

**SREE NARAYANA GURU COLLEGE  
OF EDUCATION (B.ED.)  
2021-23**



***Education is not preparation for  
life; education is life itself***





# MISSION

**To Enable Students  
to become beacons of knowledge,  
motivate them to become  
committed and dedicated  
professional teachers  
through effective teaching and training  
thus accomplishing  
defined learning outcomes,  
dedicated to meeting the needs of  
the diverse communities they serve.**

Gain strength through organization.



# **EDITORIAL BOARD**

## **Chairman (Principal)**

Dr. Anna Fernandes

## **Chief Editor (Student)**

Ms. Melisa D'mello (S.Y)

## **Co- Editor (Student)**

Ms. Aishwarya Samant (S.Y)

## **Technical Coverage (Students)**

Ms. Shrishti Chopra (S.Y)

Ms. Rejina Kalathil (S.Y)

Ms. Shambhavi Sawant (F.Y)

Ms. Krishna Priya (F.Y)

Whatever be the religion, it is enough if man becomes virtuous.



## **CONTENTS**

## **PAGE NO**

<b>Message from the President</b>	<b>6</b>
<b>Message from the Chairman</b>	<b>7</b>
<b>Message from the Gen. Secretary</b>	<b>8</b>
<b>From the Principal's Desk</b>	<b>9</b>
<b>Editorial</b>	<b>10</b>
<b>SNMS Office Bearers &amp; Local Managing Committee</b>	<b>11</b>
<b>Know Your Faculty</b>	<b>12</b>
<b>Council Members - SYB.Ed. and F.Y.B.Ed.</b>	<b>13-14</b>
<b>Creative Writing - Students - SYB.Ed. &amp; FYB.Ed.</b>	<b>15-24</b>
<b>Alumni Corner</b>	<b>25-29</b>
<b>Annual Report</b>	<b>30-33</b>
<b>Accolades Received by Students</b>	<b>34</b>
<b>Accolades Received by Faculty</b>	<b>35</b>
<b>Glimpses of 2021-2023 (photos)</b>	<b>36</b>

Ask not, think not and say not caste.

## PRESIDENT'S MESSAGE

- *Shri. M. I. DAMODARAN*



It is with a sense of great pride that I pen down a message for the college magazine. My heart fills with immense pleasure as I perceive the progress being made by Sree Narayana Guru College of Education (B.Ed.). The seed that was sown in 2009 has quickly become futuristic and the college is growing into a strong sapling. May the blessings of Sree Narayana guru pour on the Institution as it grows into a sturdy tree.

We as a management can provide facilities but an institution is known for its academic excellence along with the co-curricular and extracurricular activities and this can be done only by sincere collaboration of Principal, Faculty and Students

Students are the nation builders and are the agents of change. Dear Students, we not only create your future, but we craft you for your future. We are determined to provide holistic learning experience to you. We have a lot more to achieve and will require a lot more vigour as well, in our on – going progress. It is our continuous endeavour to constantly better the quality of education. To ensure that there is no stone left unturned to equip the student of today for the challenges of life.

My thanks to all of you for your continued commitment to the College.

“Develop a Passion for learning. If you do, you will never cease to grow.”

Acts that one performs for one's own sake should also aim at the good of other men.

## CHAIRMAN'S MESSAGE

*-Shri. N. MOHANDAS*



After exceptionally tough years we are back with grateful hearts with new vigour and enthusiasm. The resilience and determination shown by everyone to make education go on uninterrupted despite all odds is surely commendable. We have had another incredible and productive academic year. As torch-bearers of our Institution we expect each one of you dear students to illumine minds and touch hearts. Handle every individual student with utmost care and concern. You have been assigned by the Almighty this Prime task of moulding students and building their stressful lives. Let each student feel the comfort when they are in your company. Along with dissemination of knowledge they need a teacher's compassion, understanding, support and guidance. Let us understand we need to stretch our availability.

You all understand, at Sree Narayana Guru College of Education (B.Ed.) each day is an adventure with new experiences and a chance to constantly widen our horizon. You have been equipped with best skills, mind sets and qualities that enable you to strive for success in the world of future. Our institution aims to make students resilient, creative, imaginative, disciplined, respectful, ethical, so that they would remain dedicated to lifelong learning. With the kind of training imparted to you by your faculty, you undoubtedly will be true role models.

I wish the Principal, Faculty and Students great success as you aim to achieve greater heights.

Education is important. It automatically brings wealth, cleanliness, and other prosperities.

## GENERAL SECRETARY'S MESSAGE

*-Shri O.K.PRASAD*



Warm greetings to all of you, it is my pleasure to address you through the pages of our college magazine. This platform serves as a medium to celebrate our achievements, share our thoughts, and showcase the talents that thrive within our college community.

First and foremost, I want to express my heartfelt appreciation to every individual who has contributed to the success of our college magazine. The dedication, creativity, and hardwork put forth by our editorial team, writers, photographers, designers, and everyone involved is truly commendable. This magazine is testimony to our collective passion for education and our commitment to nurturing future educators.

Education as we all know is the cornerstone of progress and development in any society. As B.Ed students, we have taken upon ourselves the responsibility to shape young minds and contribute to the growth of our nation. Each day, we strive to gain knowledge, enhance our skills, and imbibe the values that will make us exemplary teachers.

This magazine not only showcases our academic pursuits but also provides a platform to explore diverse aspects of our lives. It is an opportunity for us to delve into the realms of art, culture, literature, and sports. By doing so, we recognize the importance of holistic development and the role it plays in creating multi-faceted educators.

I encourage every student to actively participate in the magazine's activities and contribute their unique voices. Share your experiences, insights, and personal stories. Let us celebrate our achievements, both big and small, and acknowledge the efforts of our peers. Together, we can create a vibrant tapestry of voices that reflects the true essence of our college community.

Main temple of worship has to be an educational institution.



## FROM THE PRINCIPAL'S DESK

- *Dr. ANNA FERNANDES, Principal*



It gives me great pleasure to know that Udaan the college magazine 2021-2023 is ready for publication. True to its name, this magazine arouses flights of imagination into the creativity of our student teachers and faculty members. I applaud the student editorial team for the grit and dedication they have invested in accomplishing this task. Let me also put on record the team spirit displayed by the Council Members and the relentless support extended by every member of the faculty in this journey of accomplishments.

Dear Students, though you are a batch that can be labeled as a late arrival, you are a fortunate batch who had varied experiences both academic and administrative. You are a batch that is a part of value-added courses, self learning courses and Geo – photographs. All this is only because the institution is embarking on its maiden voyage of NAAC process.

