit, determination and cooperation of its citizens.

As we start to move on from this pandemic, we mustn't forget the bitter lessons it imparted us. Our political, economic and health ecosystems, along with their respective institutional frameworks need to be strengthened. Incorporating the new advances in technology in these three spheres, and continuously updating them to match global standards can catapult India's power and security to a great extent. A detailed analysis of the various sectors and the extent of losses incurred by them can provide an estimate of the required policies that need to be formulated. India's lack of infrastructure facilities has always impeded its growth. In these times, when private investment is not fathomable, we have no choice but to depend on public investment for sustainable development of our country. Quality of healthcare not only needs to be improved but it should be accessible to all. Our government needs to come up with comprehensive plans for the future in order to raise our resources to a satisfactory level. Our Crisis Management game needs to be robust.

Apart from these issues, we also need to tackle various social problems and inequalities of society. We need to ensure that in times of crisis, the poor don't become poorer. Welfare reforms and policies can bring about a transformative change in the social fabric of our nation empowering the lesser classes. Even though the online mode of teaching ensured students were not left in a lurch, there was still a major chunk of young kids who were deprived of any education whatsoever just because they do not have access to basic technology. We need to come up with innovative solutions which take into consideration such issues.

Collectively, we as citizens need to step up our game and assume individual responsibilities. It is the citizens of a country that make or break it. We need to see the collective picture to ensure a hopeful future for our descendants. Let us stand tall and strong and make sure we never let our future suffer the sins of our past.

Second Prize

MEDIA in-DEPENDENCE ?

NAME : Rohit Yadav

Institution: MCT college of Education and Research , Airoli

I got an opportunity to visit my village this time after almost Ten years. It was a regular morning in the Dholpur village of Lucknow. As usual people had gathered at a small tea stall on the outskirts of the village near the roadside busy reading newspaper headlines and discussing political news, some appraising...while some criticizing the government saying “pata nahi kya hoga is desh ka”. It was nothing new for Mahesh Babu who has been running the stall for at least 20 years now. I too was quietly sitting side by side and listening to their discussions until a few questions popped up in my mind. Isn't it fascinating to see how greatly newspapers and media have influenced the life of the common man? How aware are people of the happenings in the world? How aware are they of their rights and duties towards society? Truly, it is the newspaper or the media which has played a key role in shaping their life. Right from small events of accidents and robbery to big events like Elections everything has a definite place in the newspaper column. But are we clever enough to figure out whether the content we are reading/consuming is legitimate or we are purposely made to consume it? That is the reason why the so-called ‘fourth pillar of democracy’ or ‘the watchdog of democracy’ or ‘voice of people’ in recent times is facing controversy.

Media plays a very significant role in influencing the mindset of people in a country. It acts as a bridge between citizens and the government. It not only does reporting and investigations but also ensures accountability and exposes malpractices and flaws in government policies by auditing the government schemes and spendings. Clearly there is also no denying from the fact that it keeps a check on the government and acts like an informal opposition. Apart from this, the media plays an important role by educating the people over issues that are of utmost importance for the country including rising crime rate, poverty, hunger and malnutrition, unemployment, healthcare, education, environment etc. Despite such a humongous role, why are people questioning the media itself or its legitimacy?

What are the factors that are diminishing the role of media in recent times?

One of the reasons that undermines media independence lies within the very own organisation/media company where editors and reporters are hired on ‘hire and fire policy’ with no job security. This is one of the prominent reasons why the reporters have lost the courage to speak or write about any issues that owners and management do not want them to do. Corporates and political powers are not only investing huge money but also threatening these media houses due to their vested interest which destroys the sole purpose of the media thereby gaining indirect control over them. Another threat to the media is the draconian

sedition law under which most of the journalists are booked.

As far as India is considered, the recent World Press Freedom Index published by a Paris based Reporters without borders (RSF) which indicates the ranking of the countries corresponding to the freedom of press in a particular country, India is placed at 142nd position out of 180 countries. The performance of India has been very poor since 2016 when it stood at 133rd position worldwide. It cannot be denied that Media responds to a certain issue based on the target viewers and also sometimes it uses it as tool to defame opposition and sometimes criticizes ruling government, for instance last year the suicide vs murder conspiracy of a famous Bollywood actor Sushant Singh Rajput trended on media platforms for almost two months while the same media was quiet on the data published by

National Crime Record Bureau which said that around 1.39 lakh Indians died by suicide in 2019 alone.

However, being a part of the media is not everyone's cup of tea. It requires immense courage and determination and sometimes even the risk of life.

According to the report by Committee to Protect Journalists (CPJ) which is a Non-profit organization not only working to promote press freedom worldwide but also defending the rights of journalists, a record number of journalists were imprisoned during the year 2020-21. Apart from this there are dozens of reporters missing or kidnapped worldwide especially in the Middle East and North African countries.

In India the instances where journalists and reporters are booked for exposing some serious issues is not new....In August 2019 a journalist named Pawan Jaiswal in

Mirzapur district of Uttar Pradesh was booked for circulating a video of school children being served 'salt and roti' in the name of a midday meal instead of pulses, rice, milk, vegetable, fruits etc. Later on he was given a clean chit and the government responded by suspending two teachers and one person involved in the malpractice. In June 2019 a journalist in Uttarpradesh Shamli district was trashed by a group of personnels just because he was reporting on an incident of train derailment. A very recent example of a journalist Vinod Dua being arrested for reporting on the issue of migrant labour in the Covid 19 Lockdown. The

Honourable Supreme Court of India responding to these issues said "A citizen has the right to criticize or comment upon the measures undertaken by the government and Journalists cannot be arrested just for criticizing the government."

The restrictions on media for criticism clearly reveals the immaturity in accepting the criticism. Ban on media which raises serious issues of social events, issues like hunger and poverty, failing medical systems, corruptions, flaws in governance etc. is like shutting one's eyes and running away from these legitimate issues and to act like a proverbial Ostrich burying his head in the sand when he senses danger. Such extra constitutional restrictions go beyond the scope of Article 19 (freedom of speech and expression) of the Constitution of India. Not just in India but also countries like Iran banned BBC, and few other countries too

joined the list viz.

Burundi, Rwanda, and China just because they are reporting against the government.

Now again the question remains the same? What is Independent media? However, there is no such definition for independent media but one can assume few characteristics that are very essential to make sure media is independent. An independent media is free from the influence of both the government as well as the private sector. Media should act as the 'voice of masses' not 'masses of voice'. It should not promote open and unbiased discussion. It should fully exercise its right to question the government. It should work in line with the NGOs which are working tirelessly for the welfare of the poor, towards eradicating poverty and illiteracy etc. and support their causes which will definitely bring a drastic change in the plight of people. Research shows that there is a direct link between freedom of independent media, level of corruption and overall improved delivery of public services.

So, what are the solutions that we can look for that makes sure that media again restores its legacy? Firstly, there is a need to strengthen our institutions like the

Press Council of India (PCI) and News Broadcasting Standards Authority (NBSA) by giving them more power. Apart from this there must be a second thought for establishing independent 'watch dogs' and 'regulatory bodies'. Media houses can be given awards and recognitions for their free fair and unbiased reporting. The recently awarded Nobel Peace prize 2021 to Russian Journalist Dmitry Andreyevich Muratov for his efforts towards safeguarding democracy by effective journalism is a great example of this. There is an Urgency to come up with the mechanisms to deal with Fake news to make sure people's faith in the media is restored. There should be mechanisms on Twitter, Facebook and Whatsapp to track down the origin of the fake news. Also the Media on itself should adhere to principles like truth, accuracy, transparency, fairness, impartiality and independence.

Truly speaking, 'freedom of expression' and 'media freedom' are 'eyes and ears' of Democracy, and to make sure that a healthy democracy thrives and sustains, the media should not be restrained from their doings unless it incites violence or it's a threat to national security. Also, the government should avoid unnecessary interference and accept criticisms and be answerable when questioned to ensure that the goal of maximum governance is achieved.

Second Prize

Beacon of Hope

NAME: Bonita Mascarenhas

Institution: St. Xavier's Institution of Education

Board Theme: Corona warriors

The month of December 2019 marked the first case of coronavirus in Wuhan, China. Back at this time, this news was passed on as a meme on social media. People didn't pay serious attention to it except China. Soon on January 27th, 2020, India witnessed the first case of covid-19 in Kerala. Even so, it didn't seem out of the ordinary. It was simply another normal day for others. Sitting at home; watching from an open window; I viewed people struggling to reach the office, few children in a school rush, friends laughing and giggling in a beautiful garden. Little did everyone know that it was going to be their last day outside the four walls of their house. A sudden shocking news was announced, leaving everyone stunned. India saw its first lockdown. It was like an evil had cast a spell on the entire world. After a long time, the busy streets were deserted. It felt as though it had finally been given a chance to unwind for a while. Dog's barking sound could now be heard more clearly and loudly. News channels and newspapers flooded with cases of coronavirus. The words that seemed to be on everyone's lips the whole time were coronavirus, lockdown, and coronavirus.

Never in the wildest dream did anyone imagine that this illness would put everyone in a state of disbelief and confine them to their homes. It made work from home a new normal. When we tried to step out, all we could hear was an ambulance siren. Our eyes and ears couldn't endure the terrifying cases and the number of deaths but what caught the attention was the next page of the paper that was covered with corona warriors.

One of the instances that touched my heart was when I read about this incident. People were too afraid to get too close to the corona-infected patient; when two hands stretched out to help them. The hands were none other than that of fearless and bold doctor and nurse. As she sheds her tears for her daughter, who was sadly infected with coronavirus, a slew of terrifying thoughts flooded the mind of that pitiful patient's mother. Without her daughter, her existence would be dull and pointless. Her sole hope at the time was for her daughter to be given another chance to live. The mother couldn't help but pray for the doctors and nurses treating her daughter whom she saw as the beacon of hope.

We don't need an introduction to them since we've lived and endured every terrible day of our lives with the hope that one day they'll bring a change. Those are the courageous doctors and nurses who didn't back down, instead battled and strived to save lives. Thousands and millions of lives were given new hope to live as a result of them risking their lives to save others.

The other corner of the newspaper delighted me to look at the scientist and feel proud of them. Many scientists are working around the clock to find a cure for us, the efforts they put in are incredible and tremendous. Have we ever considered how dangerous it is to experiment with chemicals? It requires not only the use of one's mind but also the use of one's hands to test and experiment which is where the difficulty lies. In essence, their consistent hard work and tenacity to find a cure has nearly healed the world. They are undoubtedly a beacon of hope for all of us.

On the other hand, it was disheartening to hear that despite many instructions and protocols, many people took it for granted and set out on the road, believing that there was no harm in wandering on empty streets. But to see that protocols are followed to be safe, they stood there, however, with a stick in their hand and a disappointed expression on their faces. It was none other than the cops. We must not overlook their contribution. They do their job even in that hot sun to ensure that individuals followed the protocols and kept themselves and others safe and healthy.

Corona Warriors are also street sweepers who, despite the pandemic, continued to sweep the streets and collect trash from houses. While collecting, they come into contact with people several times, yet they go on with their work without thinking they might encounter people who are infected. We would have known our situation if they had failed to collect our trashes. In an interview, when a street sweeper was asked if they are not scared of being infected with coronavirus, the response he gave moved my heart. He said that these residents had provided him with a living for so long that he couldn't imagine abandoning them in such a dire situation.

This also brings us to relate it with another corona warrior; the selfless people who followed the covid-19 guidelines and came forward to help the homeless people. They are also the corona warriors for the people who lost their jobs during the pandemic and couldn't afford to buy basic necessities. By fetching them food, they became their beacon of hope for survival.

As previously stated, watching the news and hearing those cries had shaken and completely shattered our minds. I was scared and frightened just thinking about it. We have seen and experienced the worst of things during this pandemic but looking at these corona warriors, however, gave me and millions of others hope. We may only see the negative side of it, but these people have shown us their positive side, encouraging us to be resilient and do everything we can in the face of a crisis. They are the epitome of humanity. They have earned a place in the hearts of millions of people. Their contribution left an indelible mark on our lives. They inspired many others who have lost their jobs, are infected with the virus or have lost someone close to them to be strong, determined, courageous, and hopeful in the time of such dreadful situations. They kept our spirits up and encouraged us to believe that, 'this too shall pass.'

This pandemic also brings to our mind the trembling occurrences of past freedom struggles, as well as the brave freedom fighters who went ahead in the face of death to liberate everyone from oppressive tyrants. The primary difference between the two events is that today we are

all fighting against the illness coronavirus, which is our greatest threat and has bound our freedom to move outside the house in its bleak heart. It's like a battlefield in which our fight is against coronavirus; everyone has a distinct role to play, but only a few are truly executing it. We don't have to break the rules to reach out to others; the least we can do is follow the processes and protocols to keep ourselves and others safe.

In conclusion, I would like to dedicate few lines of a famous poem 'INVICTUS' by William Ernest Henley that aptly exemplifies corona warriors:

“Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody but unbowed.

Beyond this place of wrath and tears;
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.”

In my eyes, these corona warriors are the unconquerable souls, the Invictus, who are our lives beacon of hope.

Third Prize

You'll survive

NAME: Arlene Bose

Institution: St. Teresa's Institution of Education

Before I start with my pandemic experience let me give you a short preview of my life before the pandemic.... I am Arlene Bose, a social media influencer, a model, was working at DY Patil international school in the admin department at the time, enjoying life as it comes. I come from an orthodox family where a kid is not allowed to make their own decision, to go out or even have friends of your own choice, but me? I am a rebel, I fight back

I've been fighting since forever, no I am not an angry teenager, I stand up for right, and for this, I have met multiple counsellors in and outside of school so that my parents and teachers can figure out what is wrong with me....

In the past two years, I have lost few people who meant the world to me. I didn't grow up with much positivity in my life but then a person came into my life a person named Manisha Kapoor, a best friend, second mother, a colleague, a positive influence, she came into my life like a blessing, she was different like no one I have ever met, she was funny, kind, beautiful, a diva with a golden heart. I never told her but I loved her she means a lot to me and I will continue to love her till the end. You might wonder why I am talking about her, it's because she changed my life, and she's the reason why I am here today writing this.

Before lockdown, I still remember work had just started after Christmas break, she was not keeping well on the first day but we were there at work figuring things out together, just before she had to leave for the day, something inside me told me Go hug her right now, I watched her for several minutes and said to myself it's okay she'll come back tomorrow as I watched her leave. Later that day we spoke via text about work we had to finish tomorrow. The next day when I was excited to see her but instead, I received a message that she was brain dead. My mother my best friend my life was gone just like that, but I didn't feel anything most importantly I didn't grieve. I watched everything and everyone around me moving, expressing emotions but I couldn't feel a thing. I was just there existing not understanding what happened with me for a month and a half until the pandemic hit. The World paused and so did I, this pause hit me to the core.

My lockdown situation was life or death when everyone was baking, trying new recipes, being creative, learning something new. I was in a battle with myself every day, I suffered

from anxiety and depression, anxiety most of the time. I stopped doing things that gave me an adrenaline rush. I was no more on social media, didn't face any camera, didn't even look at myself in the mirror for weeks, getting out of bed was hard each day, sleep was non-existent, I felt empty, confused, and angry. I remember each night when I used to get tired, when my brain would not stop thinking, there was a constant buzz and even sudden physical pain, I gave up every night for weeks, but I knew I have to come out of this. So, I came up with my new life rule. Rule -10 to 0 (unhappiness, negativity, anxiety) 0 to +10 (neutral to happiness) I was at my -10 for a very long time, journey to even -5 felt great and also required a lot of work on myself. I soon started meditating, exercises at home, looked at myself for hours, sketching, creative makeup which soon made me feel a little better.

I still feel most of these emotions, I miss her every day I know she's at peace and happy wherever she is.

I have built walls so high that I do not allow anyone or anything to hurt me so bad that it will get me back to -10.

I still fall on the negative line and come back to 0 (neutral) feeling relaxed. 0 never felt so good. I am still learning every day and getting better every day but what I can tell you from my journey, is to do what your heart tells you, tell people you love them, hug them when needed but most importantly keep moving, get through it because even on your worst day there's someone who loves you, you might not know them but you matter to them a lot, as cliché as it sounds don't give up.

This is my pandemic experience. I am sorry it was not as colorful as one may have thought but I am pretty sure that there are so many others like me who desperately needed to heal without even knowing it. Healing and grieving are personal, keep going you will survive.

Thank you.

Third Prize

TITLE- CORONA VIRUS A BLESSING IN DISGUISE

NAME- HADIKA DARVESH

COLLEGE NAME- ALL INDIA KHILAFAT COLLEGE OF TEACHING

THEME- EXPERIENCES DURING THE PANDEMIC.

The Coronavirus pandemic is wreaking havoc all over the globe. We have been going through a lot of hardships at global level as well as personally. But a lot of Good has come out of this. Yes, as much as it pains me and all of us to see the deaths of our near and dear ones, the tolls rising, people suffering, let's look at the some of the Positives that this Pandemic has brought for most of us.

What we have gained through this pandemic is amazing. And one such is Self-Enrichment. The act or process of developing spiritual or intellectual powers is self-enrichment. We have always ignored the Healthy meals, always craved for some fast-food and takeaways. Now that we have to stay home, and have home cooked meals are health is far better. We have been using technology for so many non-useful reasons, but now we are using it for some online course some useful beautiful videos something that is beneficial to us.

Our attitude towards the community helpers have changed earlier we never cared for them. Always behaved as if it was their duty to do what they are doing from sweepers to the milkman everyone. But now we realize the importance of these people.

As it is said, the best among humans is those who are good to FAMILY. Many of us due to the Coronavirus and the resulted lockdown are for the first-time spending time with our family. We have started appreciating our Mother and Father our Guardians who we live with. We are connected and are connecting with them. Many of us who due to some or the other reason could not eat together are now sharing meals. The patience that we had lost with one another to tolerate each other is back. Yes, when we get acquainted with our family, we require patience the most. We get agitated with our parents, our siblings, our grandparents but now we are adjusting with everyone. COVID is teaching us the family togetherness that was somewhere lost while becoming independent.

The world would have been so much better if we would have behaved the way we do now with love and kindness. After all winners are those who care for others. We have given donations with a swipe or on press buttons. We have started caring for our neighbours who we probably never looked at before. Now we share our things with them. Many companies are paying salaries in advance or even if not on duty. Along with donations we should also give a smile, a genuine advice, hope, a good talk. Look at each other with kindness

With the coming in of Corona virus we have gained consciousness. A virus that we cannot see with our naked eye that has spread like a wildfire has developed a sense of consciousness

among us. We have become conscious that how life is short, too short to hold onto grudges. We have become aware of the importance of hygiene. We have gained consciousness about the home remedies. The importance of turmeric, hot water, black seed, etc which before we always took for granted always tried to prove that how science is better and faster than all this. By just 2 doses of medicine the ailment would vanish. But now we understand how nature has all the properties to cure everything with time. We now know that all the solutions to our health problems was in our kitchen. Also, that how we never relaxed. It was always going somewhere which was in itself tiring or using our phones to relax. Somewhere we had lost the essence of relaxing. It took a pandemic to make us realize so much around us.

The quarantine has turned out be the best time of my life. I have learned a lot of new things, values, and enriched myself. This Covid 19 has brought me closer to God. I have become conscious of the importance of time. Time that I have wasted. A person is actually capable to do so much more then what he was actually doing. Pandemic made me realize that if I use my time properly, I have enough time to work, relax, spend time socializing via phones and to follow my hobbies. I started reading books of inspirational scholars, watched motivational, travel, beautiful videos on any and every topic under the sun which interested me. I have come to know that how daily our mothers slog in the kitchen to provide us with food. That her job is never ending. Learned some new recipes. Some old ones that my mother taught. I have started again with my painting and sketching activity that probably I last did in my school days or for a project. Attended as many seminars as possible on different topics. Participated in many competitions even won a few. And through all of this gained so much knowledge which otherwise I wouldn't have even thought to do. I have come to know the importance of few words to be exchange with our essential goods worker just randomly started talking because all his companions are on leave, migrated to their village. It is not necessary that we do grand gestures like showering them with flowers just a smile a good word a small thankyou is enough and it has two benefits it will give the happiness and motivation and to you a satisfaction, a good night sleep. Remember no good deed go waste or unrewarded.

I was so sad to know that we have so blindly polluted our environment and Earth probably was happy we are locked in. I am sure you reading this would relate and have your own unique experience with Covid 19 too.

We have learned so much more during this disease than before. For sure that there are many difficulties and sadness around us but if we crib about it nothing is going to help us. After all Gratitude and Positive attitude does help us survive anywhere. The goodness that has come out of COVID 19 are even greater than the negatives. Make sure you and I make it positive. Go out of the way. It's our time to shine and to keep that brightness continued now especially when we are coming out of this COVID 19 virus. We should NEVER forget what all this COVID 19 thought us.

Thank you for providing me this platform to express my view point.

St. Teresa's Institute of Education

S V Road, Santa Cruz West, Mumbai 400 054

Re-accredited with 'A' Grade by NAAC (3rd Cycle)

Inter-College Poetry Competition

(Oct 21, 2021)

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



Sailee Pawar

St. Teresa's Institute of Education



2

Iqra Naikwadi

B.N Bandodkar College Of Science Thane
(West)

Ruby Sharma

St. Teresa's Institute of Education



3

Sweven Rebello

St. Teresa's Institute of Education

Jovla Rose Joy

Hashu Advani College of
Special Education

**Vaishnavi Ujwal
Raut**

Thakur Shyamnarayan College of
Education and research .

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

WINNING POETRIES

First Prize

Sailee Pawar

Institute: St. Teresa's Institute of Education

BLESSING IN DISGUISE

Even to get through a tunnel, a little light we need,
Or else we'll be lost and it won't be easy to proceed.
The pandemic situation felt like that endless tunnel,
which seemed to lead nowhere.
Everything just seemed so wrong, so difficult and unfair.

Staying home all day with no work or school to go to,
Was always a distant dream for me and for you.
But when this dream turned into reality,
We all realized that joy was just temporary.

Locked up in our houses like birds in a cage,
Full of fear, disappointment, uncertainty and some building rage
Days turned to weeks, weeks to months,
But when months turned to years,
It only increased our fears.

But as these days passed by, we were all exposed,
To a side of this pandemic that wasn't yet disclosed.

It gave us all a break from our fast-paced routines,
It brought us close to our families with no in-betweens.

It gave us an opportunity for some self-care,
An opportunity we needed but weren't aware

We realized the importance of staying fit and clean
And worked hard to develop a healthy routine.

Some learned to cook new dishes,
Some learned to put together a few stitches.

We all learned something new, we all remembered something old.

We reminisced some memories, shared some stories untold.

And through all this, we saw
new sides of ourselves, courageous and bold.

The tunnel that seemed dark,
Was actually a night before sunrise,
Not a curse but a blessing in disguise.

Second Prize

Iqra Naikwadi

Institute: B. N. Bandodkar College of Science Thane (W)

Finding a way through life often with closed hands
Indecision forming clouds enveloping life's demands
Never a day goes by where I don't wonder what's next
Does the path already travelled put my life into context
Idealistic way of life often viewed through a wide lens
Never settled always learning from life's many lessons
Growing late into myself I fear a lost adolescence

Outside I stand bare foot feeling the earth under me
Unsure close my eyes with head back trying to see
Turning my hands out I raise my arms feeling free

Wind blows bringing about the rain as I stand resolute
Healing as my feet sink into the muddy earth I salute
Opening my eyes as the rain clouds part I do conclude

Insight into what's still to come I accept and regroup

Ambling along with hands in pockets its time i borrow
Meandering along I'm now looking forward to tomorrow.

Second Prize

Ruby Sharma

Institute: St. Teresa's Institute of Education

The Raindrops Rescue :

Theme : Symphonies with Senora

I wonder to be one of them

Tinkling soft, salty drops!!

Whilst pushing my way through the heavy grey sky

I pass clouds and birds that fly amazingly high!!

With gathering speed i tumble into a chestnut tree

From where i jump excitedly from leaf to leaf,

Not much longer now before i come down with bounce

To rejoin the others that are already on the ground.

Luckily i didn't fall onto a rooftop with a splutter

To finish up in the dark drain,

I would rather land with a bolt ever so slight,

Together we water the ever thirsty land with great fun.

We look like glittering pearls in the after rain sun.

Over the fields down the hills and rocky stones we slide

Into a wild running stream that takes us for a ride

Swiftly we are roaring into a lively river very fast

Reaching the end of our journey the sea - at last,

Finally we are back where our lives once began

Starting all over again to go beyond because our work is never done!!

Third Prize

Sweven Rebello

Institute: St. Teresa's Institute of Education

Be Kind

Fighting silent battles

Worst of the kind,

Hard to figure if its real

Or just games played by their mind.

On the other side of struggle

seems easy to scorn,

Oblivious to their pain

Another sickness was born.

Unfazed by our actions,

as though the receiving end is blind

Their battles are unfathomable,

Due season to be kind.

- Sweven Rebello

Third Prize

Jovia Rose Joy

Institute: Hashu Advani College of Special Education

CLOWN

Drenched in my own morosity,
I know the need for happiness and its vitality.

Looking for joy without being guilty,

Is this how it's meant to be?

Learning your pain and misery,
Need a way to show you my empathy.

Let me redeem you from your blues,

Are these all my cues?

Do I dare to paint myself a clown?

Paste a smile and fix my frown?

Am I willing to bury my sorrows?

Keep you happy every tomorrow?

All need a clown, but won't be one,

It's hard to always be sunny and fun.

I too desire this luxury,

Am I ever going to agree?

Wearing all shades and standing silly,

Now, choose a happy color for thee.

Like a fool I am burning me gradually,

Is your happiness killing me?

Third Prize

Vaishnavi Ujwal Raut

Institute: Thakur Shyamnarayan College of Education and Research.

Art

Take a pencil and start scribbling.

Through some paint and it will be dazzling.

Keep your eyes closed or keep them open doesn't matter,
it's mysterious anything can be served on the platter.

There are no tricks or ways just gather your thoughts to make.

There are no rules to break.

Just pour your feelings and a touch of love,
it will turn into something as beautiful as a dove.

It can be complex it can be simple.

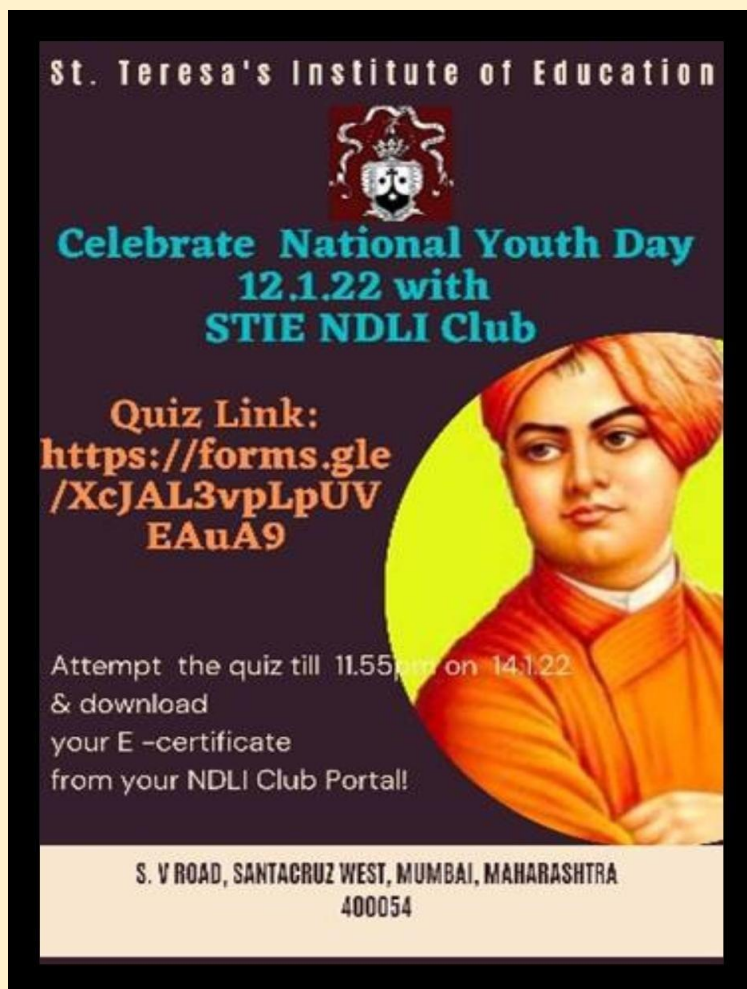
Each Art piece sets an example.

It has no birth it has no death, it origins form everywhere.

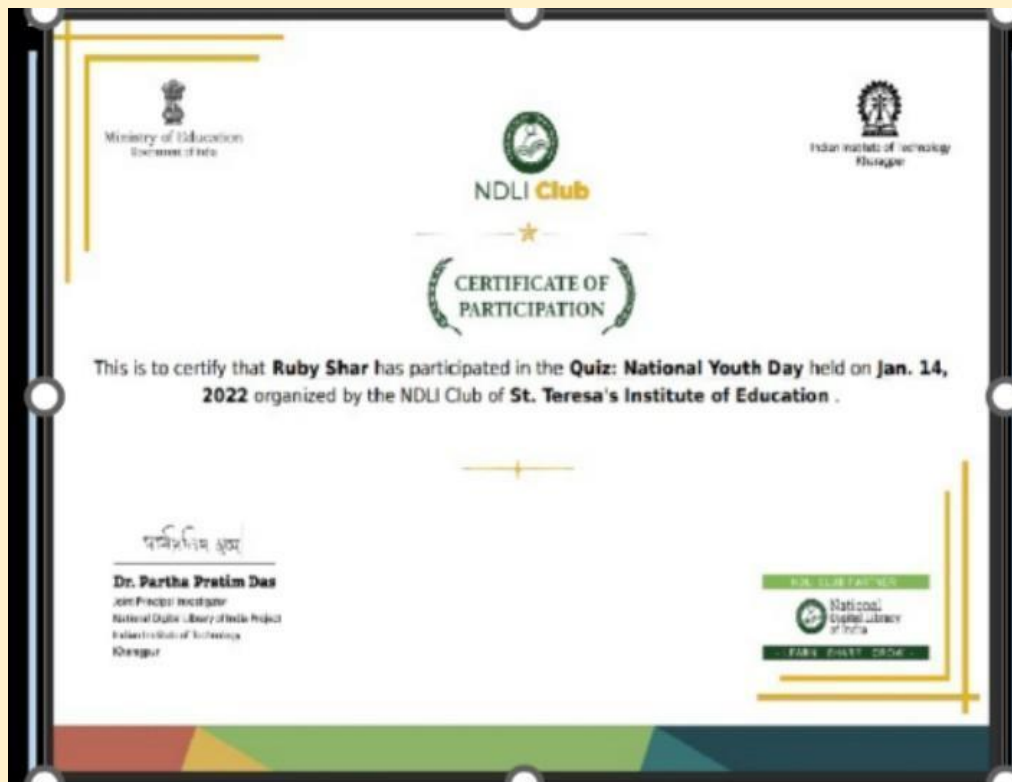
A purest form that is there.

National Youth Day Quiz (NDLI Club Activity) January 14, 2022

NDLI Club of St. Teresa's Institute of Education had organized a Quiz on the Occasion of National Youth Day 12th January 2022. 34 SYBED Students who participated in the quiz were given participation certificate on 14th January 2022.



Quiz Link: <https://forms.gle/1YREZPk6dfYLP1a19>



Objective: to create awareness for best ideologies of the great leader, Swami Vivekananda.

Learning outcome: Quiz encouraged the students to know more about motive behind celebration of National Yuva Divas and ideologies of Swami Vivekananda which can promote the country for better future.

३ मार्च २०२२

वेळ: सकाळी ८:५० वाजता

स्थळ: सेंट तेरेसास इन्स्टिट्यूट ऑफ एज्युकेशन, सांता क्रुझ

मंच: गुगल मीट



Information Retrieval Competition: NDLI Resources in HINDI

Date: 9th March 2022; Venue: STIE Multipurpose Hall; No Of Participants 77 (FY+SY)

**ST. TERESA'S INSTITUTE OF EDUCATION
NDLI CLUB CELEBRATES BEING**



**NDLI Resources in HINDI: Information
Search and Retrieval
Competition**

Date & Time: 9th March 2022

[https://forms.gle/jv2W5atLVyd4p9wn9:](https://forms.gle/jv2W5atLVyd4p9wn9)



Objective of this quiz was to create awareness about digital resources in Hindi and other regional languages which are available through NDLI.



Learning outcome:

1. Students became aware about availability of NDLI resources in Hindi.
2. While attempting the quiz, students could search and retrieve various NDLI information resources available in Hindi language in various formats.

THE SINGING COMPETITION

Date :- 22 April 2022.

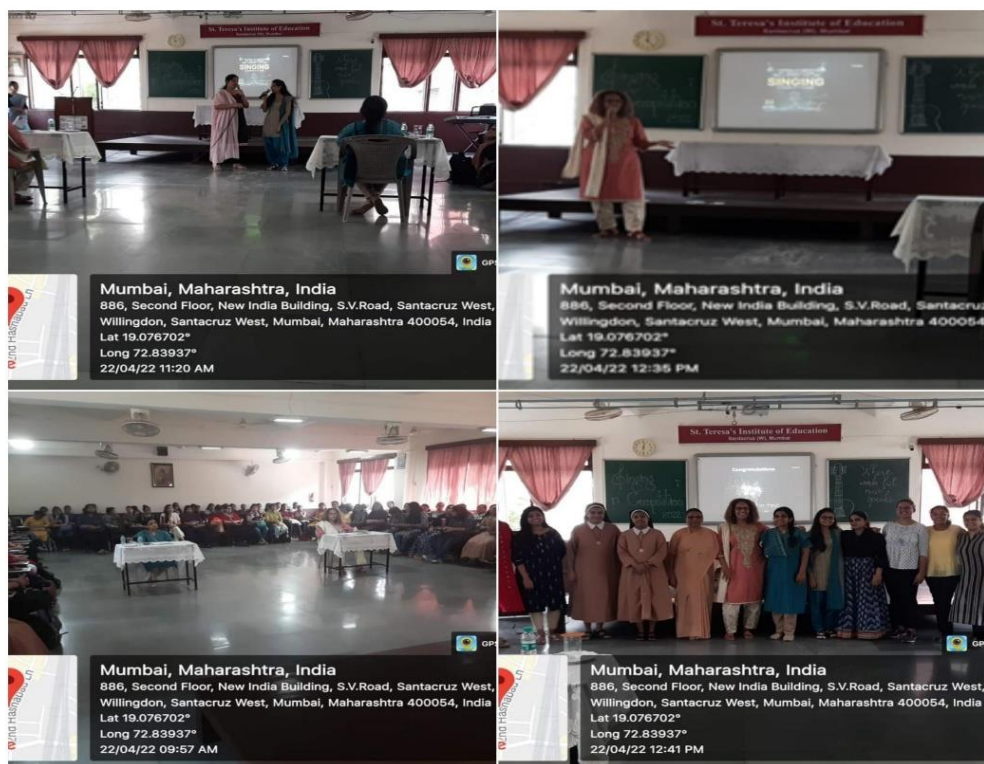
Venue :- Multipurpose Hall,
St. Teresa's Institute Of Education.



The Singing Competition was held on 22nd April 2022. The program was conducted by Dr Cindrella D'Mello and was organised at St. Teresa's Institute of Education for the FY & SY B.Ed students including the teaching and non-teaching staff. A number of students came forward to participate in the competition and to showcase their vocal talents. A total number of 16 students participated in the competition making it a memorable and heart-warming experience for all who were present. The competition was a memoir dedicated to the recently deceased legendary singer Lata Mangeshkar. The program started at 9:30am. The host of the day Ms.

Bruchelle Pereira was dressed as infamous character Mrs. Bolgode, began the event with an introduction of the Nightingale of India, Lata Mangeshkar, her singing career, her milestones and her contributions to the Indian Music Industry. Throughout the event, glimpse of Lata Mangeshkar's life was shown to the audience. The competition started with the General Secretary of the SY Upassana Sanghvi, who introduced the two honorary judges, Ms. Sarita Manchanda and Ms. Sharon Menezes, both of them having a wide range of expertise in singing, it was truly an honour to have them critique the competition. The participants were introduced and given serial numbers which would help them to know in what order they'll be performing. The rules were explained to them and the competition took off. The competition consisted of two categories, Solos and Duets and in each category, they included two more sub categories which were Indian classical (Hindi) and English songs. Eight participants took part for Solo (English) and seven participants for Solo (Hindi) and for duets, three pairs for English Duets and four pairs for Hindi Duets. All the participants showcased their vocal mastery with their beautiful voices and adequate ranges. Participants chose many heart-warming songs including many of Lata Mangeshkar's. Some went for a more romantic genre of songs, while some went for energetic songs that would make the audience dance along to the beat. Overall, every performer gave their best on the stage and the performances came to an end. Now it was time for the judges to evaluate the performances and choose the winners for each categories. The judges were provided a different room to discuss and come up with the results of the competition. Dr Cindrella D'Mello, took charge of the stage and came up with a little game that she prepared to entertain the audience. In the game, songs which were dedicated or related to a particular faculty member or particular scenario that the audience members could relate to were played. This was the highlight of the day as it brought so many laughter into the room and lit up so many faces. The judges were back with the results, but before revealing the winners, the judges harmonized their voices and gave a wonderful rendition of the song "My Stranger". Both the judges performed a solo song for the crowd, "What a wonderful world" was sung by Ms.

Sharon and “Wonderful tonight” by Ms. Sarita. They gave an insight on what they heard and observed throughout the competition, they gave their critical perspectives of the performances and enlightened all the participants on what parts they should work on and improve, and also congratulated and appreciated them all for their participation and courage. Judges also gave appreciation to the host for her humorous jokes throughout the program. No event in STIE is truly completed without a vote of thanks, so the SY student Pearl Gomes came forward and thanked the judges for their presence, congratulated all the winners and also thanked all the participants for their efforts and participation. She also thanked teachers and Sister Tanuja Waghmare, for giving the students a platform to encourage and discover their inner Nightingales and lastly she thanked the audience for always being supportive and attentive. She also thanked the lady behind the curtains, the technical assistance for the day Sweven Rebello. Last but not the least, she thanked our co-ordinator of the program Dr Cindrella D’Mello for her efforts and encouragement.



E – Module Competition

Date : 18th April 2022

Venue: Multipurpose Hall,
St. Teresa's Institute of Education

Objective of the competition was to learn more about E - Module, through the presentations prepared by the groups of competing Second Year students. Competition was organized by Student Council. Total number of student and faculty present for the competition was 110. The competition began at 10 am with an introduction to E - Module and a few words on what could be expected from the upcoming event. Our hosts for the programme Ms. Riya D'silva and Ms. Harshita Sharma then welcomed the Principal of the institution, the teachers, students and the esteemed chief guests and judges for the day, Prof. Mandar Bhanushe & Ms. Lora Lobo. Ms. Krisha Maniar and Ms. Arshia Shaikh then introduced the Judges stating their academic achievements as well as their achievements as educators and facilitators in various fields. The theme for the Constructivist learning, E - Module competition was, 'Online learning is not the next big thing, it is the now big thing'. E - module was then described as being based on information and communication, dealing with the current of globalization, advancement of information and its influence on various aspects of life. The programme aimed to encourage students to develop learning material with the help of E-Module based on the 'UN International year of peace and trust 2021 convention'. The participants, previously segregated into 5 groups of 10 SY students each, were then explained the rules and regulations of the competition by the General Secretary Ms. Natasha Fernandes. Each group was given 20 minutes to present with the warning bell ringing at 18 minutes. Group one was the first to present on their topic, 'Education beyond borders'. They spoke about the various aspects of education, promotion of peace through education and bridging the gap between offline and online education and much more. Group two then presented their e-Module material on the topic, 'Non-violence in school set ups. They spoke about the various problems caused by violence in the school environment by different people or a number of factors and its impact on students and the resulting environment. They also suggested solutions to solve these rising problems. A short 15-minute break was taken after which group three was the next to present on their topic, 'Inclusiveness: all's well that blends well!' They were followed by groups four and five, who presented their topics, 'Role of women in leadership and peace' and 'Role of youth in peace', respectively. After a brief break, the Chief guest, Mr. Prof. Mandar Bhanushe, shared a few insights on creating good and effective E-Module materials. He spoke about the ultimate purpose of using various innovative methods of teaching and instruction being education and knowledge. The winners of the competition were then announced, with Group 3 coming first and Group 2 coming second. The Chief guests were presented with a vote of thanks following which each participating group joined the judges for a photograph.