To our readers I wish to reiterate that we focus on discovering, developing and drawing out the hidden talents and the magic lying dormant in our inhibited adult teacher trainees. From academics to co-curricular activities, perseverance and a never-say-die spirit are entrenched in the heart of every teacher trainee not only making them good learners but empathetic human beings as well. In today's ever-changing world, a holistic development and grooming is of utmost importance and through our campus we are creating an environment for future leaders, who will possess skills to manage a global classroom with undaunted success.

I am positive that in times to come we will continue this journey with elevated enthusiasm and persistently provide a platform of holistic learning. We are collaborators in learning with our trainees and seek to deepen their knowledge, provide enriching and innovative learning experiences while also gently urging our trainees to come out of their comfort zone to attempt new challenges.

Be the change you want to See in the World - M.K. Gandhi  
With Sincere and Warm Regards

Every school should teach sacrifice.

## EDITORIAL

We made it happen!! Here we are with yet another issue of the magazine dawned in the light of post-covid normalization process. The advent of this dawn has begun with vigour to start with new fervour host of activities which encourages the legacy of student-centric activities aimed to create a harmonious efficient learning.

A fresh horizon of hope, hard-work, enthusiasm and dedication. geared us in the post pandemic. This fervour of students and teachers is reflected through consistent and continuous dedication which is seen through various festivities, workshops and events conducted by the College. The various events reveberate the recent changes in the Education Policy with the workshops and Seminars conducted. The post pandemic delightfully gave a ray of sunlight, which felt just like “Udaan” to a new life and new beginnings. This also evoked the opportunity to educate, teach and excel once more.

The holistic approach at our institution also ensures us to raise the bar of deliverance, confidence and enthusiastically move like Udaan to progress. Udaan is a simple yet modest vehicle through which we carry our ideology – inspire, inform and share our thoughts and experiences with our readers. This issue hopes to find the readers actively engrossed in the various articles written and as well elicit an equally curious and Appreciative response.

Enjoy reading.....



***Melisa D'mello***  
***S.Y.B.Ed. Student***



***Ms. Aishwarya Samant***  
***S.Y.B.Ed. Student***

Would wisdom come on its own? No. Effort is needed. Good books have to be read.

## **SNMS OFFICE BEARERS**

<b>Mr. M.I. Damodaran</b>	<b>- President</b>
<b>Mr. N. Mohandas</b>	<b>- Chairman</b>
<b>Mr. Chandrababu S.</b>	<b>- Vice Chairman</b>
<b>Mr. O.K. Prasad</b>	<b>- Gen. Secretary</b>
<b>Mr. V.V. Chandran</b>	<b>- Treasurer</b>
<b>Mr. V.N. Anilkumar</b>	<b>- Asst. Secretary</b>
<b>Mr. P.K. Anandan</b>	<b>- Zonal Secretary-Kalyan Zone</b>
<b>Mr. Prithweeraj P.</b>	<b>- Asst. Treasurer</b>
<b>Mr. V.V. Muralidharan</b>	<b>- Zonal Secretary-Thane Zone</b>
<b>Mrs. Maya Sahajan</b>	<b>- Zonal Secretary-Thane Zone</b>
<b>Mr. K. Mohandas</b>	<b>- Zonal Secretary-Chembur Zone</b>
<b>Mr. Unnikrishnan K.</b>	<b>- Zonal Secretary-Mira Road Zone</b>
<b>Mr. Hareendran P.</b>	<b>- Zonal Secretary-Virar Zone</b>
<b>Mr. N.S. Rajan</b>	<b>- Zonal Secretary-Vashi Zone</b>
<b>Mr. P.P. Kamalanandan</b>	<b>- Zonal Secretary-Panvel Zone</b>

## **COLLEGE DEVELOPMENT COMMITTEE**

<b>Mr. M.I. Damodaran</b>	<b>- President</b>
<b>Mr. N. Mohandas</b>	<b>- Management-Nominee</b>
<b>Mr. V.V. Chandran</b>	<b>- Management-Nominee</b>
<b>Mr. O.K. Prasad</b>	<b>- Member-Secretary</b>
<b>Dr. Anna Fernandes</b>	<b>- Principal</b>
<b>Asst. Prof. Roza Vasave</b>	<b>- Teacher</b>
<b>Asst. Prof. Dr. Ketki Satpute</b>	<b>- Teacher</b>
<b>Asst. Prof. Suman Ananthnarayan</b>	<b>- Teacher</b>
<b>Mrs. Pushpalatha Raja</b>	<b>- Teacher</b>
<b>Mrs. Sabina Nunes</b>	<b>- Coordinator</b>
<b>Mrs. Dhanlakshmi Pillai</b>	<b>- Local Member (Alumni)</b>
<b>Mr. Prithweeraj P.</b>	<b>- Local Member</b>
<b>Mrs Kalpana R. Talekar</b>	<b>- Non-Teaching Employee</b>
<b>Mr. Pradeep S. Bhandare</b>	<b>- Student Council</b>
<b>Ms. Anam Siddiqui</b>	<b>- Student Council</b>

Our god is a divine ocean of enlightenment. All that we perceive are the eaves of that ocean.

## KNOW YOUR FACULTY



**Ms. Sabina Faroz - Lecturer**  
M.A.(Hist), M.A (Socio) M.Ed.



**Ms. Roza Vasave - Assistant Professor**  
M.A. M.Phil (Edu),M.Phil (Hist) M.Ed. NET



**Dr. Ketki Satpute - Assistant Professor**  
M.COM., M.A., M.Ed. Ph.D., NET, SET



**Ms. Suman Ananthanarayan - Assistant Professor**  
B.Sc., M.A.M.Ed.NET, PGDME, PGDECE



**Ms. Pushpalatha Raja - Lecturer**  
B.A. M.Ed. PGDME, ECCEd.



**Dr. Dhanlaxmi Pillai - Visiting Faculty**  
M.A.(Education), M.A.(Hist) M. Phil. Ph.D.



**Dr. Prasanna Aravindakshan - Visiting Faculty**  
M.A.(Edu), M.Phil. Ph.D.

Those who are engaged in the activities connected with God, will always be protected by God.

## COUNCIL MEMBERS - S.Y.B.Ed

### Class Representative



Rashmi  
Rajan



Pradeep  
Bhandare

### Technical Team



Rejina  
Kalathil



Srishti  
Chopra

### Magazine Team



Aishwarya  
Samanth



Priyanka  
Kasare



Melissa  
Dmello



Mamta  
Gupta



Fatima  
Ansari



Geeta  
Gohil

### Cleanliness Team

### Discipline Secretary



Uzma  
Sadaf

### Co-curricular Activities Team



Shweta  
Singh



Shivani  
Singh



Neha  
Sharma



Khushboo  
Gupta



Rita  
Gupta

Atheism is the opinion of certain people. It never was the opinion of the entire human community.

# COUNCIL MEMBERS - F.Y.B.Ed

## Class Representative



Siddiqui  
Anam

## Discipline Team



Joshi  
Gauri



Sayyed  
Iram

## Sports Team



Khan  
Sana



Juliet  
Christopher

## Co-Curricular Activities Team



Juveriya  
Fatima



Malik  
Huda

## Cleanliness / Sanitation Team



Mehjabeen  
Salim



Anna  
Emalda

## College Magazine Team



Sawant  
Shambhavi



Vidya  
Prasad

## Digital Work Team



Ansari Farheen  
Bano



Shaikh  
Ayesha



Krishnapriya  
Babu

No religion says that Gods are two or many. As caste and religion is one, God also is one.



# **CREATIVE WRITING**

Any activities of a person should be based on non- violence.

## INDEPENDENCE DAY - AMRUT MAHOTSAV

- Ms. AISHWARIYASAMANT, SY.B.Ed.



On the 15th of August 2022 was the 75th Independence Day – Azadi ka Amrit Mahotsav. It is a red letter day in the history of India. When the country got her freedom on 15th August, 1947. It took such a long time for us to break free from the shackles of slavery. The people of the country celebrate this festival every year with great pomp and show. As the country awakened at the dawn of the 75th Amrit Mahotsav celebration across length and breadth of the country, our college was also not left far behind and joined the fervour to salute and celebrate the day. It was an inspiration of our freedom struggle by revisiting the milestone achieved.

Our college also celebrates this festival every year. For this year, the 75th Independence day, Azadi ka Amrit Mahotsav, we had different programmes and events. Firstly the school was festooned with colours of the national flag. The soft boards were decorated with various works of arts by students and the ground was decorated with flowers. We began the day at 7:30 in the morning with the parade. Students of all the departments joined the parade, wherein the scene was memorable and eventful.

The rapping of drums heralded new beginnings and good tidings. Honourable teachers and trustees graced the occasion and unfurled the tricolour flag and all sang the national anthem expressing the joy of freedom. There were memorable speeches delivered on the occasion. All the speakers spoke about the significance of the historic day. They advised students to become the ideal citizens. The honourable teachers also told the students to follow the cherished ideals of great people. There was a cultural programme which included dance and singing competition. It was a great honour that we represented different states through our dance. Student's efforts was recognised by awarding prizes to the winners.

The highlight of the programme was the unforgettable ostentatious march-past wherein students joined the rally walking by the roadside. The students had flash cards in their hands. They were shouting “ JAB HUM KARENGE DESH KI BHAKTI, BHARAT BANEGA VISHWASHKATI”. The unity and co-operation was evident with the full participation of teachers, students and non-teaching staff of all Institutions. Through the rally we tried to pass the message regarding activities we celebrated democratic principles of efforts were appreciated planned activities colours. For many experience to celebrate and indeed a memorable education and in all these the unity, integrity and our nations. All our and applauded as the concluded with flying students, it was their first the Independence Day day to remember.



Speeches should not be offensive or enraging in diction or tone.



## GO GREEN, BREATH CLEAN

- *PRIYANKAJANARDHAN KASARE, SYB.Ed.*



O Supreme Lord, dear to the beautiful environment, please protect us. May the earth, water, sky, air, fire and sound be purified

In the modern world system, the consideration of environmental security and sustainable development has become central. Environmental protection is very necessary for the peaceful and all-round sustainable development of the human race. Sustainable development is a multifaceted and interdependent concept. In this concept, the future generation is considered along with the present generation. This concept emphasizes the prudent use of natural resources, but the current development depends on someone's destruction. In the beginning there was an abundance of natural resources and over time the population increased. With the advancement of technology, the level of consumption of man also increased. Not only this, the use of artificial means increased so much in common life that nature itself started to become polluted. Man started moving away from nature.

In the rush to achieve economic goals, man ignored the destruction and degradation of the environment. Capitalist demand for increased production led to massive consumption of natural resources. That is where the degradation of nature started. At present, the alarm bells of this situation are ringing. Therefore, it has become necessary to reconnect the broken relationship between man and nature, to make the social and political life of man eco-friendly and polite and prudent.

The concept of sustainable development must be developed. In today's time, all the countries and all the human beings need to have a comprehensive development, so some organizations are working for sustainable development and environmental protection. However, these efforts are not enough. There are some difficulties and challenges in carrying forward the idea of sustainable development. Increasing population and the challenge of poverty alleviation, water pollution. 15 lakh children less than 5 years of age die every year, while 20 crore man's hours of work are wasted as per the news report. Poor people are affected by polluted water, because rich people use pure water devices. So water purification is a big challenge.

The concept of sustainable development needs to evolve. In India, efforts are made from many perspectives in relation to sustainable development, but the efforts from the community role is lacking. The goal of sustainable development and environmental protection can be achieved on the basis of political will, flexible and dynamic policies and the choice of advanced technologies. Strict enforcement of laws related to population control, educating people to try to prevent environmental pollution and tree planting should be made mandatory for every person. Environment is a protection sheet to us from God. If we destroy it, it will uncover us. Don't Be So Mean Just Be GREEN.

A speech is meant to unite people, not divide them.

# चलो, फिर उड़ान भर लेते हैं

- PRADEEP BHANDARE, S.Y.B.Ed.



घरों में दब कर बैठे रहे,  
डर के साये में गुम हो गए।  
नौकरी, शिक्षा, बाहर की दुनिया से जैसा नाता टूट गया,  
ये क्या ना—उम्मीद भरा समय आ गया,  
लोगों ने कहा कोरोना आ गया।

अमीर, गरीब सबको ये ले चला,  
कब क्या और कैसे करें, सब ये अब कैसे संभाले,  
ये सब लोग सोचने लगे,  
रोज कमाकर खानेवालों के जैसे हाथ टूट गए।

तो, चलो उठो...  
चलो इन टूटे हाथों को फिर से जोड़ देते हैं...  
चलो फिर उड़ान भर लेते हैं।

महामारी के बिमारी से त्रस्त अपनों से मिल नहीं पाए।  
अंतिम यात्रा में उनके मुख दर्शन भी न हो पाये,  
ये कोरोना जिंदगी की अहमियत सीखा कर गया,  
इंसानों की कीमत बता कर चला गया...