Poster Making Competition

Date :- 24 September 2022
Venue :- Multipurpose Hall,
St. Teresa's Institute Of Education.

ADLLE CELL OF
ST. TERESA'S INSTITUTE OF EDUCATION
SANTACRUZ, MUMBAI - 400051

ORGANIZES

POSTER MAKING COMPETITION



Day - September 24, 2022
Time - 9.00 a.m. - 3.00 p.m.

Topics
Zero Hunger
Clean Water and Sanitation
Affordable and Clean Energy



Mumbai, Maharashtra, India
St. Teresa's Institute of Education, Multipurpose Hall, S
Road, Santacruz (West), Mumbai - 400 054, Maharash
India.
Lat 19.078574°
Long 72.828694°
24/09/22 12:24 PM GMT +05:30



Mumbai, Maharashtra, India
St. Teresa's Institute of Education, Multipurpose Hall, S
Road, Santacruz (West), Mumbai - 400 054, Maharash
India.
Lat 19.078574°
Long 72.828694°
24/09/22 12:23 PM GMT +05:30

COURSES



STEP PROGRAMME

18th November 2021- 22nd January 2022

The Student Teacher Empowerment Program is a 30-hour course that has been designed to offer practical guidance and direction to student– teachers who aspire to teach in different board schools. The program has been created with the goal of providing student-teachers with a holistic knowledge base and a practical orientation to teaching in schools that are affiliated with different boards of education. The course has been specifically tailored to achieve four key learning outcomes.

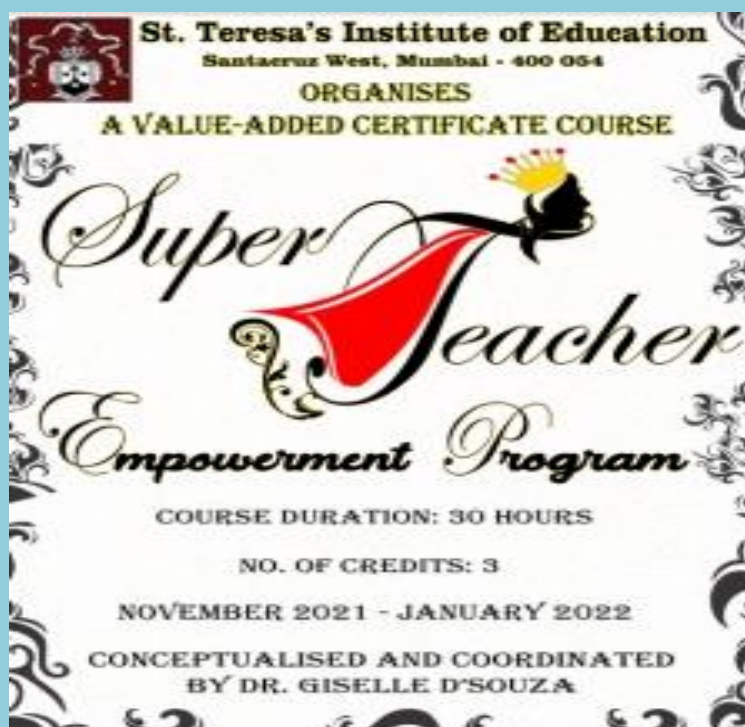
Firstly, the course aims to instill the necessary confidence in student-teachers to enable them to teach in schools that are affiliated with different board types.

Secondly, the course seeks to equip student- teachers with the knowledge and information they need to make well-informed choices about joining a particular institution once they complete their B.Ed.

Thirdly, the course has been designed to offer insight into the subject-specific knowledge and competencies that are essential to performing effectively in a particular school type.

Finally, the course provides ample opportunities for student-teachers to gain hands-on experience in preparing subject-specific lesson plans.

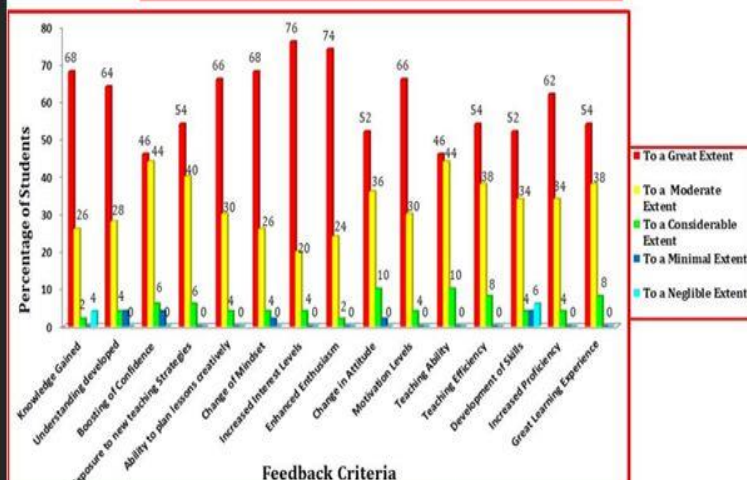
The course content has been crafted to provide a general orientation to teaching, subject-specific inputs, and demonstration of lessons in different methods and assignments that deal with the practical aspects related to various boards. The course covers a wide range of topics and skills that are relevant to SSC, I.C.S.E, C.B.S.E, I.G.C.S.E, and I.B. board schools, making it a comprehensive and all-encompassing program.



18th
November
2021 to 22
January 2022

Super Teacher
Empowermen
t Program
(STEP)

STUDENT FEEDBACK OF THE STEP COURSE 2021 - 2022



Electronic Information Literacy

23rd October 2021 – 18th April 2022

OCTOBER 2021-APRIL 2022

NDLI CLUB OF

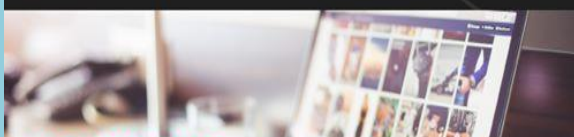
ST. TERESA'S INSTITUTE OF EDUCATION

S.V. ROAD, SANTACUZ, MUMBAI 400054

ORGANISES

CERTIFICATE COURSE IN

ELECTRONIC INFORMATION LITERACY



TARGET AUDIENCE

- B.Ed Students
- MA Education Students

Course Duration: 40 Hours

REGISTRATION LINK
[HTTPS://FORMS.GLE/7WOKTOJQFEKA2PTM8](https://forms.gle/7WOKTOJQFEKA2PTM8)

Platform:

Online Google Classroom
G-Meet Sessions/Pre-recorded Videos

COURSE CO-ORDINATOR

Dr. Shakuntala Nighot
Librarian
St. Teresa's Institute of Education

ELECTRONIC INFORMATION LITERACY (EIL)

RATIONALE

In post pandemic era, entire knowledge society is turned into virtual teaching learning mode. Library and information centers are no exceptions to it. Users will now rarely access the print resources, instead, they would more prefer the electronic and web resources. There is tremendous information explosion on www. Electronic Information Literacy programs have now become the need of the hour to help the users to reach and retrieve the most authentic and appropriate e-resources.

EXPECTED COURSE OUTCOME

EIL will help the students to

- develop consciousness for research and academic ethics
- become proficient in Effective Web Search Techniques to retrieve Most authentic and relevant sources in least time which is need of the hour.
- learn the concept of plagiarism and could develop the Citation Management and Plagiarism free academic writing skills.

COURSE FRAMEWORK

01 100% Attendance Compulsory for sessions, assignments and test

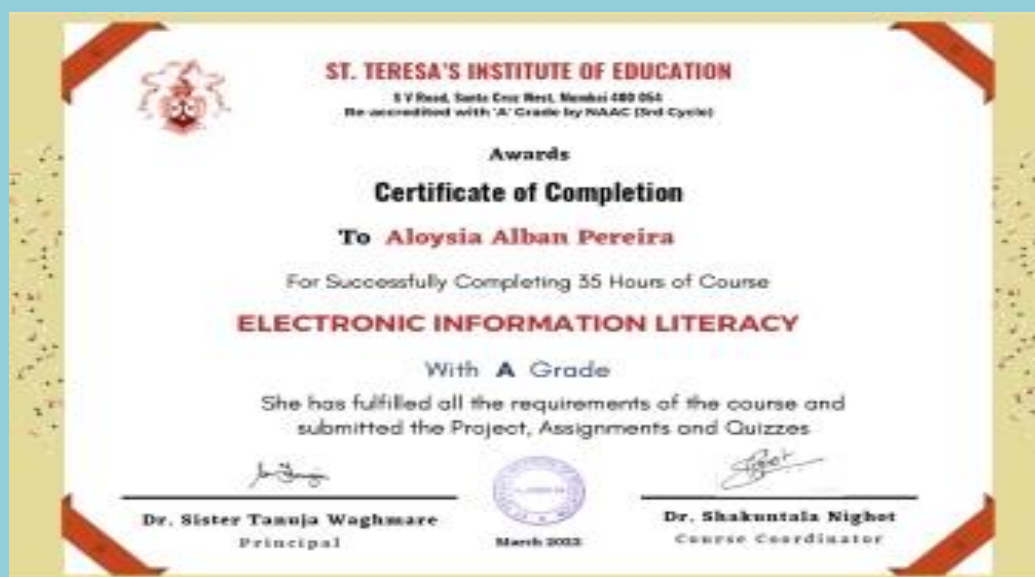
02 Evaluation Criteria: Total Marks 100
Quizzes (20M), Assignments (20M)
Project (10M), Final Test (50 M)
Minimum Passing Score: 40 M

03 Course Content, Classwork and Assignment link will be uploaded on EIL Google Classroom. Queries will be addressed by mentor through EIL whatsapp group discussion after the session

04 Certificates with grades will be provided to all the candidates fulfilling Criteria 1 and 2

COURSE CONTENT

- Module I: Evaluation Parameters for E-Information Resources
- Module II: Effective Search Techniques for Academic Notes and Literature Search for Action Research.
 1. Forming Search Query
 2. Keyword Formation
 3. Boolean Operators
 4. Advance Search Techniques
- Module III: Online Information Sources
 1. Proprietary Database NLIST
 2. Scholarly Open Educational Resources (OER)
 3. Google Scholar, ERIC, Shodhganga, Shodhgangotri DOAJ, DOAB, Project Gutenberg, NDLI
- Module IV : Citation Management
 1. Concept of Plagiarism
 2. Tools and Techniques for Bibliography
- Module V: Ethical Academic Writing
 - Report writing for Institutional activity on Social Media Platform
 - Research Report Writing Language
 - Writing a Book Review



Tech Fluent Teachers Course

11th July 2022 – 22nd September 2022

St, Teresa's Institute of Education conducted a Tech Fluent Teachers (TFT) course from 11th July 2022 to 22nd September 2022, aimed at helping student-teachers become familiar with various educational apps and software to make learning interactive and fun. The 30-hour certificate course carried three credits and was meticulously planned by the course coordinators, Dr. Cindrella D'Mello and Dr. Giselle D;souza. The principal of the college , Dr. Sr. Tanuja Waghmare, provided the opportunities for the trainees to learn from the best resource person available.

The course comprised 15 sessions, seven of which were seven resource persons. F portray our sessions were held in the college's Multipurpose Hall, eight in the computer lab, and three were conducted online. The sessions were conducted on various educational apps and software. The educational apps and software that were covered in the sessions included Kahoot!, Educandy Studio, Quizizz, Prezi, Padlet, Google Jamboard, Canva, EdPuzzle, Book Creator app, Learning Apps, Google Forms, H5P, Thinglink and Flippity.

Kahoot is a game-based learning platform, while Educandy is website and app that can rapidly create interactive learning activities. Quizizz uses gamification to make content engaging, while Prezi uses motion, zoom and spatial technology to create impactful presentations. Padlet is an online notice board that students and teachers can use to post notes on a common page. Google Jamboard is a digital interactive whiteboard that enhances classroom participation by allowing students to portray their learning an thinking virtually. Canva is a graphic design platform used to create graphics, presentations, posters, documents, and other visual content, Edpuzzle is a video editing app that allows teachers and students to create interactive online videos by embedding questions, audios or comments on a video. Book creator allows educators and their students to create multimedia e-books based on class assignments and topics. Learning-apps.org is versatile tool for learners and teachers who want to use or create a variety of different activities to practice languages or chapters using formats like crosswords or matching the pairs. Google forms is a survey administration software that teachers can use to take tests for students. H5P is a tool that enables educators to create interactive content such as quizzes and presentations. Thinglink is an education technology platform that makes it easy to augment images, videos and virtual tours with additional information and links. Flippity is a free website that allows users to turn google spreadsheets into interactive digital manipulatives, activities and tools.

The TFT course helped the student-teachers become tech-fluent by providing them with practical training in the use of various educational apps and software, thereby enhancing their teaching abilities and making learning a fun-filled and interactive experience.

ST. TERESA'S INSTITUTE OF EDUCATION, SANTACRUZ

Re-accredited with an A grade by NAAC(3rd cycle)

organizes



AN ADD-ON COURSE
(FOR F.Y.B.ED STUDENTS)

on
Tech-Fluent Teachers
(July 2022- Oct 2022)

DURATION OF THE COURSE: 30 HOURS
NO. OF SESSIONS: 15, ASSIGNMENTS: 15

Course Coordinators
Prof. Dr. Gisella D'Souza
Dr. Cindrella D'Mello

To Register:
<https://forms.gle/g146qD587M5uagP9>

RATIONALE

Technological advancements have infiltrated into every arena of life and the educational field is no exception. While professionals in other disciplines have braced themselves for this change, the teaching fraternity needs to be empowered to cope with this wave of technological transformation, so as to cater to the pedagogical needs of GenNext. The onset of the COVID-19 pandemic has only accentuated the need for online teaching learning so that education does not come to a standstill, during the prolonged lockdown period. This has necessitated that teachers across the globe, equip themselves with technological skills and hone their confidence to make online teaching an Enjoyable, Efficient and Engaging experience for every student. To achieve this goal, it is highly imperative that exposure to technology and the various online tools, applications and software available for use in the teaching learning process, begin at the grassroots level itself. It is with this objective in focus that a course aimed at empowering student-teachers to become tech-savvy professionals be introduced during the B.Ed. course itself, for the enrichment of the existing curriculum.

Course Outcomes

On completion of this course student-teachers will be able to:

1. Understand and appreciate the different technological advancements that can be used in online teaching-learning.
2. Use various technological tools, applications and software that are available for online teaching-learning.
3. Apply the knowledge gained to create technology based lessons in their respective Pedagogy of School Subjects.
4. Transact online teaching-learning classes confidently and with ease.
5. Evolve creative ideas to enhance the quality of their lessons with tech-based applications.
6. Emerge into Tech Empowered Teachers.

E-certificates will be provided to the participants



St. Teresa's Institute of Education

Santacruz (W), Mumbai - 400054

Re-accredited with 'A' Grade by NAAC (3rd Cycle)

Awards this Certificate of Completion to

Eldrin Andrades

for successfully completing the Add - on Course (30 hours) on

'Tech - Fluent Teachers'

from July 2022 to Oct 2022

She has submitted the assignments and secured

A Grade



November, 2022

Dr. St. Tanuja Waghmare
Dr. St. Tanuja Waghmare,
Principal



Mumbai, Maharashtra, India

886, Second Floor, New India Building, St. Teresa's Institute of Education, S.V.Road,
Santacruz West, Willingdon, Santacruz West, Mumbai, Maharashtra 400054, India
Lat 19.076702°
Long 72.83937°
13/07/22 12:28 PM



Mumbai, Maharashtra, India

886, Second Floor, New India Building, St. Teresa's Institute of Education, S.V.Road,
Santacruz West, Willingdon, Santacruz West, Mumbai, Maharashtra 400054, India
Lat 19.076702°
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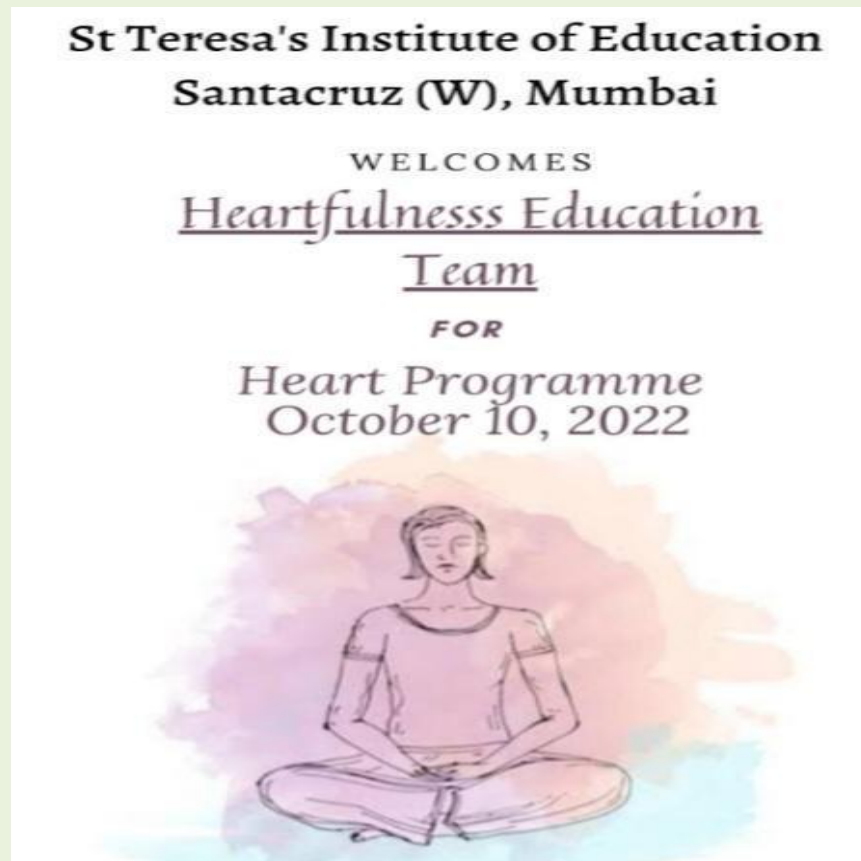
Heartfulness Education Programme

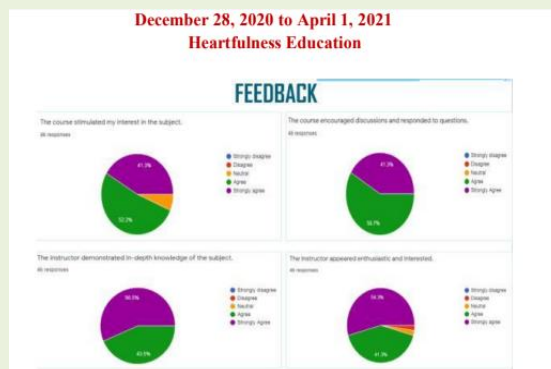
Inner peace is more important than all the riches of the world.

- Heartfulness Website

In the fast-paced world as we all are achieving goals and dreams; it is becoming more and more difficult to form human connections and sustain them. As the world has changed overnight due to the pandemic, feelings of anxiety and panic have become a common occurrence. During all this, globally the need for maintaining a healthy mindset and inner peace has become perennial. Keeping this in mind, St. Teresa's Institute of Education in association with the Heartfulness Education team conducted Heartfulness Education Programme where the students of STIE were indoctrinated in the methods and techniques to get rooted to one's heart. The session was coordinated by Dr. Joan Lopes, Assistant Professor, St. Teresa's Institute of Education and Dr. Reshma Rodrigues, Assistant Professor, St. Teresa's Institute of Education and the resource person was Heartfulness Education Team, Mrs. Rakhee Arora, Mrs. Poonam Gupta, Mrs. Kavita, Mrs. Kirti on Day 1 and Mrs. Kavita Shannoy, Mrs. Uma and Mr. Shashikant Nayak on Day 2 and Ms. Rakhi Arora and Ms. Poonam from Wonder, Wisdom Heartfulness Education Trust on Day 3 of Heartfulness Education Programme. The programme was divided into two phases with 10 sessions of 1 hour 30 minutes each in the first and 12 sessions of 1 hour 15 minutes each in the latter. And it was conducted for a period of 30 hours. The topics were a range of techniques and tips that helped the students introspect and develop healthy meditation habits. It also encouraged values that every teacher is supposed to have. Not only teachers but every person involved in the session. The highlight of the programme was the knowledge of heartfulness meditation and SPOT cleansing techniques which were taught to the students and which was conducted in every session. The heartfulness team also encouraged students to practice it daily and students who practiced it daily also had reflections of visible changes. The heartfulness team also encouraged the students for topics that they felt they needed a session and such sessions were taken into consideration and topics were discussed in phase 2. The heartfulness team was a well-grounded team which did not force students into answering or participating yet actively encouraged students and by the end of the course, many students found themselves comfortable and confident in sharing their experiences. The course not only focused on

individual aspects but also instructed on the mindset required to be a good teacher. It taught the importance of compassion and love and understanding and what mountain of difference such attitudes can make in a classroom. The heartfulness course encouraged everyone to live a wholesome life and how to be happy and attain peace. It helped in dealing with major human emotions like fear and anger. By the end of the course, it was obvious that everyone had walked out as a better and calmer and a happier person which is a true achievement in this case.