तो, चलो उठो...  
एक दूसरे का मोल अब समझ लेते है..  
इंसानियत की डोर को और मजबूत कर लेते हैं...  
चलो फिर उड़ान भर लेते हैं।

खुद को इंसान अब वक्त देने लगा,  
अपने अंदर के हुनर को पहचानने लगा,  
इस बुरे वक्त से कुछ सीख लेते हैं...  
चलो, फिर उड़ान भर लेते हैं..

विद्या और शिक्षा से दूर हुए बच्चे,  
अब आखरि झूमने लगे,  
स्कूलों के दरवाजे उनके लिए अब जो खुलने लगे..  
चलो अब जमकर पढाई कर लेते हैं..  
चलो...फिर उड़ान भर लेते हैं...

कोविड ने बांधा था पंखों को जरूर,  
कुछ को जख्मी भी किया था जरूर,  
चलो इन पंखों में नई जान भर लेते हैं,  
चलो, फिर उड़ान भर लेते हैं।  
चलो, फिर उड़ान भर लेते हैं।

Any law should be suitably reformed as per requirements of time.



## “दिल की अनकही बातें”

- UZMA SADAF, S.Y.B.Ed.

ना जाने ये कैसा दौर है...  
कुछ अब समझ नहीं आता...  
बस वक्त गुजारा करते हैं,  
पर वक्त गुजरा नहीं जाता...

है मेरे पास हर शख्स मगर...  
जाने कैसी दूरी है...  
हम साथ तो रहते हैं सबके,  
पर खुदकी जात अधूरी है...

जब देखा मैंने जमाने को...  
लगा दुनिया खुशी का मेला है...  
कुछ और करीब हुआ तो फिर,  
जाना ये वहम मेरा है...

ये दुनियावी रौनक मे...  
ना जाने कैसा जादू है...  
जो इसके सहर मैं डूब गया,  
उनके हर अंदाज में फनकारी है...  
कोई रोते हुए मुसकुरा रहा है...  
किसी की आंखें आंसू से खाली हैं...  
कई जखम दिल पर लगे हैं,  
बहुत सी यादें हैं जो मिटानी हैं...

कुछ अपने हमने खोये हैं...  
कुछ अपनों ने साथ छोड़ा है...  
कुछ मेरे दिल में बोझ सा है,  
कुछ यादों के जखीरे हैं...

इन सारी बातों के बाद भी आखिर...  
जीना तो हम सबने हैं...  
जीना है उनके लिए,  
जो हमें देख कर जीते हैं...

खैर छोड़ो इन बातों को...  
बताओ तूम सब कैसे हो...  
लॉकडाउन तो चल गया,  
सुना है, जिंदगी कैद किये बैठी हो...

## "मेरे उस्ताद"

- UZMA SADAF, S.Y.B.Ed.



आओ सुनाओ तुमको मैं  
अपनी एक बात सुहानी  
जिनमे है जिकर उनका  
जिनसे है जिंदागी में रवानी

ये है एक ऐसा इंसान  
जिसने मुझको हिम्मत दी  
ताकत दी क्व करने की  
दुनिया बदलने की सोच दी

माँ बाप सा प्यार दिया  
कुछ गलतियों पे सखती की  
कई बार गिराने दिया  
फिर उठने की शक्ति दी

हँसते गाते, रोते टोटते  
बस आगे बढ़ते जाने की चाहत दी  
कुछ मंगा नहीं बदले में  
बस मेरी खुशी और कामयाब की दुआ दी

ये कोई और नहीं! हैं मेरे सारे 'उस्ताद'  
जिन्होंने मुझे, मेरे होने की, मेरे वजूद को पहचान दी

दांटा मुझे गलतियो पे  
कामयाबी पे तारीफ की  
थामा मुजको अँधेरो मे  
रौशनी में उड़ान दी

नाम तो इनके हैं अलग-अलग  
मैडम, सर, मैम, टीचर, मिस  
बात है इन सब मे खास  
ये बादल देते हैं, जिंदगीयां अनेक

जाते-जाते कहना है सब से  
नही जानती कैसे करो शुक्रिया मैं अदा  
बस दिलो जान से सलाम है सबको  
रहोगे आप यहाँ

Gain strength through organization.

## अनेकता में एकता ही मेरी शान है इस्लीये मेरा भारत महान है

- *SHAIKH AQSA KAUSAR MOHAMMED ALI, FY-B.Ed*



आदरणी अतिथि प्रधानाचार्यजी शिक्षकगण और मेरे प्यारे साथियों 74वा गणतंत्र दिवस की इस शुभ बेला पर मैं आप सभी का हार्दिक स्वागत करती हूँ। और खुद को बहुत सौभाग्यशाली मानती हो कि आज के इस पावन अवसर पर देश के प्रति अपना प्रेम व्यक्त करने का मुझे मौका मिला।

शहीदों का सपना जब सच हुआ  
हिंदुस्तान तब स्वतंत्र हुआ  
आओ सलाम करें उन वीरों को  
जिनकी वजह से भारत गणतंत्र हुआ  
भारत गणतंत्र हुआ।

सभी देशवासियों के लिए गणतंत्र एक राष्ट्रीय त्योहार ही नहीं बल्कि गौरव सम्मान की बात है। यह दिन हर भारतीय के लिए अभिमान का दिन है। अनगिनत वीर सपूतों ने अपने प्राणों का बलिदान देकर 15 अगस्त 1947 को अंग्रेजों की गुलामी से हमें आजादी। आजादी के पश्चात देश को सही ढंग से चलाने के लिए एक संविधान की आवश्यकता थी ताकि देश की जनता निर्धारित नियमों और कानूनों का पालन कर सकें। इसी कारण डॉक्टर भीमराव अंबेडकर की छत्रछाया में समिति बनाई गई और इसमें शामिल हुए पंडित जवाहरलाल नेहरू, सरदार वल्लभभाई पटेल, डॉक्टर राजेंद्र प्रसाद अत्यधिक सहित 284 सदस्यों की संविधान सभा में 26 नवंबर 1949 को देश का संविधान अर्पित किया गया और आखिरकार 26 जनवरी 1950 को हमारा संविधान लागू किया गया और भारत एक लोकतांत्रिक देश बना।

गणतंत्र दिवस हमारे अंदर देश प्रेम की भावनाओं को जागृत कर हमें विविधता में एकता और अखंडता बनाए रखने की प्रेरणा देता है।

आजादी के बाद हमारे देश में कहीं चित्रों में उन्नति की है। इस बात में कोई संदेह नहीं, परंतु आज भी हमारा देश, अपराध, भुखमरी, बेरोजगारी और भ्रष्टाचार जैसी समस्याओं से जूझ रहा है। जिस प्रकार क्रोना की लहर ने हमारे देश की आर्थिक स्थिति को बहुत हानि पहुंचाई है। उसी प्रकार धार्मिक भेदभाव ने हमारे लोकतंत्र को खोखला कर दिया है। देश की गंभीर समस्याओं का समाधान निकालने की बजाय हम हरे नारंगी रंगों की विवाद में अपना समय खो रहे हैं।

नफरत बुरी है ना पालो इसे  
दिलों में खलिश है निकालो इसे  
न तेरा ना मेरा नहीं सका ना उसका  
यह सब का वतन है संभालो इसे।

साथियों तो यह आवश्यकता है। हम सभी देशवासियों को एकजुट होने की और देश को इन समस्याओं से बाहर निकालने की, ताकि एक श्रेष्ठ और विकसित भारत का निर्माण हो सके। आखिर में इतना कहना चाहूंगी

चलो फिर से यह नजारा याद कर ले  
शहीदों के दिल में थी वह ज्वाला याद कर  
जिसमें बहेकर आजादी पहुंची थी किनारे पर  
देशभक्तों की खून की वह धारा याद कर ले  
वह धारा याद कर ले।

धन्यवाद



*(Speech on the occasion of Independence day)*

Whatever be the religion, it is enough if man becomes virtuous.



## इंसानियत का गुलाल

- HANNA AKRAM SHAIKH, F.Y.B.Ed

चल मिलकार इंसानियत का गुलाल उड़ाते हैं  
अपने भारत को मजहबी जंग से आजाद कराते हैं  
तू मुझमें रंग जा मैं तुझमें रंग जाऊं  
ले आज सारे शिक्कवो पर गुलाल उड़ाते हैं  
तू मेरे कुर्ते को रंग दे, मैं तेरे कुर्ते को रंग दूं  
चल आज कुर्ते पर भी इंसानियत का रंग चढ़ाते है  
आज मैं तेरे लिए गुझिया बनाऊं  
और तू मुझे सेवइयां खिला दे  
चल आज मिठाइयों में भी इंसानियत की खुशबू मिलाते हैं  
ना तुझे देख कोई हिंदू कहे ना मुझे देख कोई मुसलमान  
आज सबको नया हिंदुस्तान दिखाते हैं  
चल मिलकार आज इंसानियत का गुलाल उड़ाते हैं



Ask not, think not and say not caste.



## **THANKYOU FOR RUINING MY CHILDHOOD.**

- *VRUSHALI RAVINDRA PATKAR. F.Y.B.Ed*

You got me toys, And chocolate bars,  
You also did give me Some deep scars;  
I was a kid, Dumb and kind;  
Slowly you started to play my mind,  
You cornered my rooms, and touched me wrong,  
I cried my tears out, still you continued for long,  
You latched your skin against mine,  
and held me tighter than before,  
I begged you, "Please, please stop",  
but your hands only reached for more,  
Your hands crawled far,  
far Over my bare skin,  
How did you name it sacred ?  
If it's biggest of all sins !  
You said, "it's our secret"  
but I wanted to shout loud,  
I was crying rains,  
when my emotions made a cloud,  
You didn't really care,  
the way you made me feel,  
It hurt me in places,  
which took me years to heal,  
Yes, I did recover,  
and made to the spark,  
I was just a kid,  
a kid lost in the dark,  
Now you have a daughter,  
and you're worried for her the way you should,  
Thank You ugly Human,  
for ruining my childhood.

Acts that one performs for one's own sake should also aim at the good of other men.

## WHY A TEACHING PROFESSION?

*-SIDDIQUI JUVERIYA FATIMA KAMALAHMED,  
F.Y. B.ED*



Teachers play an important role in shaping any nation. My intention to become a teacher is to make a real difference in children's lives. I want to bring a pedagogical change in classroom teaching. I want to take the task of developing young children into kind, thoughtful and contributing adults very seriously. I want to guide those students who have no one to guide them.

When I was in school, learning was difficult, I therefore hated my teachers. There were a lot of teachers who seemed uninspired and uninterested in whether their children were learning. I decided to become a teacher so that I could help children like myself, learn through ways that are engaging, motivating and inspiring.

Being a teacher will give me the power to make a child's life better. Learning opens doors to new opportunities and ways of thinking and widens the avenue for other students. I am inspired by the idea of helping a child who is sad, uncertain and lacks confidence. I will give more opportunities to students who are shy and timid. I will try to make my methods interesting and fun by including some activities in class during the periods. I will try to motivate them to progress. I will try to make every student see their own potential for creating a fulfilling life for themselves.



Education is important. It automatically brings wealth, cleanliness, and other prosperities.





# **ALUMNI'S LITERARY CONTRIBUTION**

Main temple of worship has to be an educational institution.

## STRESS FREE TEACHERS CREATE STRESS FREE CLASSROOMS

- PAVITA FERNANDES, B.Ed 2020-2022



Every year Teacher's Day is celebrated on the 5th of September marking the importance of a Teacher in a student's life. However, are we aware that for a healthy education system, not only the physical health but also the emotional and mental health of a teacher is of prime importance?

The one who is responsible to mould the students for a bright future and become better citizen, is that person always mentally healthy?

### **Do we ever care for that?**

With the growing technological advancement and new challenges in the field of education, the teacher is often burdened with depression, stress and anxiety which often goes unnoticed. Teachers try their level best to reach out to their students but, is there equal importance given to the well being of a Teacher?

Children find role models and want to be like people whom they look up to when they grow up and a teacher plays a very crucial role in that.

A happy teacher exudes positivity which directly impacts the learning environment whereas presence of a stressed teacher is likely to have a negative impact on the students' learning environment which can lead to poor student outcomes.

The government tries to reach out to students by implementing various schemes in order to loop them in the education field. However, at the same time, attention should also be focused on the mental well being of a Teacher. Due importance to this should be given by organizing well being workshops, counseling sessions, mindfulness activities, awareness programs etc in order to tackle with stress, anxiety, fear and other problems.

For a student to grow in a happy and positive environment, it is important that they have a teacher that exhibits well being. Hence, it is crucial for schools to provide professional support, adopt initiate and regularly promote mental well being of a teacher. Enhanced mental well-being ensures that teachers not only give their best to the school and their students but also to life at home which in turn positively impacts the entire society.