VENTEL REPORT

Vocational Education Nai Talim Experiential Learning (VENTEL) activities were introduced to S.Y.B.Ed. students. The underlying objective of implementing VENTEL Action Plan was to make teacher trainees young entrepreneurs by exposing them to variety of skill-based activities. Vocational Education Nai Talim Experiential Learning (VENTEL) activity introduced to teach students to become entrepreneurs was made known to us and an orientation to it was held on 10th November 2020. This programme was carried out in collaboration with Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India. The activities planned as part of this initiative were divided into four areas – Vocational Education, Self-Reliance, Swachhata and Health and Community Engagement/Field Engagement. Total 90 hours were allocated for this course. Initially students were oriented to this plan by Dr. Joan Lopes and Dr. Reshma Rodrigues. The entire class of 50 students was divided into 16 groups. Each group had 3 students each. In phase I the groups were told to select their activities and prepare a PowerPoint Presentation and a video on their selected activity. Each group was allocated a time slot during which they trained other students in their activity. Other students were then asked to prepare the articles and upload the images of the same on the assignment created. In phase II, students were trained in experiential activities. The outcome of this activity was creative lesson plans and mind maps created by students on experiential learning principles. The students whole-heartedly took part in this activity. Their feedback proved the positive outcomes and students' level of interest while working on the VENTEL Action Plan. Thus, working on this project was a really great and fruitful experience.

Ventel Activity 1 Sweet - Happiness Galore



Ventel Activity 2 - Newspaper Bag



BENEFITS OF NEWSPAPER BAGS:

- Newspapers bags help to turn the organic waste into super quality compost that can be returned to the community.
- Newspaper bags help the organic contents to breathe reducing odors and potential health hazards.
- Maintain a clean environment.

How To Make a Paper Bag From Old Newspaper in 10 Minutes

STEPS TO PREPARE A BAG:

Step 1: Gather the Things you need

- o Old newspaper
- o A pair of scissors
- o Adhesive glue
- o Piece of cardboard (optional) (use leftover delivery packages)
- o Ballpoint pen/punching machine
- o Ropes, ribbons or handles from old bags.
- o Poster colours, sequins/lace from old dresses, origami crafts (optional).

Ventel Activity 3 - Bandhani Design



- Bandhej or Bandhani is a beautiful art and can be commonly seen worn by not only women, but also by men.



- Bandhani sarees, Bandhani kameez, Bandhani dresses, Bandhani suits are a colourful delight.

Ventel Activity - Heavenly Milk Affair

Ingredients

- 1 liter milk (boiled)
- 8 table spoons of sugar (16 -18 teaspoons)
- 4 table spoons of coco powder
- A slab of chocolate (OPTIONAL)
- 2 teaspoons of vanilla essence
- 3 table spoons of confflour
- Dry fruits of your choice

Yipppeeee

Your Custard is READDYYY!!!

PowerDirector

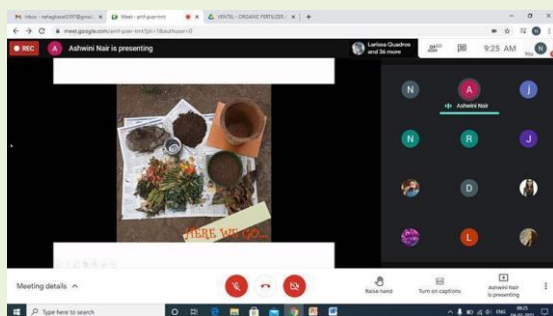
Ventel Activity 6: Pickle Making



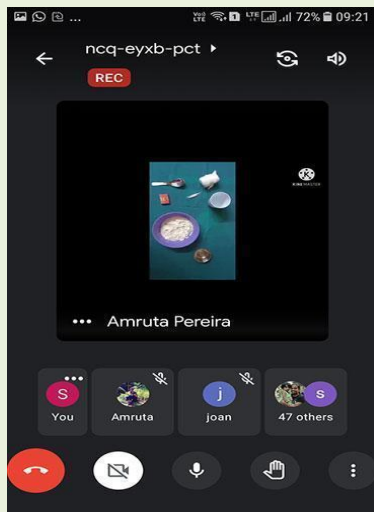
Ventel Activity 7- Long Healthy Hair with True Botanicals



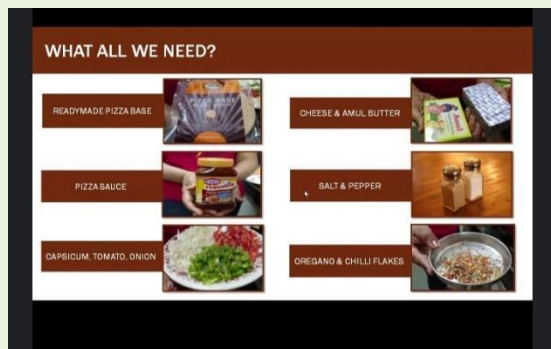
Ventel Activity 8- Fertile Fields- Get Growing with Nature Power



Ventel Activity 9 Make Diya – Light the World



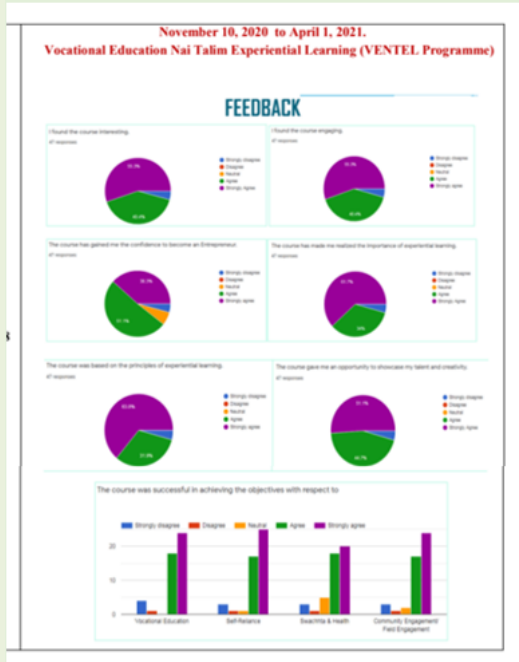
Ventel Activity 10- Home is where the Pizza is!



Ventel Activity 16- Don't Be Trashy! Recycle Today - Save Tomorrow



Feedback and Certificates



Reports available on: <https://www.sti-edu.in/events.php>

English Grammar Pro- Beginner to Advanced

“Grammar is the structural foundation of our ability to express ourselves. The more we are aware of how it works, the more we can monitor the meaning and effectiveness of the way we and others use language. It can help foster precision, detect ambiguity, and exploit the richness of expression available in English.” - David Crystal. Grammar can be considered an invisible language that makes written communication more effective. Moreover, it can also help learners in other areas, such as speaking or understanding what others are trying to communicate. With this view in mind, Dr. Cerena D’cunha conducted a 40 hour (20 sessions) English grammar course - ‘English Grammar Pro- Beginner to Advanced’, which started on March 4 and ended on March 31, 2022. The course started with a Pre-test to analyze our knowledge about the content. The pre-test was given to assess our understanding of the Grammar topics that Dr. Cerena would be teaching during the course. She clearly introduced each topic by outlining its significance, unique qualities, and course-related advantages. She covered a variety of topics, including parts of speech, tenses, analysis and transformation of Sentences, figures of speech, etc. Dr. Cerena used a variety of tools, including power points, explanatory videos, assignments, quizzes, Google Form, and Google classroom during the 40-hour course to not only properly teach each topic but also make it simple for us to comprehend. Every day, students eagerly anticipated taking the test to see who would receive the best score. In a strange way, this excitement even inspired students to pay close attention in class. Each session has taught students more about how a class should be organized and run. With the aid of instructional videos, e-materials, assignments, discussion forums, and quizzes that made the grammar topics less monotonous, the entire course was effectively put together. In order to assist students’, clear up their questions and prepare mentally for the impending tests, she also made sure to complete our test evaluation in a timely manner. Students passed the final exam to receive our certificates of completion for the English grammar course, which concluded the course.



How to tell the difference...

	Independent (main) Clause	Subordinate (dependent) Clause	Phrase
Has a subject and verb	YES	YES	NO
Forms a complete thought	YES	NO	NO
Can stand alone	YES	NO	NO

Indefinite Adjective

Definition
an adjective that describes a noun in a non-specific sense

Examples

These are classified as "quantifiers" (a type of determiner) in contemporary grammar.

any each many several some
few less

indefinite adjective
There are **fewer** coins in circulation.
describes

indefinite adjective
Would you like **some** snails in garlic?

PRATI DIN VAACHAN DIN

19 JUNE 2021

On the Occasion of Vaachan din, St. Teresa's Institute of Education and Gandhi Shikshan Bhavan's Smt. Surajba College of Education jointly conducted webinar, 'Prati Din-Vachan din' on importance of everyday reading. The webinar started with a beautiful song that evoked the spirit of Knowledge and created a perfect atmosphere to start with.

The Principal of STIE, Dr. Sr. Tanuja Waghmare recited the prayer and welcomed the honored chief guest Dr. Rajendra Kumbhar (professor and HOD of library and information Sciences of Savitribai Phule, Pune University) and the audience of the webinar. This was followed by Dr. Shakuntala Nighot, librarian STIE, giving brief information about the NDLI (National Digital Library of India), and the NDLI club. She also welcomed Dr. Rajendra Kumbhar as the chief guest and the speaker for the day. In his presence, the inauguration for NDLI club of both the colleges took place. Dr. Shakuntala Nigot introduced the speaker, Dr. Rajendra Kumbhar.

Dr. Rajendra's spoke on Importance of reading which could clearly reflect his interest and love for reading books. He rightly said that reading cannot be a one-day celebration, it is from breath to breath, Reading is life and life is reading. He emphasised on his statements by providing certain benefits of cultivating a reading habit. As teachers he urged all to be good readers, as sometimes students try to imitate the teachers and also their reading habits. He further added that the world now is full of distractions and people need the power of concentration which can be achieved by reading. He emphasized on reading between the lines. Dr Rajendra Kumbhar said we are living in 21st century, we call it a digital world. He further added that social media might have several adverse side effects but books do not. According to Dr Rajendra Kumbhar, the purpose of education is to create thinking generation and to activate the brain which comes only from reading. He informed six minutes reading helps one to reduce 68% stress. Reading a book changes ones personality. Dr Rajendra Kumbhar emphasised on reading the material that will improve not only oneself but others lives as well. Some of the titles that he mentioned are – 'To Serve With Love', 'Super Thirty', 'Teach Like a Champion', 'The Book Is For Us', 'Teaching Kids To Think', 'The Alchemist', 'United Minds', and 'Man Me Hai Vishwas'

Dr. Rajendra Kumbhar encouraged everyone to join the public library NDLI which would help "each one to teach one". He wished all the future teachers to be the reading model for the students.

Dr. Pradnya Bhosekar thanked Dr. Rajendra Kumbhar for encouraging everyone to read books. Dr. Judy Grace Andrew, the Principal, opined that books are the change makers. Parents should read aloud when children are small. Books are something that takes one beyond. Books are something from the womb to the tomb. She thanked doctor Rajendra Kumbhar for his inspiring talk. Anushree from Gandhi GSBSE expressed her gratitude to Dr. Rajendra Kumbhar on behalf of everyone and thanked both the colleges Gandhi Shikshan Bhavan's Smt. Surajba College of Education and St. Teresa's Institute of Education and all the staff members. The webinar ended with the national anthem.





Gandhi Shikshan Bhavan's
Smt. Surajba College of Education



St. Teresa's Institute of Education

Jointly celebrate
inauguration of
**NDLI CLUB and
VACHAN DIN**

PRA: I DIN - VACHAN DIN



RESOURCE PERSON
DR. RAJENDRA KUMBHAR
Professor and HOD of Library and information
science, Savitribai Phule Pune University

Date: Jun 19, 2021
Dr. Judy Grace Andrews
I/C Principal
Dr. Pradya Anil Bhosekar
Librarian

Meeting details: <https://zoom.us/join>
Meeting ID: 835 1512 7874
Passcode: 863890

10:15 AM to 12:30 PM
Dr. Sn. Tanuja Waghmare
Principal
Dr. Shakuntala Nighot
Librarian

Video call: <https://www.youtube.com/watch?v=...>

Let's Know STIE Library and its Resources: A Library Orientation Program

3 MARCH 2022

“Let's Know STIE Library and its Resources” A Library Orientation Program for F.Y.B.Ed 2021-2023 students was organized at St. Teresa's Institute of Education on 03.03.2022 from 12:30 to 1.30. The program was organized by Librarian, Dr. Shakuntala Nighot.

The main aim of the session was to make students aware of the library resources, facilities, rules and regulations.

Ma'am began by making the students read the sentence, “I will be the best library user of 2021-2022.” The detailed orientation with minute details was given through her presentation in the lecture hall with practical hands on whenever required. It also included a Library Tour. Through this orientation the study could get a clear insight of the library on following points:

- Library Sections, Types of Resources and Services offered
- Various Records in the library
- Library Transaction Procedure and Rules and Regulations
- Shelf Order of the Documents
- Searching library resources through STIE Library Web-OPAC
- Criterion for STIE Best Library User Award

The students were also oriented about accessing resources through following Social Networking Sites of the institution.

- STIE Facebook Page
- STIE Library page on Website
- St. Teresa's Institute of Education YouTube Channel
- STIE Library Blog

The students were asked to visit these sites and to subscribe or to send a friend request to the same so that one can easily get notified regarding the new resources added on these sites.

47 students participated in the orientation to the library. Everyone present realized the importance of library and its resources in the journey of becoming a best teacher! All the students were feeling information empowered as they were offered the key to the treasure trove of information and knowledge.



NDLI Orientation Program for F.Y.B.Ed 4th & 5th March 2022

Venue: SITE Lecture Hall & Computer Lab

The main aim of the session was to make students aware about 24*7 freely accessible rich resources and collection offered by NDLI. A comprehensive NDLI orientation Program was conducted by Dr.Shakuntala N. for FYBED students (47) of STIE on 4th March 2022 which consisted of:

- Introduction to NDLI, its need, importance scope and rich and varied resources.
- Introduction to NDLI Club
- Membership to NDLI and STIE NDLI Club
- Hands-on Training for searching NDLI resources effectively
- Step by step demonstration about participation and Certificate generation for STIE NDLI Club Activity
- Detailed guidance about Each One Teach One Outreach Program.

Madam, in her detailed orientation with minute details about NDLI, focused on the Types of Resources offered, Various Search Techniques to broaden the search, Application of various filters to limit the search, various File Formats etc.

Students were surprised to know NDLI search is much better than Google Search due to advanced filters and more scholarly literature. We all became registered members of NDLI and STIE NDLI Club. Madam demonstrated the procedure to participate in the Club Event and generating the Participation Certificate. Now as part of Each One Teach One Outreach Program we all were set to become NDLI tutor to orient at least one member from the society about NDLI resources. As NDLI is free library for all who is in search of any kind of knowledge of any discipline!



Outreach through Each One Teach One: STIE NDLI Club Activity

Innovative outreach Program **Each One Teach One**, was organised by Dr. Shakuntala Nighot, Librarian & NDLI Club President, STIE, with the objective to reach out to lifelong learners from the society to make them aware and orient about this repository. 47 FYBED students accepted a role of personalised NDLI tutor and oriented one person from the society about NDLI during 4th to 13th March 2013. After complete instruction, the learners were registered on NDLI and feedback was taken from them.

To make this program more authentic the tutor had to upload learner's photo in the form <https://forms.gle/Su8HU25HDCxQh5De8> with NDLI home screen logged in with the learner's user ID. On 14th March 2022, 47 FYBED Students received the certificate from NDLI Portal for participating in this activity.



It was observed that most of the learners as well as the most enthusiastic learners were females. The learners consisted of varied educational and occupational backgrounds and of different age groups. They included working adults, students as well as homemakers. All of them were able to successfully login to NDLI and access information in 9 different languages. The vast variety of information available in different formats, especially the video format was appreciated and liked by many learners.

Thus through Each one, Teach One: Outreach for NDLI Orientation, STIE library could move out of its wall and reach out to lifelong learners in the society to inculcate and boost reading habits in them, quench their thirst for knowledge and fulfil their information needs, thus taking a small step ahead on the guidelines laid down by NEP 2020 to reach out to society.

NLIST Orientation Program for FYBED



A comprehensive NLIST Orientation Programme was conducted by Librarian Dr. Shakuntala Nighot for FYB.Ed students (47) of St. Teresa Institute of Education, on 28th, 29th March 2022 and 1st April 2022, 3 pm-4 pm which consisted of:

- Introduction to NLIST Consortia, its need, importance, scope and rich and varied resources.
- Membership to NLIST with individual user ID and password
- Hands-on Training for searching NLIST resources effectively
- Simple and Advanced Search Techniques

N-LIST membership was activated for all the students by generating individual user IDs and Passwords to ensure 24*7 access to vast consortia consisting of several databases of E-Journals and E-books.

The students were amazed and happy to find the treasure trove of knowledge at their fingertips. NLIST proved to be helpful to find the scholarly resources for making the syllabus notes, assignments, seminar and action research etc.

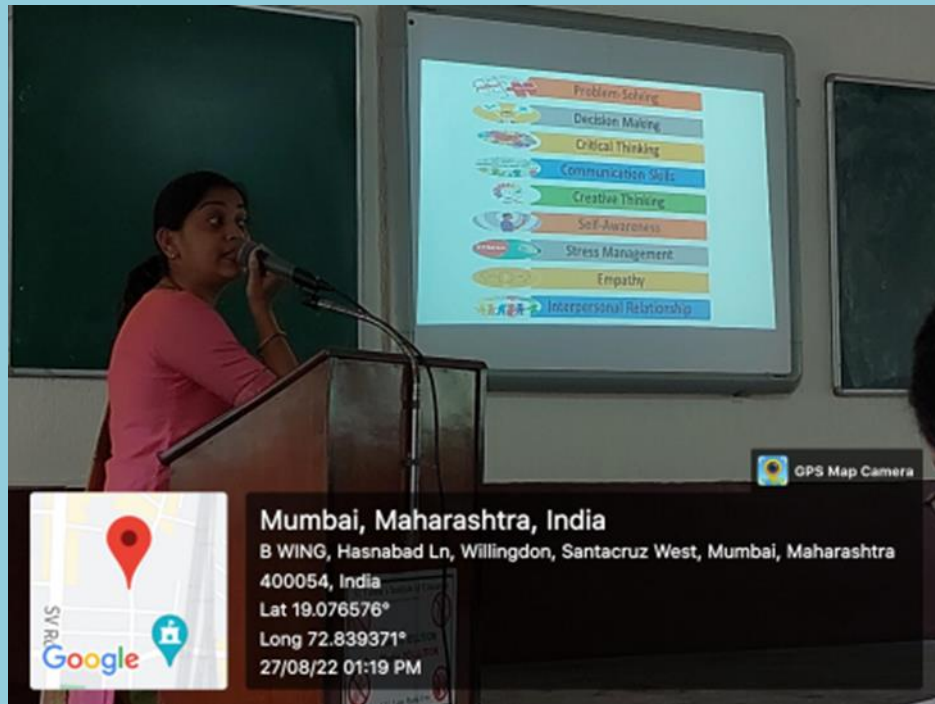
The program was helpful as the students could now access the library's digital and scholarly resources anytime and from anywhere.