Following are some mental health and well-being tips for teachers given by the UNICEF.

### **Set aside time to unwind**

Think about what helps lift your mood and gets you through stress – whether it is playing with your children, going for a walk, talking to your friends, taking care of your plants, reading a book or cooking a new recipe. Keep some space to relax. These activities are as important as your working hours. It's about allowing yourself to feel energised.

### **Plan ahead**

Make a list of all your tasks and activities for the day or week early on. Use a

Continued on Pg - 27

Every school should teach sacrifice.

### **Stress Free Teachers (Contd)...**

day planner or notebook to plan your week. Set small goals and take appropriate breaks. It will help you plan your time better and alleviate the stress of having too many unplanned things to do.

#### **Acquire new skills and appreciate the ones you already have**

Acquiring and mastering new skills will help you in the professional journey and will provide greater confidence and comfort in work. You can sign up for online courses, virtual workshops, webinars, or watch videos to enhance your digital skills and adapt to alternative teaching methods. Remember to appreciate the skills that you already have. They can help you learn even more!

#### **Be kind to yourself**

If you are feeling overwhelmed, share your feelings with another teacher, friend or family member. Having a conversation with your supervisor or senior school leader will help them understand you and offer support. Remember, a healthy relationship will have a positive influence on the children you are teaching.

#### **Stay connected**

It is important that you stay emotionally and socially connected with your friends, family and colleagues. Celebrate happy occasions through calling, engage in working groups or join online book clubs. Moreover, prefer outdoor activities.

#### **Get your body moving**

Physical activity is proven to be a powerful fighter to navigate stress and anxiety. With regular exercise, you can feel more energetic throughout the day, sleep better at night, have sharper memories and feel more relaxed and positive about yourself. Even a short 10 minutes brisk walking boosts our mood and can give an enormous sense of well-being.

#### **Seek mental health support if needed**

Take care of your mental health and well-being and seek mental health support if you have signs of depression, anxiety, and burnout. Feeling tired and unhappy is not the same as being depressed. The major signs of depression, anxiety, burnout, and other mental health problems that need specialised mental health attention include fatigue and sleep problems, rapid heart rate and breathing, feeling of danger, changes in appetite and weight loss, hopelessness, persistent headaches and pain, and digestive problems that do not get better. These symptoms, if not treated, can prevent you from having a joyful and active life. Recognizing these signs and seeking medical or psychological support is the first step to help you feel better and even prevent other serious medical conditions

Thus, I would like to conclude by saying that it is important that we remember that teachers are indispensable in our entire education system and so is their mental health and well being. Because Stress Free Teachers create Stress Free Classrooms.

## THEORY TO REALITY - JOURNEY OF A TEACHER

- RITEESH PATHAK, B.Ed 2020-2022



*"The best teachers are those who show you where to look but don't tell you what to see."* – Alexandra K. Trenfor

The concept that reality is a construct suggests that our perception of the world around us is not an objective and fixed truth, but rather a subjective and constructed one. Our experiences, culture, and language shape our perception of reality. This means that reality is not a single, objective entity, but rather a collection of individual and subjective perceptions. The constructivist view challenges traditional notions of reality and encourages us to become more aware of the biases and assumptions that shape our perceptions of the world. Understanding this relationship between reality and theory is essential for gaining a deeper understanding of the world we live in and for developing effective strategies for navigating the complex and diverse experiences of life.

The interrelationship between reality and theory is complex and dynamic. Theories provide a framework for understanding the world around us, while reality provides the experiences that shape our theories. Theories are developed through observation, analysis, and experimentation. They provide a framework for understanding the world around us, and they help us make sense of the complex and diverse experiences we encounter. However, theories are subject to revision and refinement as our understanding of the world expands. The relationship between reality and theory is a cyclical one, with each influencing the other in a continuous feedback loop. Theories are



Continued on Pg - 29

Our god is a divine ocean of enlightenment. All that we perceive are the eaves of that ocean.

### **Theory to Reality (Contd)...**

influenced by reality, and they are developed in response to the experiences of the world. In turn, theories shape our understanding of reality, and they influence how we perceive, interpret, and respond to the world around us.

As a teacher, the journey from theory to reality has been an incredible experience. Theoretical knowledge is essential, but it is only the foundation upon which practical knowledge is built. The classroom is where theory meets reality, and it is where real learning takes place. The first step in the journey from theory to reality is gaining an understanding of the theoretical concepts that underpin teaching. This includes understanding the different learning styles of students, the various teaching methods that can be used to engage students, and the importance of creating a positive classroom environment. This theoretical knowledge is essential in helping teachers develop effective teaching strategies and understand their students' needs. However, it is only through practical experience that teachers can truly understand the needs of their students and develop effective teaching strategies. Teachers must be willing to adapt their teaching strategies to meet the needs of students and to be open to new ideas and approaches. They must also be willing to learn from their mistakes and to continually improve their teaching skills.

In conclusion, the constructivist view of reality challenges traditional notions of reality as an objective and independent entity that exists outside of our minds. It suggests that reality is a product of our experiences, culture, and language. The relationship between reality and theory is complex and dynamic, influencing the other in a continuous feedback loop. This understanding is essential for gaining a deeper understanding of the world we live in and for developing effective strategies for navigating the complex and diverse experiences of life. As a teacher, the journey from theory to reality is an essential part of the teaching experience. While theoretical knowledge is essential, it is only through practical experience that teachers can truly understand the needs of their students and develop effective teaching strategies. Teachers must be willing to adapt their teaching strategies to meet the needs of their students and be open to new ideas and approaches. They must also be willing to learn from their mistakes and to continually improve their teaching skills.

## THE ANNUAL REPORT

The Academic year that was to commence in September 2022 finally began in March 2023, with mixed feelings of Faculty and Students. Each stakeholder had a thousand questions clouding their minds with all the Why??? And the How???

In spite of all these challenges there was nothing to stop our Institution Curriculum Planning team who were ready with their Academic Calendar to embark on yet another journey with new set of students.

The Orientation of the 2 year program took place on 2nd March 2022 by the Principal of the College Dr. Anna Fernandes. She succeeded in arresting all the concerns of the students who brought along with their concerns, anxiety and stress too. The peep into the 2 year program with comprehensive input of essentials put every student at ease.

In the week long Community work program it was mandatory for students to be engaged in societal work.

Orientations to each Core papers began on the 21st of March. Students once again heard from each faculty how learning objectives could be achieved. They had a brief of their Assignments, Activities and the method of Assessment

From the 12th of April 2022 Co-curricular Activities were scheduled, Students through their creativity and Organizational skills teamed up into groups and executed the planned activity

**No Tobacco Day:** A beautiful message on the ill-effects of the habit of choosing tobacco and the choice we need to make to be away from such vices was put across wonderfully

**Dr. Babasaheb Ambedkar Jayanthi:** An Essay writing competition was held on the occasion along with Classroom activities. Students participated with a lot of enthusiasm

**Independence Day:** On 15th August 2022 we celebrated the 75th Independence Day – “AAZADI KA AMRIT MAHOTSAV”. The highlight of the program was the unforgettable ostentatious march past with flashcards in our hands and patriotic slogans in our voice. The cultural programme was depicted with melodious singing and graceful dance representing different states.

**Teachers Day:** On the 5th of September performances for this prestigious teachers' day celebration was done with beautifully articulated speeches, reading sacred scriptures and engaging games which made the occasion lively and revered.

Continued on Pg -31

Atheism is the opinion of certain people. It never was the opinion of the entire human community.

## THE ANNUAL REPORT (Contd)...

**The Celebration Of Onam:** It was a convivial obeisance paid to king Mahabali. Students enacted the story of Mahabali by dressing up in traditional attires.

**Ganesh Chaturthi:** Celebrations were bedecked with deferential enactment of lord Ganesh's beheading and subsequent revival which promoted a revered environment.

**Gandhi Jayanti:** Celebration depicted an eager and fierce enactment of the passionate freedom struggle led by our father of the nation Gandhiji who was wise, empathetic and his remembrance itself created an idealist, simplistic attitude amongst students.

**Dussehra:** It was a pure devotional and ecstatic reverence through the story of Ramayana and different forms of Durga. The celebration concluded with fervent customary garba.

**October Food Mela:** On the 7th of October stalls were full of delicacies and joyful games. The rich aromas and savory food tempted the thronging crowd. The sound and sight of the lively games enchanted the students.

**Diwali:** On the occasion of Diwali the class was decorated with Diyas and lanterns made by the students themselves, the meaning of Diwali was enacted.

**Bhasha Diwas:** Bhasha Diwas, also known as International Mother Language Day, was observed to encourage linguistic and cultural diversity as well as multilingualism. The occasion of Bhasha Diwas offered a chance to honour and value the rich cultural heritage that languages bring to our lives. Various activities were conducted such as reading of the holy books, games. Songs were sung in the honour of the languages. The celebration began with soulful prayer followed by the performances.

**Christmas:** The lecture hall was lit with lights & décor. The entire place looked joyous with the sacredness of the crib, the carol singing radiated a convivial atmosphere, the skit made the celebration merrier and the games were captivating.

**Picnic:** The water rides, the rain dance, the swim in the pool was truly enthralling. A memorable day where everybody enjoyed to the fullest both faculty and students.

Continued on Pg -32

No religion says that Gods are two or many. As caste and religion is one, God also is one.

## THE ANNUAL REPORT (Contd)...

**Maharashtra Day:** The celebration paid tribute by showcasing the significance to the land of sacred temples, revered and brave kings and strategically posed mountains, and plateaus with a pristine extensive coastline of Maharashtra. The culture, the food, the fun & frolic mad us proud of our state.

**Vasundhara Diwas:** The celebration stressed on the need to conserve mother earth through tree plantation and awareness by being an active student group determined to bring about a colossal change with their minute united efforts. The day was celebrated on an educative note sensitizing each one of us to protect our planet.

The entire year gave students opportunities not only to showcase their talent but also to nurture their skills. The candle decoration competition, the Diya painting competition, the card making exercise, the Rangoli making competition and Essay & Narayana Guru competition just tickled each ones latent/dormant skills. Some of us were overwhelmed to realise our own creations.

**Paper-Bag Making:** Before venturing into community work activity our very won Alumnus Mr. Jafar Shaikh gave us a demo on paper-bag making. He taught us the need to lessen unnecessary garbage that clogs gutters. We liked his concept of utilizing resources to the maximum. He taught us how to prepare a paper bag. After this exercise nothing would stop us from tying to prepare paper bags to distribute it to roadside vendors of P.L.Lokhande Marg.

Our Institution gave us an experience of learning from faculty, from experts as well as from peers.

**Peer Tutoring:** Using digital tools effectively in the classroom , a session taken by our classmate Mr. Parth Moumya took us with AWE! Most of us did not know what was happening and how we could make it happen. Our peer just put across to us the statement ' WHERE THERE IS A WILL THERE IS A WAY' He said that to master anything, we are supposed to practice, practice and practice.



## STUDENT ENRICHMENT

Apart from the normal activities the students were exposed to certain workshops conducted in-house either by our Faculty or Alumni. There were workshops planned in collaboration with other Organizations too.

**Warli Painting And Quilling:** As part of the Art and Drama Audit course, students were taught the art of Warli painting and quilling by Dr. Ketki Satpute. Such activities are held in the college to give a outlet to students emotions, foster their creativity. Students painted gift envelopes with various figures and tried their skills at quilling too. The faculty too participated in this activity. Each one of them tried to test their creative skills.

**Paper Bag Making:** On 4th May 2023 the Vice President of our Alumni Organization demonstrated to the students the art of preparing paper bags and encouraged them how this exercise will save our environment. This exercise of paper bag making for initiated by Asst. Prof. Roza Vasave. Students prepared paper bags and gave it to local fruit sellers and vendors and sensitized them on the need to use paper and cloth bags for daily use. Some Cloth bags with the College Logo were also distributed to create good will.

**Workshop on Learning Disability:** Identification and Remediation was organized by the College in Collaboration with an NGHO Poornatha Foundation on 25th February 2023. This workshop gave the students a glimpse of how very often as teachers we wrongly label our students, how as teachers we need to educate the parents and help them to accept the disability of their child. The resource person Rev. Fr. Ajoy Fernandes, through simple videos and illustrations put across important concepts that should be known by every teacher. This workshop was planned by the college for all the teachers of its sister organizations.

**A Cancer Awareness Seminar:** was organized on 19th November 2022 by our Management SNMS for Cancer Awareness considering the increasing incidence of cancer cases in the society . The Tata Hospital Oncology Surgeons explained the various types of Cancer, they cleared the many misconceptions and myths that we have about the disease. They stressed on the need for early detection and to foster a lot of positivity in patients who undergo treatment for Cancer.