SEMINARS, WEBINAR AND WORKSHOPS



LEARNING FOR EFFECTIVE TEACHING

25TH SEPTEMBER 2021



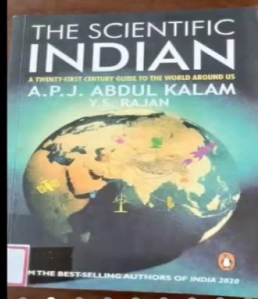
The Seminar began at 1:00pm that was organized by Dr. Cerena D’cunha in the Multipurpose Hall. The resource person that conducted the workshop was Mrs.Sarla Lobo. Ma'am Sarla spoke about success skills that help us in life. She created a positive and happy atmosphere in the class. It helped be active at noon. She shared with skills that help us with a positive, knowledgeable and more creative environment in the classroom. She went on to guide about the stress in lives on a daily basis. An activity of vigorously shaking a soda bottle and a water bottle was done by her. Followed by perception on what was the underlying message of the activity. She gave solutions to relieve stress through her slides and explanations. What made this section more interesting than depressing was that she pointed out the places that can help ourselves and that not only one but all are under stress at the same time. The next topic she touched upon was Leadership. In which she had a few classmates along with Natasha, the General Secretary do an activity on leadership. The group were blindfolded while being brought in class and had to follow the leader's voice for directions. Which was done wonderfully without anyone having an injury by the objects placed. Ma'am then continued with her explanation using her slides. She made believe that each one can be a leader by improving our leadership skills. The difference between a Boss and a Leader was made clear. An activity was conducted wherein there were two groups of girls positioned on either side of the platform placed in the hall. Those near the mic and those directly opposite to them were in one group and those near the projector screen were another group. Two girls, one from each group were made to sit on a mat and drag themselves to their members on the other end using the mat.. She had an activity by programming emotions using facial expressions that were done by our

sportingly active classmates. She not only gave a few quotes but also a beautiful poem by Nidhi Mishra. She made realize that one must not stagnate themselves and get out of their comfort zones by speaking aloud the underlying meaning of one of my favourite songs "Pretty Woman" from " Kal Ho Naa Ho". Ma'am went on to giving ideas of how to make studying more easy, enjoyable and fun for the students. She shed some light on the topic Critical thinkers and Reflective thinkers. She also did an activity here by calling two girls who are unmarried to wear a saree. And explained to those married why she didn't ask them to do the activity. For reflective thinkers she made us make articles that can be worn using paper and no scissors. Last but not the least she spoke about communication skills and did the activity of story building. Piyadath one of the classmate was then requested by Dr.Cerena to give a thank you speech.

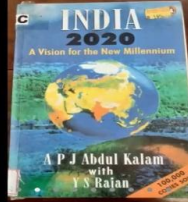
Vachan Prerna Divas

Workshop on Speed Reading and Mind Mapping

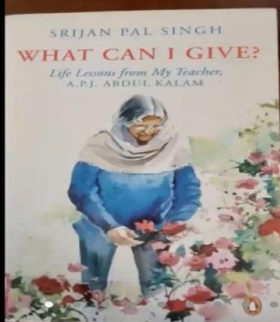
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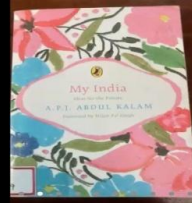
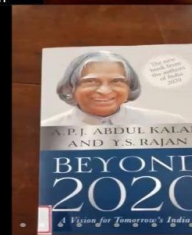
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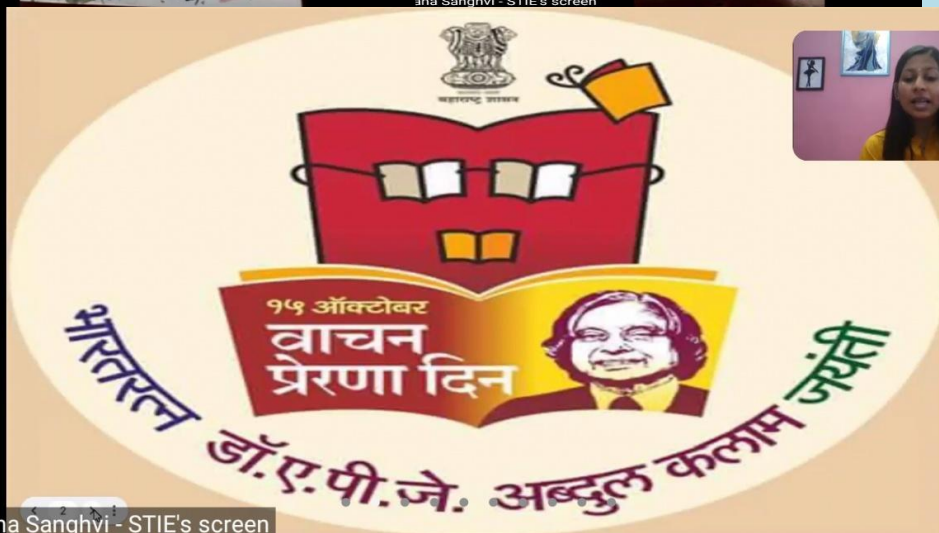
passana Sanghvi - STIE's screen



ana Sanghvi - STIE's screen



ana Sanghvi - STIE's screen



Upassana Sanghvi - STIE's screen





St. Teresa's Institute of Education celebrated Vachan Prerna Divas on 21st October, 2021 at 1.50pm via zoom meeting. Vachan prerna divas is originally celebrated on 15th October every year on the birth anniversary of late Dr. A.P.J Abdul kalam who strongly promote reading. The session was in collaboration with Gandhi Shikshan Bhavan's Surajba College of education.

The session was started by a prayer service by Ms. Upassana Sanghvi and later a brief introduction was given on vachan prerna divas and later different books were displayed Dr. APJ kalam . Later Ms. Shkuntala Nighot introduced the resource person Ms. Jyotsna Sawant. later the resource person started the workshop on speed reading techniques by sharing a google form on reading habits after this MS. Jyotsna sawant gave us inputs on benefits of reading and asked the participants to read book for 3min. later she asked the participants to share their difficulties they faced while reading for 3 minutes. After this ma'am explained how we can calculate the reading speed. Ma'am Jyotsna asked to read two books 'Seven Habits of highly effective people' and '2 States', then asked us to calculate the speed of our reading through the formula, shared the google link with us and asked us to put it on the Google form.

The prizes of the book review competition and best library user was announced by Dr. Cerena D'cunha. Later a formal vote of thanks was given by Gayatri Joshi and then the session ended at 5.10pm with National anthem

The program was a great success with valuable information highlighting the need and importance of reading and mind mapping

SKETCHNOTING WORKSHOP

18th September 2021



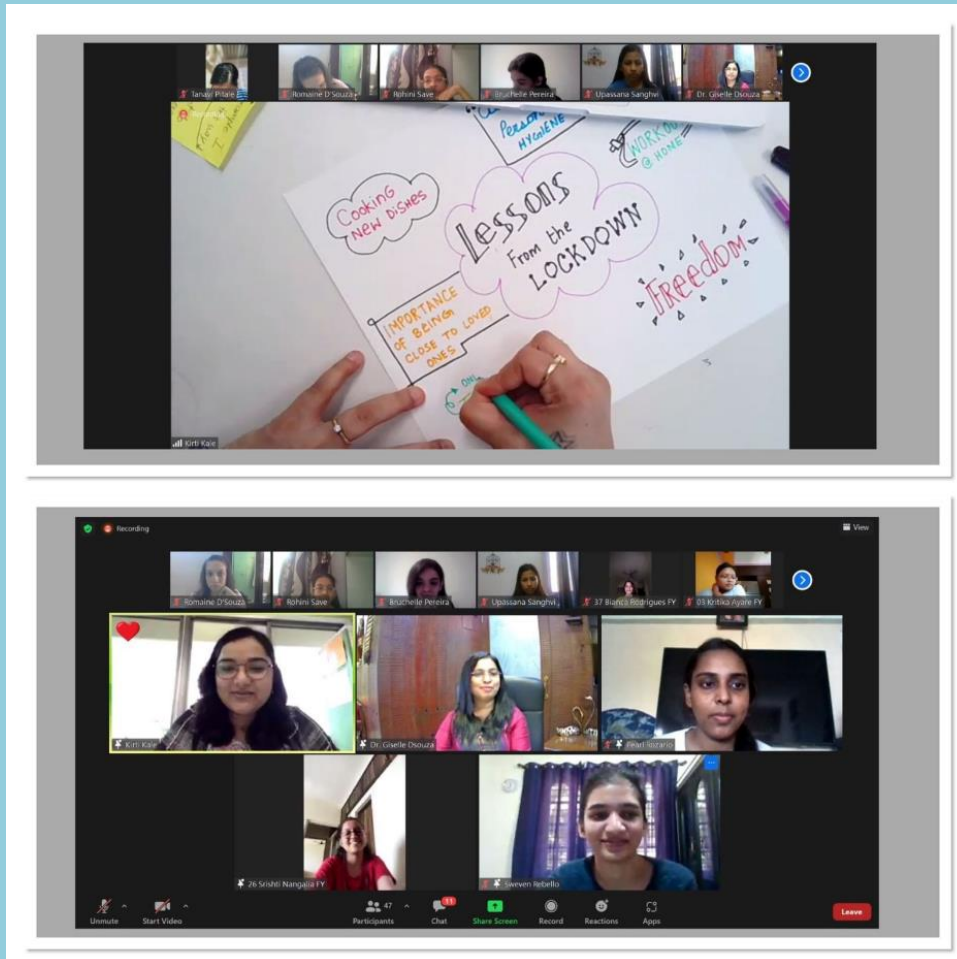
The 'Making thinking visible through sketchnoting' workshop was held on 18th September 2021 at 9:30 am for the academic year 2020-2021 and was organized by Assoc. Prof. Dr. Giselle D'souza. The workshop was hosted online on Zoom and was conducted by Ms. Kirtida Kale Swami who is also an alumini of our college. She has currently moved to Horizon Japan International school and is flying high in her teaching career.

The session commenced with a few words of welcome by our Principal Dr. Sister Tanuja Waghmare and a Welcome Address by Dr. Giselle D'souza. Then our classmate Ms. Bianca Rodrigues introduced the resource person Ms. Kirtida Kale Swami. From here on Ms. Kirtida took over and began with giving a tour of her beautiful school in Japan. Ms Kirtida taught us that learning can be fun too.

Through apps like Padlet and Mentimeter the concept of sketchnoting was explained so beautifully. The breakout rooms were assigned and discussed , views on how Sketchnoting helps to develop different skills in learners. It was indeed an enriching learning experience.

Ms. Kirtida showed some lovely sketchnotes that were made by her students. It gave us an idea on how to create sketchnotes. She then started to design her sketchnote on the topic 'Lessons learnt from the lockdown' along with us. At the end all of us put up our work on the screen for a picture. Then Dr. Giselle D'souza spoke a few words in appreciation of Ms. Kirtida Kale Swami followed by which two of our classmates Ms. Sweven Rebello and Ms. Srishti Nangalia gave their views regarding the session. The session finally came to an end with a formal vote of thanks given by Ms. Pearl Rozario.

Ms. Kirtida taught that art can speak things that cannot be said by words. Through her creativity Ms. Kirtida helps others to evoke and validate their emotions. The session conducted was so much fun and very interactive. Ma'am helped get our imagination and ideas out in a creative way and had a very lively and motivating nature throughout the session which inspired us even more.



Formal Language for Research Writing

31 March, 2022

The Formal Language webinar was conducted on 31st March 2022. The webinar began at 15:00 pm which was organized by Dr.ShakuntalaNighot in the Multipurpose Hall of St. Teresa's Institute of Education. The resource person was Dr.PerinMarolia. (Retd. Prof and PhD Guide SNDT University) The seminar began with the introduction of Dr.Perin Marolia an Academic Editor. Total 102 attendees including 2 staff members attended the webinar.

The students were enlightened about Formal Language in research and its use while writing the action research project, Usage of Appropriate Vocabulary, Grammar, and Research tools for the same. Dr.Perinaquainted the students on research writing and how it is different from daily conversational language. Firstly she explained about how research writing is different from essay writing. Secondly she mentioned about how researchers should focus on his or her vocabulary while writing any research report. She explained the students about difference between research and paper with the help of various examples. She elaborated more on the use of proper grammar while writing research report.

The resource person stressed on avoiding wordiness while writing the report. She put forward certain rules such as The Number I.e numbers upto nine are to be spelled out and the number after nine should be written in numerals. She explained about how to avoid the maximum usage of the word 'more' in the research. Ma'am Perin emphasized on grammar sentence structures like Active and Passive Voice, placement of Clauses and Phrases etc. She made us aware about certain tools like use of Spellcheck, Thesaurus and Grammarly which will help the students to write the most authentic action research report. The webinar was informative and helpful especially for SYBED students in writing their action research project. The session ended with vote of thanks as Dr.PerinMarolia guided the students of STIE for their action research project.

Annual Research Paper Reading 21 April, 2022

The seminar began with the introduction of the Chairperson for the event -Mr.Prashant Kale, who is the in- charge Principal at Gokhale Education & Research, Parel. He is currently a research guide at the University of Mumbai. The Resource people were Dr.Cindrella D'mello ma'am & Dr.Shakuntala S. Nighot ma'am. They presented their Research Paper in the following area:

Title: Family, Mass Media & Education: Agents of political socialization- By Dr.CindrellaD'mello. Some of the aims of the Research Paper was to understand what is Political Socialization, shaping & transmitting nations' political culture & generating political culture. The first presenter spoke about, the reason why educated people should join politics & how important it is for us to be aware of the political scenario of our country. Not only Mass media, but family, schools & colleges should also contribute towards sourcing political information to students. Title: Citation Analysis of Ph.D. Thesis in Education: By Dr.Shakuntala S. Nighot. The aim of her Research Paper was, to find out the areas of research in Education & to find out the principal type of information resources used in Education Research. The presenter spoke about how researchers should explore contemporary issues in education and how widespread research should be conducted in interdisciplinary subjects.

Dr.Prashant Kale then gave his opinion on why Quality Research is very important for the progress of our country. It is very important to carry out Research which is useful & important & and not just any research. The session ended with an acknowledgment to Dr.Prashant Kale, the two presenters & to The Principal Dr. Sr. TanujaWaghmare. The students were given a Google form, to share their feedback on the session conducted. The Research Papers were well explained which will then be of great help for future reference. This will be very helpful for the students for their Action Research Project. We are grateful to the organizers of this valuable session.

5 - Day State -Level Workshop on MH - TET

10-14 September, 2021

St. Teresa's Institute of Education organised a 5-day state-level online workshop on "Preparing for MH-TET 2021" from 10th to 14th September 2021. Dr. Cindrella D'Mello, Associate Professor of STIE was the co-coordinator of this workshop.

On Day 01 the workshop began with a short prayer as Principal Dr. Sr. Tanuja Waghmare welcomed the participants. Dr. Cindrella D'Mello threw light on the structure of MH-TET. She gave insights into Paper I and Paper II subjects of MH-TET. Aspects like Eligibility, Validity, Frequency, Marking Scheme, Format of Questions, Scoring and Passing Marks for MH-TET were also discussed. Mr. Prakash Almeida then started with his session on Child Development and Pedagogy. He focused on Learning disabilities, Educational Psychology, Theories of learning and Assessment for Learning. He discussed questions from past TET papers and demonstrated certain tricks and tips to solve the same. Sir Almeida also cleared the doubts raised by the participants. This session was an interactive and informative one.

The Second Day of the workshop had a session on English Language by Dr. Geeta Shetty, Associate Professor at St. Xavier's Institute of Education. Dr. Geeta Shetty began an interactive session by asking participants to answer questions selected from previous years TET examination. The questions covered a range of topics such as Articles, Antonyms, Synonyms and Phrases. Ma'am encouraged that the one area that all participants needed to work on was to develop their vocabulary. Dr. Geeta Shetty covered several topics in Grammar. She gave in depth explanation on topics such as Nouns, Verb, Adjective and Adverb along with its types. Each topic was covered with significant explanation and examples. She suggested that while studying any new material one must have a minimum

Three references. At the end of the session ma'am answered queries that the participants put forth and also said that, Languages is being updated from time to time and thus one must be updated as well with the latest trends".

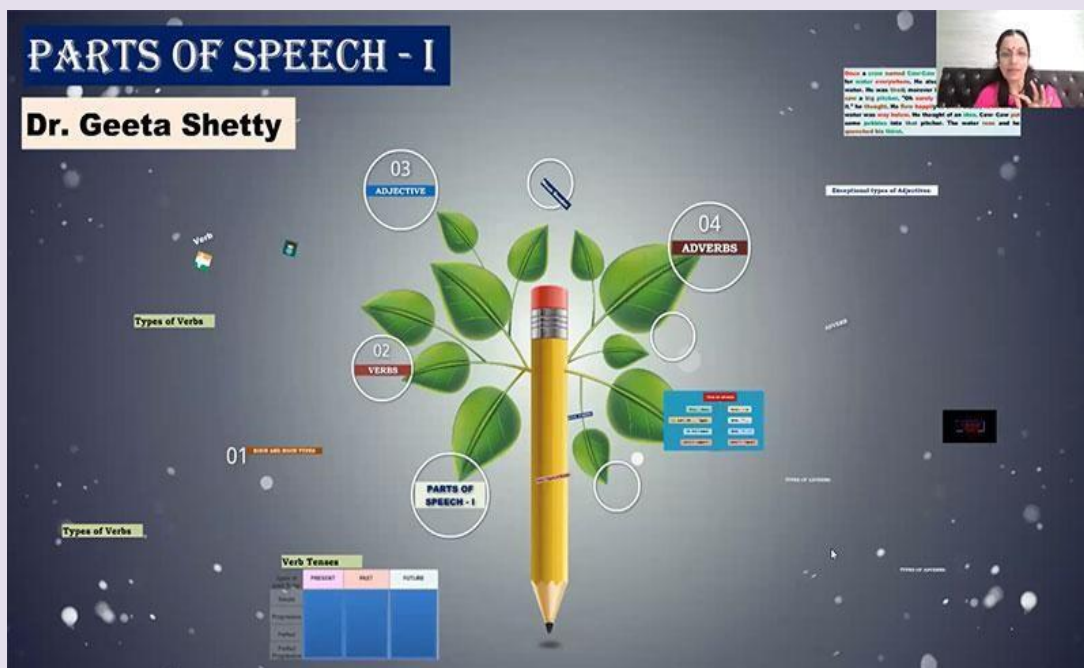
The session on Mathematics was on the 3rd day of the Workshop. The guest speaker for this session was Ma'am Amita Almeida. Ma'am Amita is a well-known teacher for Math and English and holds multiple Masters, Diplomas and Certificates in various disciplines. The aim of this session was to prepare the students for the MH-TET exam, to give them a gist of the contents and the overall pattern of the exam along with its format. In this she also elucidated about Paper I and Paper II. Ma'am then continued with the main part of the session i.e. solving a TET question paper. Ma'am went through every sum in detail and solved them. She also gave different types of problems based on Area, Circumference, and Perimeter, Problems based on date and time and many other types of sums. She also gave some tips to remember while solving some tricky problems. Ma'am solved the doubts of the participants at the end of the session.

The 4th day of the extensive workshop witnessed a comprehensive lecture by Senior Faculty Member of St. Xavier's Institute of Education, Dr. Elvina Pereira. She made it a point to give a very detailed, yet crisp information on each and every chapter in the Social Science

Textbook. She solved a couple of past papers to help the aspirants understand the question types, formats and in totality help them gain confidence about the subject. More importantly Ma'am beautifully explained how to analyse the meaning of questions. She explained the relationship of man with art, literature, history, music, work, philosophy, geography, politics and much more.

The day 05 of the workshop had two sessions. The morning session was for Science and EVS. Dr Rajpurkar started the session by giving a gist of the topics in the science paper i.e. Paper I (EVS) and Paper II (Science). Under Paper II he covered Physics, Chemistry and Biology. He also covered the topics to be studied for both the papers. It was followed by papers solving session under Sir's guidance. He recommended some books that we could read for Science. Overall the session was an interactive one with active participation of the participants. There was an additional session on Marathi Language conducted by Dr. Joan Lopes, assistant professor at St. Teresa's Institute of Education, Santacruz (W). It was held from 3.00 pm to 4:30 pm. Dr. Joan Lopes began the session with a few lines of a poem by Saint Dnyaneshwar, which denotes the richness of Marathi language. She explained the meaning, introduced basic grammatical concepts in Marathi such as vakya, Shabda, Samaas, Vighraha, Sandhi, Prayog, Vibhakti, Alankaretc to the participants. She explained the paper pattern, structure of questions and some sample questions. Further, Dr. Joan and Dr. Cindrella cleared all the queries of the participants regarding the paper and gave them suggestions helpful for their learning.