**The Kala Ghoda Festival** The tour to Kala Ghoda Festival was organised as a component of the Audit Course in Art and Drama, bearing in mind the students' need for hands-on theatre experience, as well as other Indian art forms and Mumbai's architectural landmarks. We had the chance to see Chitrakathi, a Marathi skit, performed live. Visiting several booths which showcased handicrafts, artwork and artifacts from various states in India. To name a few Aarika from Tamil Nadu, Rajasthani Phad paintings and rugs, clothes from New Delhi, clothing from Barahmasi, Delhi, and Kirgiti craft from Haryana etc.

Speeches should not be offensive or enraging in diction or tone.

## ACCOLADES RECEIVED BY THE STUDENTS S.Y. B.Ed and F.Y.B.Ed



### **Sree Narayana Guru Message Competition**

**(20th September 2022)**

1. Shweta Singh
2. Rashmi Rajan
3. Pradeep Bhandare

### **Diya Painting Competition (15th October 2022)**

1. Trupti Kasare
2. Shivani Singh
3. Priyanka Kasare

### **Rangoli Competition (18th Oct 2022)**

1. Geeta Gohil
2. Shivani Singh
3. Anita Sajeev

### **Candle Decoration Competition (22nd Dec 2022)**

1. Trupti Kasare  
Rita Gupta
2. Neha Sharma  
Mussarat  
Rashmi Gupta
3. Uzma Sadaf  
Shivani Singh

### **Santa Cap Decoration (22nd Dec 2022)**

1. Uzma Sadaf

### **Dr. Baba Saheb Ambedkar Jayanti Essay Competition**

**(17th April 2023)**

1. Priyanka Kasare
2. Khushboo Gupta
3. Latika Sawant - F.Y.B.Ed
4. Gauri Joshi - F.Y.B.Ed

---

### **INTERCOLLEGIATE COMPETITION**

### **Nirjhar 2023 of Smt. B.M. Ruia Mahila Mahavidyalaya Sitaram Deora Institute of Management Studies**

### **1st Consolation for Group song**

- Asma Shaikh  
Neha Sharma  
Kirandevi Verma  
Uzma Sadaf

### **3rd Consolation for Best Out of Waste**

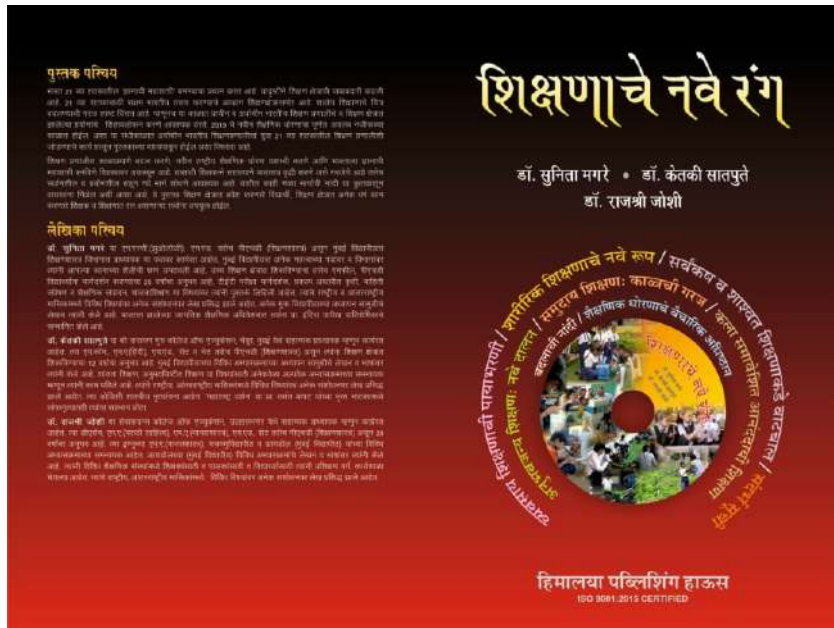
- Shaikh Asma

A speech is meant to unite people, not divide them.

# ACCOLADES RECEIVED BY THE FACULTY



Hearty congratulations Asst Prof Roza Vasave



Hearty congratulations Dr. Ketki Satpute

Never imitate anyone or anything blindly.

## DR AMBEDKAR JAYANTI



## TOBACCO DAY CELEBRATION



Never imitate anyone or anything blindly.

## CANCER AWARENESS



## TEACHER'S DAY



Any law should be suitably reformed as per requirements of time.

# INDEPENDENCE DAY HAR GHAR TIRANGA



One caste, one religion and one God for man.

## ONAM



## GANESH CHATURTHI



Gain strength through organization.

## GANDHI JAYANTI



## DUSSEHRA



Whatever be the religion, it is enough if man becomes virtuous.



## FOOD MELA



## DIWALI



Ask not, think not and say not caste.

## BHASHA DIWAS



## CHRISTMAS



Acts that one performs for one's own sake should also aim at the good of other men.

## VASUNDHARA DIWAS



## PICNIC



Education is important. It automatically brings wealth, cleanliness, and other prosperities.

## CANDLE DECORATION & DIYA PAINTING



## QUILLING



Main temple of worship has to be an educational institution.

# LEARNING DISABILITY WORKSHOP



## WORKSHOP & SEMINAR



Every school should teach sacrifice.

## INTER-COLLEGIATE COMPETITION



## PAPER BAG MAKING



Would wisdom come on its own? No. Effort is needed. Good books have to be read.

## WARLI PAINTING AND QUILLING



## KALA GHODA FESTIVAL



Those who are engaged in the activities connected with God, will always be protected by God.

# **SREE NARAYANA MANDIRA SAMITI'S ESTABLISHMENTS AT CHEMBUR COMPLEX**

1. Sree Narayana Guru College of Commerce (Junior & Degree)
2. Sree Narayana Guru College of Education (B.Ed.)
3. Sree Narayana Guru High School (English Medium)
4. Sree Narayana Guru High School (Marathi Medium)
5. Sree Narayana Guru Central School
6. Kumaranasan Pre-Primary School
7. Kumaranasan Balwadi Marathi School
8. Kan Kids Nursery

## **ADD-ON UNDERGRADUATE COURSES and Post Graduate Courses**

1. M. Com(Advanced Accountancy)
2. M.Com(Banking & Finance)
3. M.Com (Business Management)
4. B. Com (Banking and Insurance)
5. B. Com (Accounting and Finance)
6. B.Com (Transport Management)
7. B.M.S (Bachelors of Mgt. Studies)
8. B.M.M (Bachelors of Mass Media)
9. B.Sc.- IT (Information Technology)
10. M.Sc. (Information Technology)
11. B.B.I.
12. B.A.F.
13. B.F.M.
14. B.A.(Economics)
15. B.Sc.(Data Science)