In the end, participants gave their feedback on the entire workshop and expressed their gratitude towards the institute for organizing such an informative and interactive workshop. Overall, this workshop helped the participants to get insights into different aspects of MH-TET. It was a very useful workshop w.r.t preparing for TET.



Meet - cdi-bzvh-ivx - Google Chrome
meet.google.com/cdi-bzvh-ivx?authuser=1

REC E Elvina Pereira is presenting

Geography Std 6th

What is map?
What is the equator?
Two Hemispheres on the earth
Ocean and its importance
Rocks and Rock Types

Natural Resources
Weather and Climate
Elements of Weather:
Temperature
Air Pressure
Winds
Moisture
Precipitation
Human Occupations
Energy Resources

Elvina Pereira
Leju Ashok
Valerie Silveira
Mallyka Pereira
27 others
You

0:54 AM | cdi-bzvh-ivx

Type here to search

28°C 10:54 13-09-2021

Recording... You are viewing Amita Almeida's screen View Options

$(AB)^2 = (AM)^2 + (BM)^2$
 $(17)^2 = (AM)^2 + (8)^2$
 $(17)^2 - (8)^2 = (AM)^2$
 $225 = (AM)^2$
 $15 = AM$
 Perimeter $\square AMND = 30 + 40 = 70$
 Perimeter $\triangle = 2(l_1 + l_2 + l_3)$
 $= 2(17 + 15 + 8)$
 $= 2 \times 40 = 80$

Amita Almeida

Unmute Start Video Security Participants Chat Share Screen Pause/Stop Recording Reactions Apps Leave

SESSION ON STRESS MANAGEMENT

17TH August 2021





SESSION ON 'INTELLECTUAL PROPERTY RIGHTS'
VENUE: MULTIPURPOSE HALL
9TH APRIL 2022



SENSITIZATION AND AWARENESS PROGRAMME ON INCLUSION

28TH March 2022

On March 28th, a Seminar on Disability Awareness was held at St. Teresa's Institute of Education in the Multipurpose Hall. The seminar began with an introduction to the Yash Charitable Trust, which provides opportunities and life skills training to individuals with intellectual and developmental disabilities. The trust has taken on various programs to ensure that people with disabilities are given the same opportunities as others, including Cafe Arpan, which is one of the first cafes in Mumbai to employ individuals with intellectual and developmental disabilities.

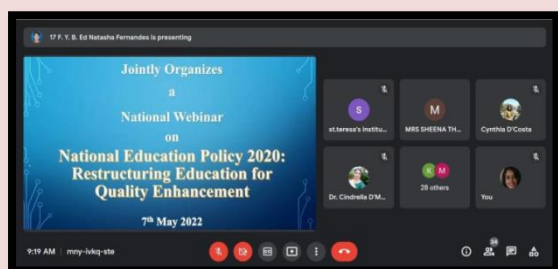
The seminar also featured guest speakers, including Darren Rebello, Simran Masand, Pratik Bhosle, and Rucha Shere, who have intellectual and developmental disabilities such as Down Syndrome, muscle dystonia, and cerebral palsy. Attendees had the opportunity to listen to and interact with the speakers, and were inspired by their achievements and determination. The speakers demonstrated that despite their disabilities, they are able to achieve their dreams by utilizing their unique talents and skills.



The seminar concluded with a dance performance by the guest speakers, and highlighted the importance of promoting inclusivity in schools and colleges. With increased awareness of disabilities, it is crucial to ensure that all individuals are treated with dignity and given equal opportunities. As Stephen Hawking once said, "Disability need not be an obstacle to success."

NATIONAL WEBINAR 'NEP 2020 RESTRUCTURING EDUCATION FOR QUALITY ENHANCEMENT

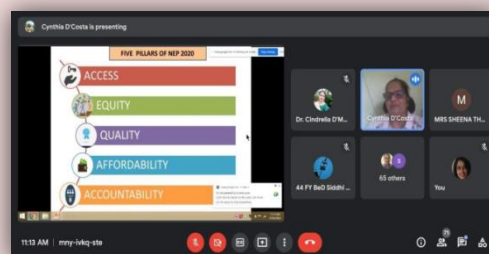
7TH May 2022



A national level webinar was conducted on the New Education Policy 2020 by St Teresa Institute of Education in collaboration with Bhopal school of social science on 7th May, 2022. The webinar began with an introduction by Dr. Joan Lopes. Later, the Principal of our college welcomed all the participants and also released the Webinar Publication. After which the first speaker, Sir Milind Marathe was formally introduced by Ms Harshita Sharma. He spoke about the universalisation of pre-primary education and NEP and it aims to focus and cater the needs of every child and every student. He also emphasized on creating engaging learning teaching in classroom. Further on Ms Siddhi Rajguru presented the Formal Vote Of Thanks to Sir Milind Marathe. The session was very interactive and will be helpful for us as future teachers who will train the future generation of the country.



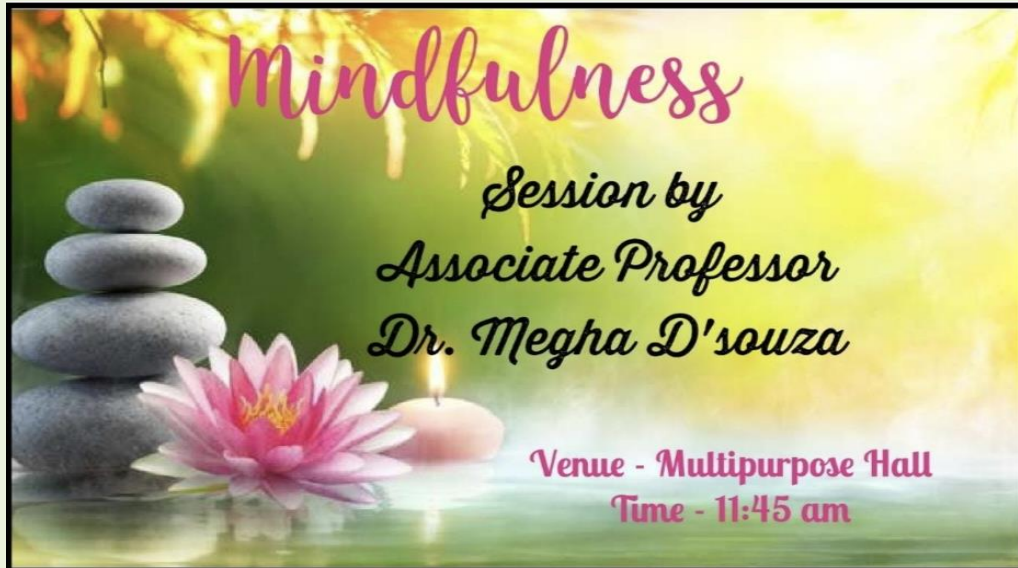
Our second guest speaker was Dr. Agnes D'costa. She enlightened us about how Information Communication Technology has become a vital part in the education system. She spoke on five pillars of NEP 2020, AI (@kuki_ai), Robotics, AR and VR. She explained to us about Google Art and Culture by demonstrating the virtual visit to the Taj Mahal and also suggested us to register on online courses on MOOC (Massive Open Online Course) like Swayum, Coursera, etc. Dr. Agnes D'costa was formally appreciated for giving her valuable time, by Riya D'silva.



As the webinar continued, Miss. Seema, from the Bhopal School of Social Science, welcomed our third guest speaker Mr. Gyanendra Nath Tiwari. Sir spoke about the reforms in teacher education under NEP 2020. He made us aware of all the changes that have taken place in the vision and agenda in the role of a teacher because of NEP 2020. He also asked some topic relevant questions to keep the participants engaged.

In conclusion of this session, Ma'am Seema thanked Sir for sharing his insights on the subject. Before we ended the webinar, Mrs Damandeep K Gulati informed the participants about an online story telling competition which includes exciting cash prizes. A Formal Vote of Thanks was delivered by a student from Bhopal school Of Social Science.

Mindfulness
19th September, 2022.



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

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

Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations. Ma'am explained about three components of mindfulness, namely, paying attention, being present at the given moment and being non-judgemental. She made everyone aware about the importance of mindfulness and made them understand that accepting problems rather than denying them is always a better choice as it is rightly said that "What we resist, persists and what we accept, transforms"

She also elaborated on the formal and informal practice of mindfulness, where Yoga and meditation are formal and familiar practices that humans follow for physical and mental wellbeing.. Taking decisions diligently and refining emotions as and when required, proves

that one is aware and conscious of what one experiences through the senses. When that kind of awareness is cultivated, it denotes that he or she is being mindful. Practicing mindfulness

helps an individual to obtain self-control, self-mastery and self-discipline.

Dr. Megha also made the audience aware about the importance of a mindful pause. She then engaged the audience in several mindful activities, like "mindful listening", mindful walking "mindful share-pair activity" and "mindful dancing". The activities were enjoyed by the audience and each one of them participated with great enthusiasm.

The session ended with a vote of thanks, to the resource person proposed by Ms Umme Kulsum. Overall, it was truly an informative session!

Reported by:

Ms. Mahek Khan-Roll No. 25

Ms. UmmeKulsum Khan- Roll No. 26



WORKSHOP ON STREET PLAY

30th March, 2022



The Street Play workshop was organized by Professor Dr. Joan for students of St. Teresa's Institute of Education in the Multipurpose Hall. The workshop was conducted by professor Jagdish Sansare along with Ms. Madhavi Pawar and Ms. Priyanka Jyogdanda. It began at 9:30am.

Sir Jagdish began with explaining what a Street Play is all about and the difference between a Street Play and a Skit. He then asked students to play 'Mirror Game'. Through this game students realized the importance of acting in Street Plays. Professor Jagdish taught students about the vital elements of a Street Play through various activities. He asked few students to mimic a beggar and a poor woman. According to him eye contact, loud audible voice, confident and bold nature helps an individual to convey their message in a Street Play as all these factors help to attract the attention of the public. Jagdish sir then asked second-year students to divide themselves into 5 groups and told them to enact Street plays on certain situations. All the groups tried their level best to present a perfect Street Play and while they were enacting Sir Jagdish guided them and gave them tips on how to present a well-planned Street Play.

It was an interactive and practical learning session. All the students participated enthusiastically in the activities conducted by Jagdish Sir. His mastery in Street Play and his humorous nature led to a successful workshop. The workshop ended with an amazing song sung by Ms. Madhavi.

Reported by:
Alisha Fernandez (15)
Binaisha Fernandes.

WASTE MANAGEMENT WORKSHOP

17th March, 2022.



A workshop on 'Waste Management' was organized by the management of St. Teresa's Institute of Education on 17th March, 2022 for the students of FY.B.ED and SY.B.ED. The coordinator for this session was professor Dr. Giselle D'Souza and the keynote speaker for the session was Dr. Aparna Pandey. The session began at 12:00 noon. A total of 85 students attended the webinar in the Multipurpose Hall of the college.

The workshop began with an introduction given by Dr. Giselle ma'am. SY.B.ED student, Ruchita D'cunha introduced the keynote speaker, Dr. Aparna Pandey. The speaker shared her vision to create eco-consciousness among citizens and to inspire them to adopt green practices. The objective of this webinar was to sensitize and educate citizens on sustainable living, to reduce the landfill load, to maximize recycling, to encourage innovative design for sustainable solutions and to make bio-composting easy, attractive and affordable. Dr. Aparna began the session by talking about what is waste, types of waste, waste statistics, endorsements, science of composting. According to her waste causes harm to the environment and individuals don't have much idea how to dispose it. Therefore, one can learn the benefits of low budget waste management, recycling at an individual level which is practiced across the country. First of all she informed the students about the process of waste segregation and then she demonstrated how the science of composting and the bio-enzyme methods works. An important message conveyed by Dr. Aparna is that waste management is an important issue that needs the government's immediate attention.

The webinar concluded with raising awareness about waste management among the students. A vote of thanks was given by FYB.ED student, Natasha Fernandes
Reported by:

Denisa Chettiar (05)
Saniya Colaso (06)



Celebrations



Parents and Grandparents Day July 24th, 2021



English Language Day 17th October 2022



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



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

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

International Women's Day Celebration 12th March 2022

The International Women's Day celebration began at sharp 1:30 PM and was organized by the Student Council in the Multipurpose Hall. The program began with the witty anchors "Ms. Bolkute" and "Ms. Jagdambe" who kept up a hilarious running commentary throughout the event. There were various solo singing and dance performances by the students which received enthusiastic responses from the audience. There were also unique spot prizes sprinkled during the event which made the audience eager to participate.



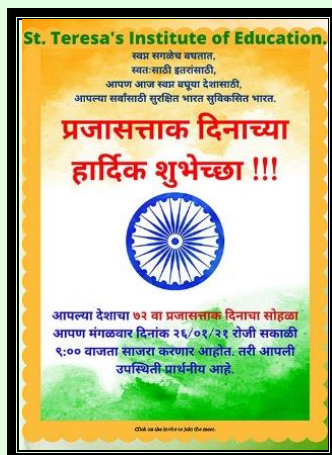
A short skit about Lieutenant Nikita Kaul Dhoundiyal was performed in a brilliant manner by the Second-year students. The highlight of the program was the unique fashion show where various important women personalities from India were depicted which received rousing applause from the audience. The students as well as the faculty participated enthusiastically in the "Housie" game and the program ended with a vote of thanks by the General Secretary and by singing of the National Anthem. Afterward, some refreshments were distributed to the audience.

This Women's Day celebration managed to successfully highlight the various contributions of women in Indian society and informed the audience about how women should be further encouraged to explore the world so that they may flourish and manage to break the shackles that society has bound them in.



REPUBLIC DAY CELEBRATION

26 JANUARY 2021



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

The program commenced with a beautiful introduction and was followed by a peaceful prayer service. After the assembly, various videos were presented throughout the program, which highlighted the importance of the day and indeed awakened the true spirit of freedom. Thereafter, some students also expressed their views about Republic Day.

Furthermore, the entire atmosphere was enlivened by the soothing voices of the nightingales of the institute. To add zest to the event, a quiz was organized by Ms. Humera Khan. Then, Our Principal Dr.Sr. Tanuja Waghmare shared a few words of wisdom with the students. The event ended with the National anthem, followed by vote of thanks.



INDEPENDENCE DAY CELEBRATION

15 AUGUST 2021

“Into that heaven of freedom my Father, let my country awake!”



To commemorate the story of our Independence, the Principal, faculty and students of St. Teresa's Institute of Education virtually celebrated the 75th Independence Day with great enthusiasm and pride. The event was organised under the guidance of Dr. Giselle D'souza and presided over by the Guest of Honour- Captain Rajshekhar Banerjee from the Indian Navy.

To usher in a spirit of patriotism, student-teachers of the organising team had dressed up in costumes of the Freedom Fighters while the other participants were in shades of the Indian Tricolor. Ms. Arlene and Ms. Stevina anchored the event with catchy dialogues that set the tempo for the occasion. The solemn prayer service by Sr. Cinthiya implored the blessings of the Almighty to protect our Nation from all adversity. It being the Feast of the Assumption of the Blessed Virgin Mary, the service also focused on the significance of the feast. Principal, Dr. Sr. Tanuja Waghmare, delivered a meaningful message about Independence Day and the Feast of the Assumption of the Virgin Mary and also extended a warm welcome to the Chief Guest.

The General Secretary of the college- Ms. Upassanna Sanghvi introduced the Chief guest, Capt. R. Banerjee. Thereafter, the flag hoisting was done in virtual mode by sharing a recording of the ceremony at the College campus held earlier the same day. Captain Rajshekhar Banerjee then delivered a speech which inspired each one present.

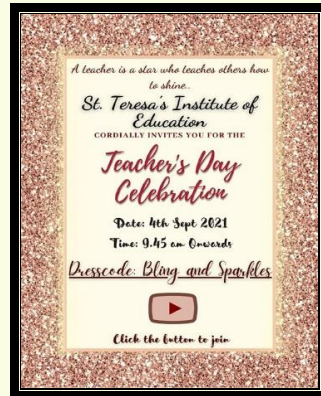
The forum was then opened for an interactive and enriching Q/A session where student teachers put forward thought provoking questions. Ms. Angel Christopher explained about the importance of Independence Day and the role of future teachers and educators in shaping young minds.

Furthermore, a pre-recorded video of an energetic dance performance by the student teachers brought colours to the celebration. The concluding highlight was a quiz on our Freedom Struggle, followed by a vote of thanks.



TEACHERS' DAY

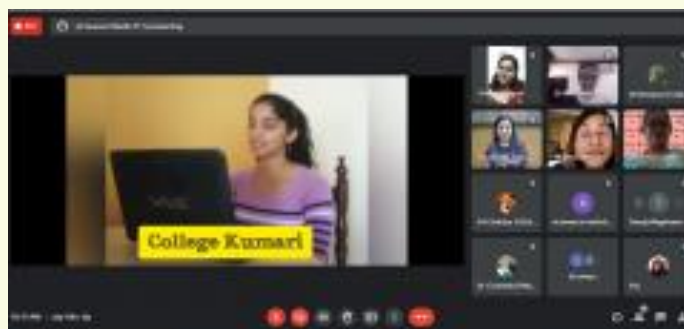
4 SEPTEMBER 2021



A virtual Teachers' Day celebration was held by the students of St. Teresa's Institute of Education for the academic year 2020-21. Many students showed enthusiasm for organising the event. The dress code for the event was Bling and Sparkle. Additionally, handmade cards and bookmarks were sent to the staff beforehand.

The program began at 9:50 a.m. with a short introduction and was followed by a beautiful prayer service. The program was then carried forward by the hosts, Bruchelle Pereira and Dhruti Sharma.

The girls showcased their talents through poetry recitation, singing, dancing, acting, and much more, which was compiled by the editing team and presented online. However, the games were hosted live for teachers as well as students. The winners of the game (for the teachers) were Dr. Sheela Philip and Dr. Giselle D'Souza, each of whom received gifts which were already delivered to the college.



Towards the end of the event, a video message from students to teachers was presented. Furthermore, the students explained the meaning of the word 'TEACHER' by holding placards with each letter of the word.

The event was concluded with a vote of thanks to everyone who had contributed in making the event a success. It was closely followed by the college anthem. Lastly, all the staff members expressed their gratitude towards students for making their day a memorable one.



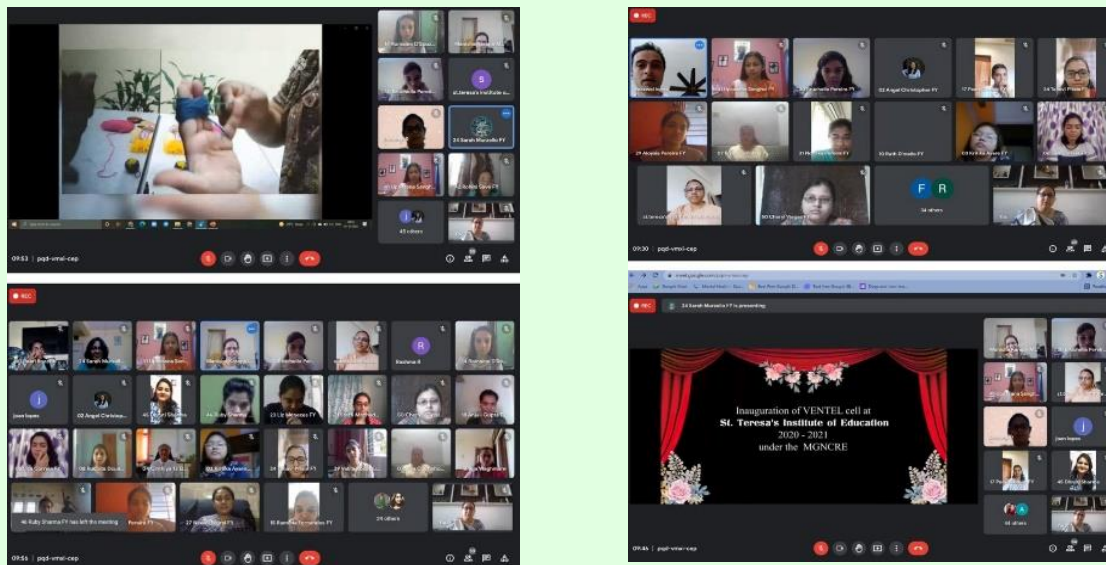
GANDHI JAYANTI CELEBRATION – NDLI Event & VENTELL CELL Inauguration 1 OCTOBER 2021



The event was organized under the guidance of Dr. Joan Lopes & Dr. Reshma Rodrigues. It started at sharp 9:00 a.m. with a beautiful assembly. The resource persons for the event were Sir Maxwell Lopes and Dr. Manisha Karape. Sir Maxwell played a melodic bhajan and beautifully narrated the message of Gandhiji's life. It was followed by the inauguration of the VENTEL Cell at STIE by Ms. Manisha. Her speech was centered around the importance of life skills and application of Gandhian principles in the life of an educator. Her speech was followed by a great event filled with bhajans, songs, speeches, poetry recitation, performance of beautiful anecdotes and organization of an interesting quiz on Gandhiji's life. It was a creative celebration of his 152nd Birth anniversary at STIE.



Furthermore, a workshop was conducted by Ms. Sarla Lobo who started the session by asking the students to try to read a Sanskrit shlok and further on explained the meaning of that shlok. The workshop focused on techniques of stress management using the life skills. It also explained how mindsets vary across all individuals. Besides, it also shed light on the positive and negative ways of dealing with stress. It was followed by a laughter therapy session, where everyone was encouraged to participate. Ms. Sarla Lobo also recommended some books related to positive approaches towards life.



The last activity focused on the skills of creativity, problem solving and analytical thinking, where the students were encouraged to make ornaments using newspapers. With this, ma'am shared certain positive quotes related to teaching and life, and with that the event came to an end. The event was concluded with a vote of thanks.

CHRISTMAS CELEBRATION – 2021

23 DECEMBER 2021

The celebration commenced with the introduction of the event by the General Secretary, Upassana Sanghvi, who shared the importance of Christmas. Thereafter, the prayer service began and was followed by a video on the story of Christmas. The host for the event was Ms. Bruchelle Pereira, who played the fun character of Mrs. Bolkuttey and orchestrated the flow of the event.



The celebration was a wonderful blend of melodious carols, Christmas folktales, and heartfelt poems. Moreover, a chocolate-making tutorial was given by Ms. Rohini Save, which indeed ignited the spirit of Christmas. There was a unique flavour added to the celebration when Ms. Simentha D'mello showed how to make this Christmas a sustainable one by doing simple things like giving second-hand gifts, using newspapers to wrap gifts, and more.



To enhance the beauty of this event, the organisers asked riddles from time to time, which jazzed up the atmosphere and at the same time created a sense of nostalgia about all the classic Christmas movies. This was followed by an intriguing game of Christmas Scavenger Hunt, which was conducted by Pearl Rozario.

The celebration was concluded by a beautiful acronym video for the word "Christmas" and was followed by a few words of wisdom from our principal, Dr. Sr. Tanuja Waghmare. The celebration ended with a vote of thanks.

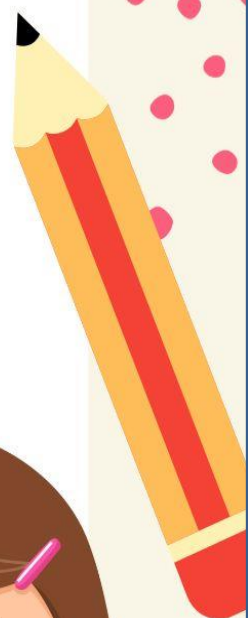


B

C



Activities



TALENT SEARCH PROGRAMME

22nd June to 24th June 2021

The Talent Search Programme for F.Y B. Ed Batch of 2020-2022 at STIE was organized by St Teresa's Institute of Education. The students were oriented by Dr. Reshma Rodrigues. All the students were distributed into six groups, with each group pre-recording their programme. The Talent Show was spread out over three days from 22 June to 24 June, and was conducted online via Google Meet. The objective was to provide a platform for all the students to hone and display their talents.

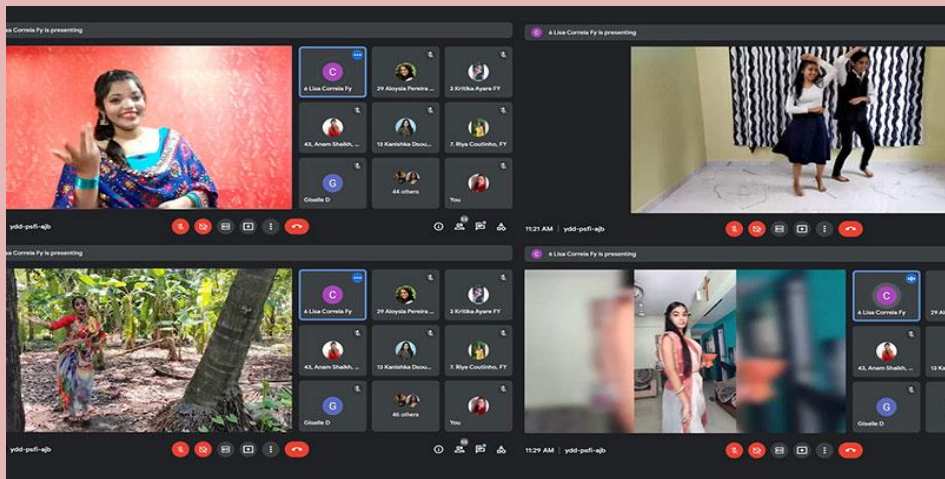
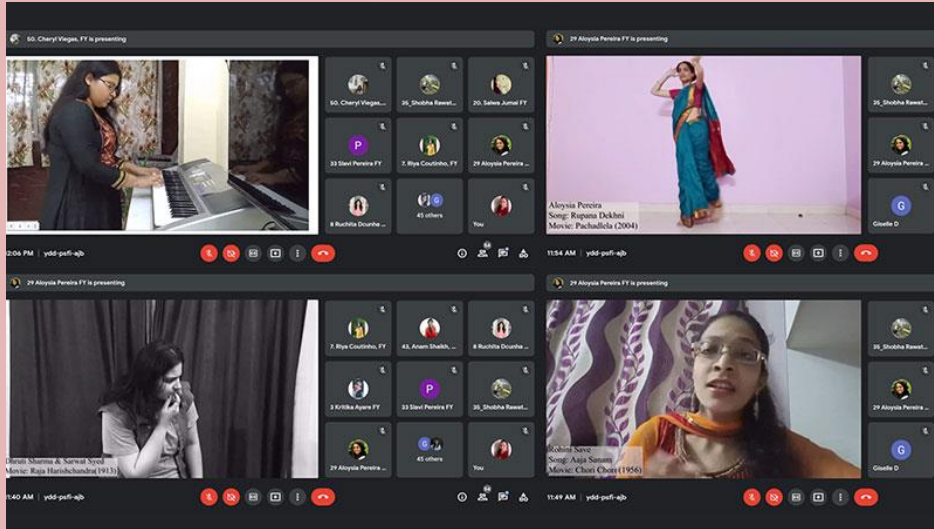
The first day of the programme started with the presentation of Group 1, and their theme was 'Cultures across India', celebrating the rich diversity found in our country. Each member showcased the different regional dances of India, along with a fashion show, displaying the various diverse attires worn by the people of India as well as the popular regional dishes. The performance of Group 6 followed soon after. The theme was 'Indian Cinema'. They beautifully portrayed the progress and development of Indian cinema over the years with short skits, mimicry, dance and singing performances, reminiscent of the popular Indian films also there was a musical quiz wherein she an instrumental version of popular Indian songs was played and had to guess the correct answer.

Group 2, presented their act on the second day i.e., 23 June 2021. Their theme was 'Domestic Violence'. An emotional skit was presented bringing to light the plight and despair of women suffering from domestic violence, while also creating awareness about how we can help such victims. There was also a recital of a poem, a group singing performance and display of posters, all championing for the cause of women empowerment.

Group 5 was the next to present their pre-recorded Act. They chose the topic 2020: A Year like No Other and it was a hilarious account of life during the Pandemic and the subsequent lockdown. Students enacted scenes of different scenarios such as Online Education, Virtual Weddings, impact of Believing WhatsApp Forwards, Hoarding Groceries and so on.

The 3rd Day of the Talent Search saw the Presentation of Group 3 on 24th June, 2021. They chose the topic Mental Health. They started with a live quiz followed by First-Hand Accounts of group members about their strategies of coping with various Mental Health issues that plagued people during the Pandemic. And there were many other activities such as baking, drawing, dancing, tending to plants, writing poetry, singing, reading, etc.

The last group to present their Act was Group 4. They chose the topic Child Labour. It was a heart-touching performance which included a skit, a dance a creative poster with a message. After each performance the teachers gave their valuable feedback and comments. The meet concluded with a Vote of Thanks by Dr. Giselle D'Souza. The Programme and the various Acts put up by the Groups were well received by both Professors and Students. The audience response in the form of positive messages exchanged in the chat box was encouraging to all the participants.



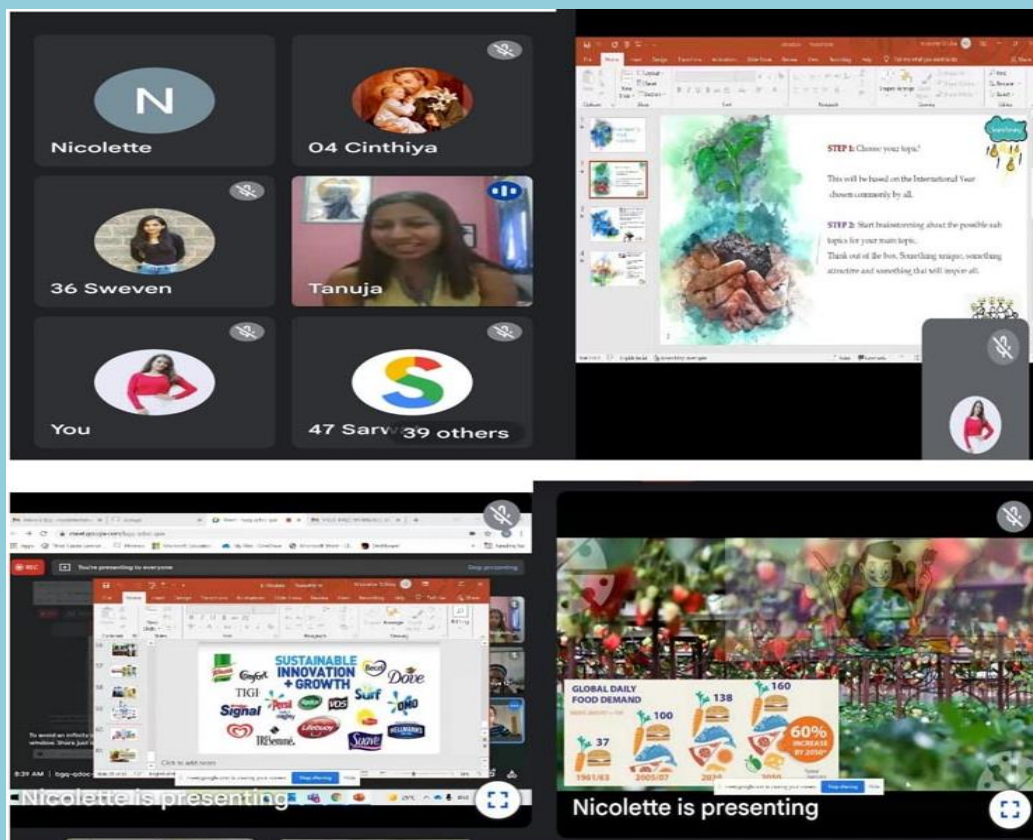
MENTORING BY ALUMNI – WORDS OF WISDOM 20th November 2021

The mentoring session for the SYB.Ed students was organized at St. Teresa's Institute of Education. The speaker for the session was an alumnus of St. Teresa's Institute of Education Miss. Danica D'Souza. The main objective of the session was to guide the students to prepare good and creative lessons and to mentor them about how to plan and implement the Unit Test as a part of their Unit Test Project.



Miss. Danica began her presentation where she spoke about the Lesson Execution, planning and implementing the Unit Test. She showed us various ways in which we can make our lessons interesting including using mnemonics, picture associations, audio-visuals and relating it to real life. She also told us how we can manage our time by keeping extra questions and activities ready in case we finish our lesson early. She focused on Bloom's Taxonomy when planning the Unit Test and guided us through some problems that may arise when implementing the Unit Test and how to deal with them. The session was fruitful and will surely help us not just in our Unit Test Project but also as we become teachers in the future.

E - Module Orientation 30th October 2021



On 30th Oct 2021, an orientation session on E – Module competition was held for the students of St. Teresa’s Institute of Education. The session was held online via the google meet platform. This expertly planned event was directed by Professor Dr. Cerena D’Cunha. Ms. Nicolette, an ex-student of St. Teresa, was invited as the guest speaker for the event.

Ms. Nicolette was a part of the group which had previously won the E-module contest, conducted in the year 2020. She gave the students a brief overview of the E-module project in the form of a PowerPoint presentation. She gave the students a glimpse of the award-winning E - module project made by her group. Ms. Nicolette provided them with many insights on the preparation of the theme lessons, making effective presentations using various skills, and how to work as a group. She helped in resolving various queries that the students had regarding their topics and the competition.

The online session concluded with Ms. Upassana Sanghvi, the general secretary, offering a vote of Thanks to the session's guest, Ms. Nicolette, and thanking her for spending her valuable time helping the students prepare for the E-Module competition.

Fascinating History of Indian Coins

20th November 2021



An online session on the 'Fascinating History of Indian Coins' was organized by the management of St. Teresa's Institute of Education, on 20th November 2021, for the students of S.Y.B.ED from 9.30 – 10:30 am. The coordinator for the session was Dr. Cinderella D'mello, and the resource person was Mr. Pascal Lopes, a historian, and a coin researcher.



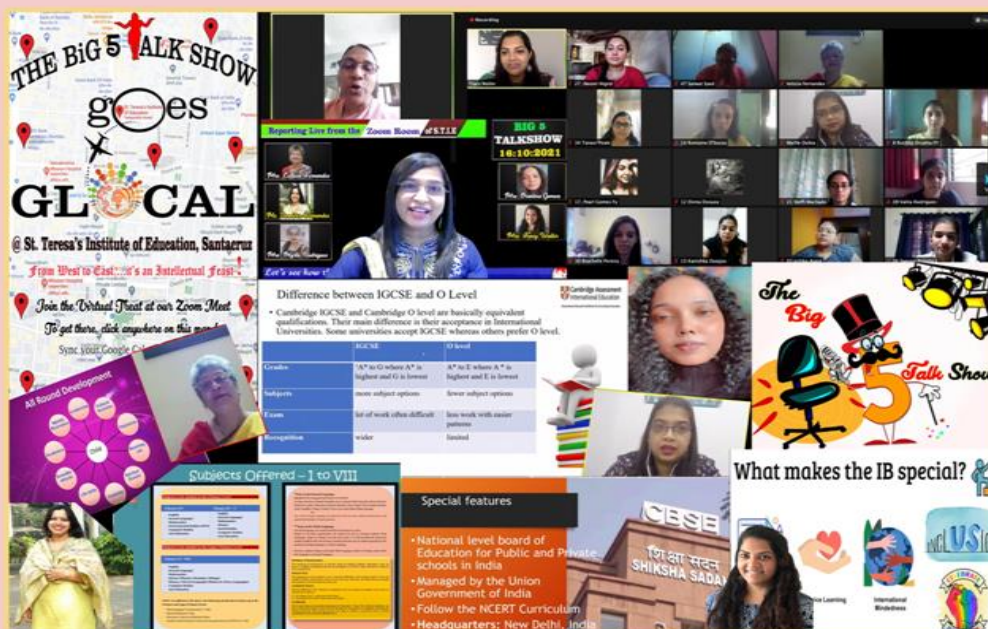
The session began with a brief introduction of the resource person by one of the students. Mr. Pascal began by expressing his view that collecting coins as a hobby helped in relieving stress. Additionally, he mentioned the various career options students could pursue by studying coins in depth. Speaking about the advantages and disadvantages of the barter system, Mr. Pascal told the students about the existence of coins since then. He helped the students to understand the symbols of different rulers minted on coins.



In the end, Mr. Pascal showed the students his priceless collection of coins. In the last few minutes, he answered questions and even shared the location of the places from where he outsourced the coins. This interactive and enlightening session concluded with a vote of thanks for the valuable information about the origin of coins and their symbolism

The Big Five Talk Show

16th October 2021



On 16th October 2021, the faculty and second-year students of St. Teresa's Institute of Education participated in 'The Big Five Talk Show'. The event was coordinated by Prof. Dr. Giselle D'Souza, who brought together this panel of educationists from different Boards of education. The event aimed at giving aspiring teachers a clear understanding of the curricula, syllabi, evaluation patterns, and highlights of these five Boards of Education. Unlike every year, the session was organized as an online event and was given a global dimension with panelists representing schools from Kuwait and Indonesia.

Ms. Leticia Fernandes, the headmistress of Canossa High School, Mahim, addressed the students as the first speaker and discussed how the S.S.C. Board focuses on the holistic development of the students and the importance of a value-based educational system that fosters a secular outlook. The next speaker was Ms. Jennifer Fernandes, a senior school secondary teacher at the Bai Avabai Framji Petit Girls High School. She explained how the curriculum focused on making the child successful while enjoying the learning process. She also spoke about the different assessments, subjects available, and challenges faced while teaching in the I.C.S.E. board.

The speakers who connected with the students internationally were Mrs. Myrtle Rodrigues (a primary teacher at United Indian School, Kuwait), Mrs. Tracy Waller (a teacher at Edubridge School), and Mrs. Orsolina Gomez (a school teacher at Bunda Mulia International School, Indonesia) representing the C.B.S.E, I.B, and I.G.C.S.E Boards, respectively. The speakers shared the differences among their boards concerning their assessment styles, reinforcements, and the value given to various co-curricular activities.

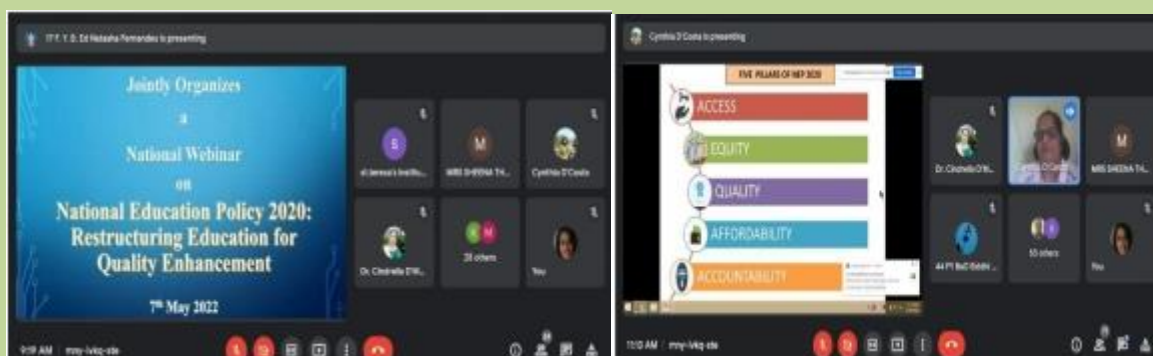
The platform was further left open to the students to clarify their doubts about the five different boards, and the speakers answered them in detail. The session concluded with a vote of thanks to all the participants and the guests of the event. The Big Five Talk Show gave the students a broad view of the educational landscape and a comparison of the five main boards of education.

National education policy- 2020

7th May 2022

A national-level webinar was conducted on the New Education Policy 2020 by St Teresa Institute of Education in collaboration with the Bhopal School of social science on 7th May 2022. The webinar began with an introduction by Dr. Joan Lopes. Later, the Principal of the college welcomed all the participants and also released the Webinar publication. After which the first speaker, Sir Milind Marathe was formally introduced by Ms. Harshita Sharma. He spoke about the universalization of pre-primary education and NEP and which aims to focus on and cater to the needs of every child and every student. He emphasized creating engaging learning teaching in the classroom. Further on Ms. Siddhi Rajguru presented the Formal Vote Of Thanks to Sir Milind Marathe. The session was very interactive and will be helpful for them as future teachers who will train the future generation of the country.

The second guest speaker was Dr. Agnes D'Costa. She enlightened them about how Information Communication Technology has become a vital part of the education system. She spoke on five pillars of NEP 2020, AI (@kuki_ai), Robotics, AR, and VR. She explained to them about Google Art and Culture by demonstrating the virtual visit to the Taj Mahal and also suggested that they register for online courses on MOOC (Massive Open Online Course) like Swayum, Coursera, etc. Dr. Agnes D'costa was formally appreciated for giving her valuable time, by Riya D'silva. As the webinar continued, Miss. Seema, from the Bhopal School of Social Science, welcomed the third guest speaker Mr. Gyanendra Nath Tiwari. Sir spoke about the reforms in teacher education under NEP 2020. He made them aware of all the changes that have taken place in the vision and agenda for the role of a teacher because of NEP 2020. He also asked some topic-relevant questions to keep the participants engaged. At the conclusion of his session, Ma'am Seema thanked sir for sharing his insights on the subject. Before we ended the webinar, Mrs. Damandeep K Gulati informed the participants about an online storytelling competition that includes exciting cash prizes. A Formal Vote of Thanks was delivered by a student from the Bhopal School of social science.



9th May 2022.

The figure consists of four photographs arranged in a 2x2 grid, each showing a Google Meet session on a laptop screen. The screen displays a grid of participants and a presentation slide. Below the screen, a location pin for Nala Sopara, Maharashtra, India is shown with coordinates and a timestamp.

- Top Left:** The screen shows a presentation slide with a diagram. The location pin below it shows coordinates 19.401640° N, 72.766840° E, and a timestamp of 06/05/22 08:08 AM.
- Top Right:** The screen shows a presentation slide with a diagram. The location pin below it shows coordinates 19.401640° N, 72.766840° E, and a timestamp of 06/05/22 08:07 AM.
- Bottom Left:** The screen shows a presentation slide with a diagram. The location pin below it shows coordinates 19.401640° N, 72.766840° E, and a timestamp of 06/05/22 10:08 AM.
- Bottom Right:** The screen shows a presentation slide with a diagram. The location pin below it shows coordinates 19.401640° N, 72.766840° E, and a timestamp of 06/05/22 10:08 AM.

Convocation ceremony cum alumni meet 9th April 2022

The convocation ceremony for the students of the year 2020 was organized by the management of St. Teresa Institute of Education and Dr. Joan along with the newly elected council members and students of F.Y. B.Ed. students on 9th April 2022 at 11 A.M. The program commenced with a joyful march led by the Chief Guest of the event i.e., Mr. Julius Machado along with our Principal Dr. Sr. Tanuja Waghmare, teachers, staff members, and the convocants. The prayer service began by lighting the lamp of the Chief Guest, Principal, teachers, and the General Secretary of the Student Council. It was followed by a prayer dance performed by students from the first years. Thereafter, a small prayer was conducted along with students singing a hymn to set up an atmosphere of worship. The principal then welcomed the Chief Guest and addressed the crowd. It was followed by a brief introduction by Dr. Joan after which the minutes of the event were read out by Dr. Cerena. The event was hosted by two first-year students - Amrita Nakhwa and Prinal Gonsalves, beginning the events with a cultural program. One of the talent show skits titled 'Meera' was enacted, showcasing the struggles housewives go through in their day-to-day life. The cultural program then proceeded with a singing performance by the students that sang a part of the song – The Climb (Miley Cyrus) and it ended with an amazing group dance performance on 3 Bollywood songs. Two convocants were asked to share their views and testimonies with the crowd.

Mr. Julius Machado conducted a small session on Financial Planning. He spoke about the Benefits of Financial Planning and how one can use this planning to achieve life goals. He also spoke of the major effects on finances and what should be kept in mind while developing a plan. Mr. Julius also enlightened us about Savings and Investments, the different Financial Planning Processes, Saving and Fixed Deposits, Other Savings, Insurance, Shares, and Mutual Funds. He made us aware of Tax Relief, Cyber fraud, and the Ponzi Scheme. He ended his session by sharing his views and enlightening the convocants with pieces of advice for the future. He congratulated the convicts and wished the best to the convocants as well as the students present there and appreciated the performers for their energetic performances. A small break was given wherein refreshments were served to everyone by the hospitality team and a few more convocants came forward to share their experiences achieved during the course of 2 years and also gave job advice to the first-year students. The convocation certificates were then distributed to the convocants and honouring them for their success. The principal then shared her views, opinions, and feedback for the event following which a first-year student – Manisha Kandaswamy gave a vote of thanks. Everyone was so overwhelmed that a small jam session, at the request of the convocants, was organized where everyone danced their hearts out to the beats. The day ended by singing the college anthem and the national anthem, after which a group photograph was clicked with the Chief Guest, Principal, Teaching

Staff, and the Convocants.was clicked with the Chief Guest, Principal, Teaching Staff, and the Convocants.



Mentoring by Alumni – Words of Wisdom
9th April 2022



LIFE SKILLS

29th January 2022



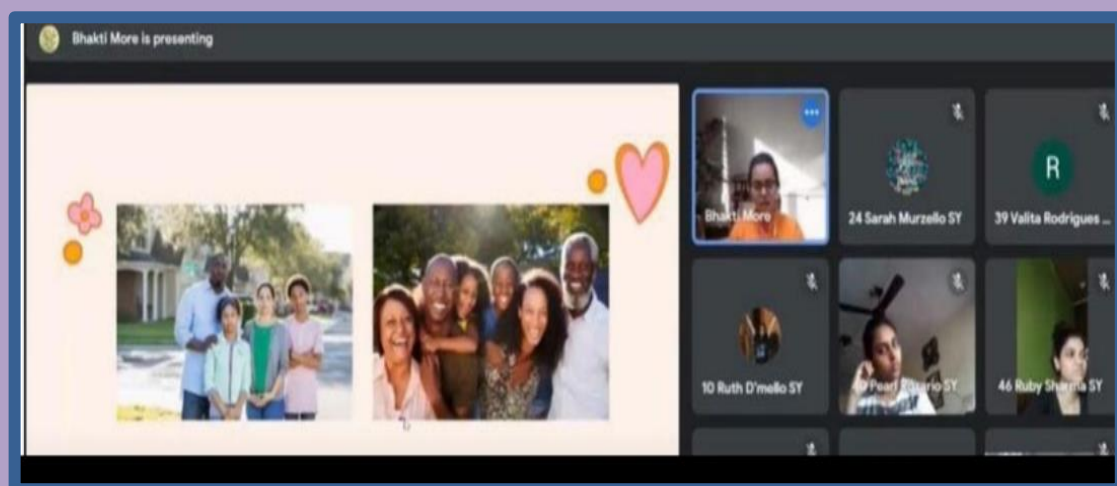
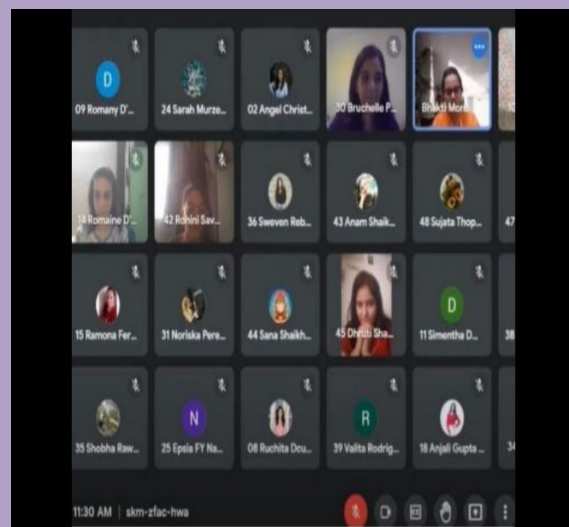
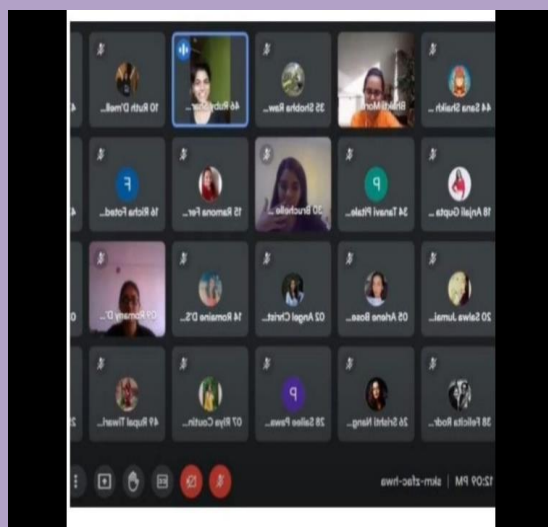
Life skills are interpersonal competencies that help people make informed decisions, solve problems, think critically, communicate effectively, and manage their lives. It is important for teachers to be trained in these skills so that they in turn can help the students they encounter to understand who they are and what they want out of life. It is important for teachers to be trained in these skills so that they in turn can help the students they encounter to understand who they are and what they want out of life. St. Teresa's Institute of Education organized a workshop on 'Life Skills' for the teacher trainees of the F.Y. and S. Y. B. Ed on 29th January 2022. Resource Person Ms. Bhakti More, an alumna of the Institution, conducted this action-packed program.



The session commenced with an icebreaker wherein everyone enjoyed and participated wholeheartedly creating a good head start. Valuable inputs were provided on the meaning of life skills, types, and their increasing importance in relation to a healthy and happy life. Thereafter students were also oriented to Stress Management, ways to manage stress, types of stressors, tips on stress-free living, the importance of humor in managing stress and its

accompanying benefits. The role of humor in relieving stress and anxiety was emphasized through several engaging and interesting activities, presentations, online polls, videos, etc.

It was an enriching learning experience for the teacher trainees as expressed by them in the vote of thanks delivered at the end of the session. The workshop reinforced the truth that “Life is 10% what happens to you and 90% of how you respond to it”.



Guidance and Counselling Lecture Series

Date	Topic	Resource Person
31 st March 2022	Teacher: A Multitasking Ninja	Ms. Shallion Fernandes
18 th April 2022	A peek into Practice	Ms.Lora Lobo
19 th April 2022	Role of a Teacher in Students' Mental Health	Ms .Meghna Chandorkar

Gender Jurisprudences in Indian Context

23rd April, 2022



A session on Gender Jurisprudences in Indian context was organized by St. Teresa's Institute of Education on 23rd April 2022 for the students of F.Y.B.ED. The speaker for this session was Advocate Ms. Damini Thaker and it was coordinated by Dr. Reshma Rodrigues. Ms. Damini began by giving a brief outline of the session wherein she covered the 3 Acts - Equality, right to life, and Convention on the rights of children (CRC). She gave in depth knowledge on 'Article 15', 'Article 15 (3)'. She also spoke about Section 375 which deals with rape. POSCO Act 2012 (Protection of Children from sexual offences) was explained. She explained the steps on how to report a sexual offence to either local police or the special Juvenile Police Unit that handles children's cases. She informed about the different ways of case proceedings depending on whether the victim is an adult or a child.

PCPNDT 1994 (Preconception and prenatal Diagnostic techniques Act) was explained next. Section 3A Prohibition of Sex selection, Section 3 B Prohibition of sale of Ultra sound machines, etc. were some of the Laws that were briefed by Ms. Damini. The PWDV Act (Protection of Women from Domestic Violence) was also explained. The different types of DV - Physical, Verbal, Economic was explained in depth with their definitions and punishments. The different kinds of remuneration given to the victim were also informed. Many students raised their queries which were promptly answered and explained. She shared her personal experiences of working on cases related to the above-mentioned crimes. It was a very informative, knowledge packed and fruitful session for the students.



SESSION ON FINANCIAL PLANNING

9th April, 2022



THE VIRTUAL HOLOCAUST MEMORIAL TOUR

Date: 28th April, 2022

The Political Science Association of Wilson College and the Junior College English and Political Science Departments, in collaboration with the General Consulate of Israel in Mumbai and the International School for Holocaust Studies of Yad Vashem Jerusalem, organized a virtual seminar for all educators on a Virtual Holocaust Memorial Tour on 28th April 2022. The webinar was organized on the occasion of International Holocaust Remembrance Day (Yom HaShoah), or the International Day in Memory of the Victims of the Holocaust.

The Virtual Tour of the Holocaust History Museum of Yad Vashem was given by Dr. David Deutsch, Head of Asia, Africa and New Zealand Section, Overseas Education and Training Department.

The tour provided an insight into the history of the holocaust, along with a strong focus on the individual stories and unique experiences of the Jewish victims. The Museum begins with Jewish life before the war, and ends by addressing the issue of Holocaust representation and the preservation of memory.

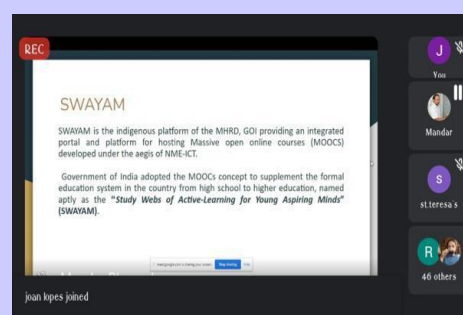
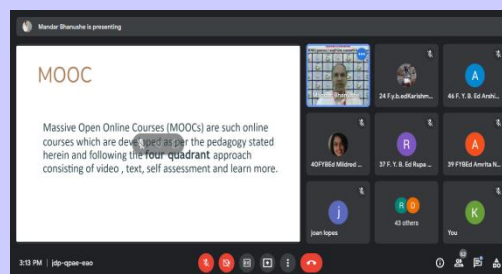


MASSIVE OPEN ONLINE COURSE (MOOCS)

Date: 27th April, 2022

A session on Massive Open Online Course [MOOCs] was organized by the management of St. Teresa's Institute of Education on 27th April 2022 for the students of F.Y.B.Ed.

The coordinator for the session was Prof. Dr. Joan Lopes and the speaker was Prof. Mandar Bhanushe. The webinar was conducted via Google Meet. MOOCs, which are developed as per the current pedagogical styles, follow the four quadrant approach consisting of video, text, self-assessment and learn more, and is accessible to various people around the world.

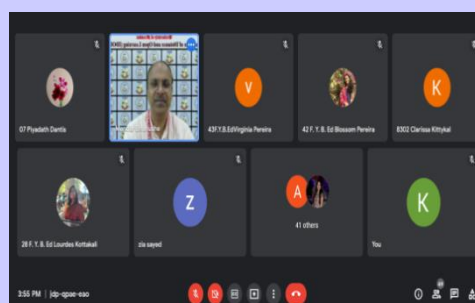


The speaker introduced the various MOOC platforms such as SWAYAM, edX, Coursera, MOODLE and Course Networking (www.theCN.com) to the students and explained the functions and merits of these platforms. He highlighted how MOOCs are learner-centric where the learner



builds interaction through various domains like peer interaction, content reflection, activities, customized feedback, and assimilation quizzes.

The session was insightful and highly engaging, where he asked various questions to the participants, gave them time to ponder, carefully analyzed their response and then commented on the same with supporting evidence. He enlightened the students with statistics stating the growth of MOOCs across the years and encouraged them to enroll for such courses. As Daphne Koller says "High quality education provided by MOOCs can be a significant factor in opening doors to opportunity – even among the college-education". The webinar conducted by Prof. Mandar Bhanushe acted as an ocean of knowledge.



COMMUNITY WORK AT SARVA SEVA SANGH

Date: 21st March 2022 – 26th March 2022

The Community Outreach Program by St. Teresa's Institute of Education was a week-long, 30-hour program designed to engage students in community service activities. They reached out to Sarva Seva Sangh, Andheri East, where they got the opportunity to work with social workers and specially abled children. It was held from 21st March 2022 till 26th March 2022. Mrs. Shobha D'souza, was the co-ordinator of the program, supported by her staff members.

The main objective was to help students learn new techniques to communicate and teach young and special children. The aim was to foster a sense of giving back they can.



The program began, daily, invoking the presence of God, through prayer and hymns. Soon after, a short meditation session was conducted by Mr. Stefan, along with the coordinator of the program. There were different sessions, such as, Pressure Points of the Body (Mr Stefan), Spoken English (Madam Glynnis Lamb), Phonics (Madam Shobha), Aqua Therapy for young and adults, Yoga for self and children (Dr. Pawalselvi) and Child Psychology (Ishita Ma'am) conducted by the resource persons and staff. The students learnt the EFT technique, i.e Emotional Freedom Tapping technique for the development and well-being of the body and mind. The sessions focused on occupational therapy. An exhibition was held for the special children and their families, conducted and organized by the students themselves.

The community work at Sarva Seva Sangh encouraged team work and also taught students how to interact with children with special needs. Every child is unique in their own way and all need to be educated, and they, as teachers, can make a difference in each child's life. The students also learnt various techniques to interact with children and support them towards obtaining a good education and having a bright future



VALEDICTORY FUNCTION (2020-2022) 2nd MAY 2022



St. Teresa's Institute of Education celebrated their Valedictory Ceremony for the batch of 2020-2022 on 02 May, 2022. The ceremony was organized by the FY B.Ed students. The day commenced at 11 am.

The theme was Bollywood with the tagline *STIE KE SITARE*.

The event started with the lighting of the lamp by Principal, Dr. Sr. Tanuja, 4 SY B.Ed students. There were Bollywood dances performed by the FYs on old and new songs. There were 6 hosts for the entire celebration and they were dressed up as different Bollywood characters. A lot of different spot prizes, and various kinds of games were organized.

The celebration ended with the General Secretary of the FY.B.Ed sharing her experiences of organizing the event. After the General Secretary of the SY, Ms Upasna Sanghvi expressed her views and gratitude, various certificates were distributed to the SYs by their Principal for their notable achievements in their B. Ed journey.

The day ended with happy and bittersweet memories with everyone wishing the SYs the best in their life's journey.



ANNUAL SPORTS DAY (2021 - 2022) 4th May 2022



On 4th May 2022, St. Teresa's Institute of Education organized its annual sports day. The day commenced at 8:30am by a short prayer service and lighting of the lamp by the Principal.

Various games were organized to ensure that all students could participate based on their abilities and interests. Games such as marble and spoon race, potato race, Needle and thread, three legged race and Book Balancing. These games took place in 3 rounds as everyone participated in each game.

The winners were then felicitated with certificates. The college had also arranged for refreshments for the students and staff members.

The coordinator of this event was Mrs. Cerena D'Cunha, the sports day saw a participation of all 50 students of FY. B.Ed as well as the staff members. The day ended with happy memories at 11am.

ANNAPURNA YOJANA (APY) - 13 April 2022 - 27 August 2022



On 13th April 2022, the Annapurna Yojana (APY) Project commenced at St. Teresa's Institute of Education, under the guidance of Dr. Prof. Reshma Rodrigues. A total of 07 F.Y.B. Ed students of St. Teresa's Institute of Education opted to participate in this project.

Those 7 students had to set up food stalls for a period of 25 working days in the college and sell their items in the college itself during the break time. All students and staff were welcome to pay a visit to the stalls. The students had to prepare and bring food items that cost no more than 20 rupees which included profits no more than Rs. 2 per item. Additionally, they had to maintain a sales register for tracking their daily expenses, sales and profits or losses. They had to keep a regular track of their stalls and manage it efficiently. After the end of their 25 days of sales, they had to prepare a Statement of Accounts and Balance Sheet of their business they carried out through the APY project. The project successfully came to an end on 27th August 2022. Through this the students learnt how to start and manage a small business as well as the financial aspect of their business.

BEACH CLEAN UP DRIVE (2021 - 2022)

10th September 2022



The Environmental Club of St. Teresa's Institute of Education organized a Beach clean-up Drive after the last day of the 10 day long Ganesh Chaturthi Festival. The college collaborated with Jay Foundation for this endeavor, which was organized by Dr. Prof. Giselle D'souza. The activity was conducted at Shivaji Park from 7.45 a.m. The students and faculty of the college along with those from other colleges around Mumbai participated in the event. Everyone was provided with gloves by the NGO and they began cleaning the beach.

The beach was littered with clay remnants, plastic, thermocol and other materials that the idols were constructed of that were washed ashore after devotees immersed the Ganesha idols in the sea. The activity taught them the importance of celebrating festivals in an environmentally conscious way in order to protect the environment and the living beings in it.

