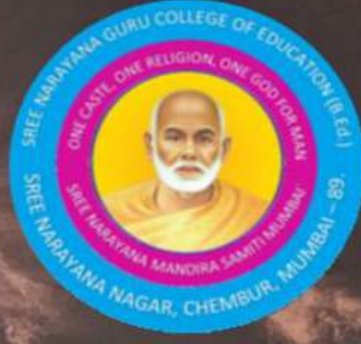


SREE NARAYANA GURU COLLEGE OF EDUCATION (B.Ed.)



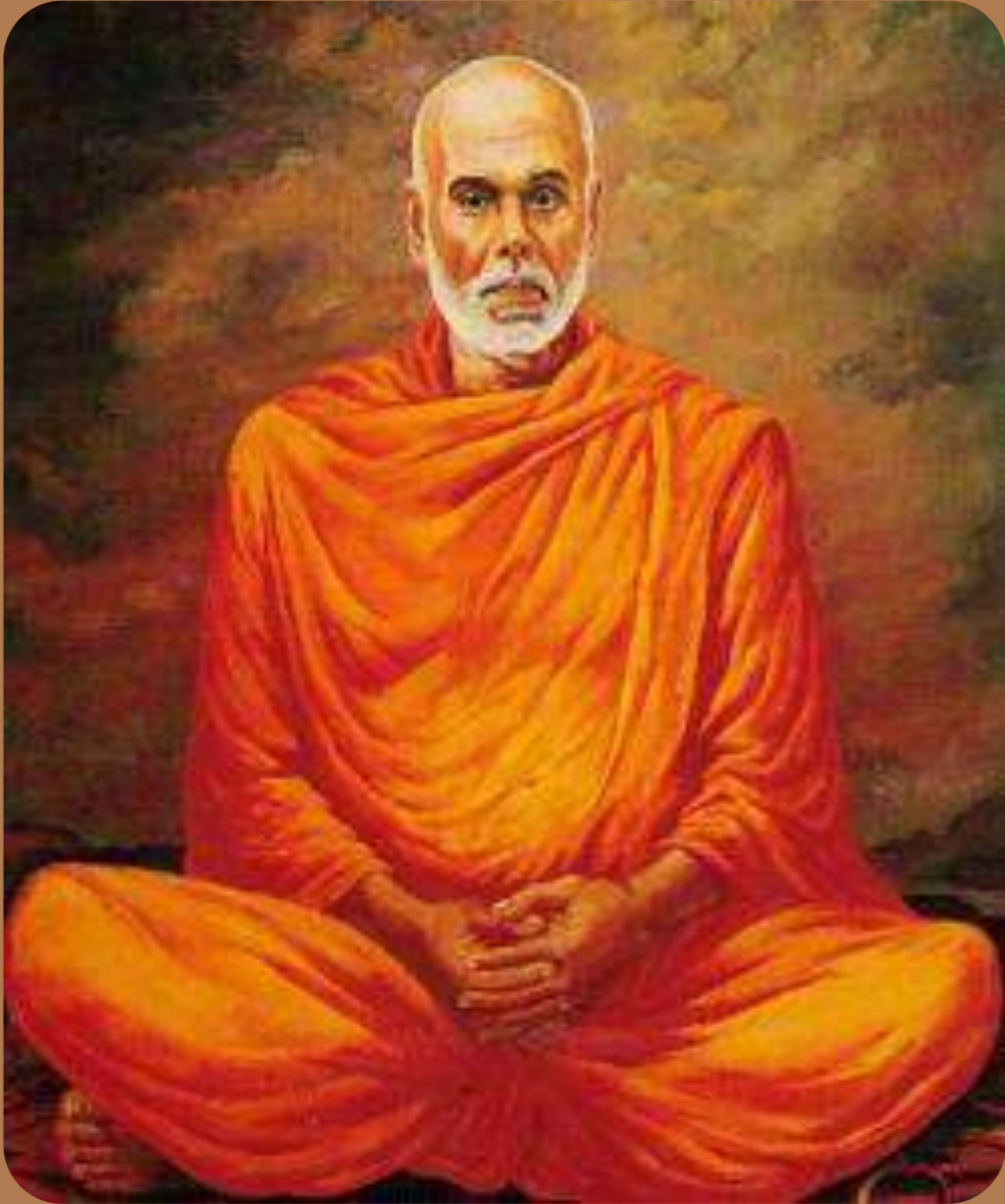
Udaan



Magazine 2019-2021



The Soul of the Institution



Sree Narayana Guru
(1854 – 1928)

One Caste One Religion and One God to Mankind.

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From the Principal's Desk

Dr. Anna Fernandes

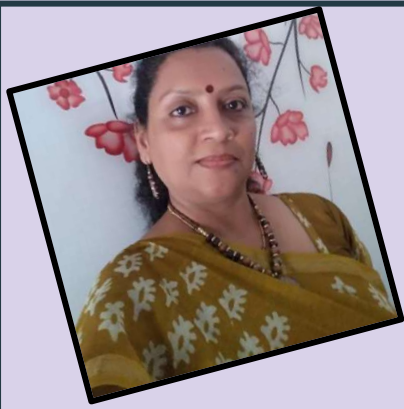
Greetings to you my dear students as we embark on a journey of HOPE. The last two years of COVID 19 brought new fears and challenges, most of us through sheer grit and courage rose higher with new zeal and conviction, some of us succumbed to our fears. These experiences have brought with it a lot of learning, self- confidence, reassurance and to some of us a feeling of hurt. We humans have been created by Our Creator as special beings who can overcome obstacles with a strong WILLINGNESS AND CO-OPERATION. You have seen your mentors rise up to the needs of time, using the skill of digital technology to impart knowledge to their students, thus adapting themselves to the NEW NORMAL.

Though the Pandemic brought a lot of remorse and skepticism, on the other hand it gave us an impetus of always winning every odd with a zealous heart. Each one of us tried our best to live up to each others academic expectations. Every educator has proved to be a sincere COVID WARRIOR. We have taken education to an all together different level. We have come out of that lurking fear of untold miseries faced by our own brethren.

As we realize that life is queer with its twists and turns, we need to bounce back to shoulder our responsibilities with renewed confidence and faith. Let us praise and thank the Almighty for keeping us safe and helping us win this great battle of unexpected misery. You, my dear students have been unexceptionally lucky to have experienced and witnessed these societal and academic changes with some amount of reservations.

Please do not forget ***“When things go wrong, as they sometimes will,
When the road you’re trudging seems all uphill,
When care is pressing you down a bit
Rest if you must, but don’t you quit”***

This year of 2019 we complete 10 years of our existence in the campus. You will find some of our alumni have contributed short snippets for this issue of the magazine. My heartfelt gratitude and blessings to each one of them.



Editor Speaks

Dr. Ketki Satpute

It is a matter of great pride and privilege for me to present the college magazine “**UDAN : 2019-21**”. A college magazine is a most powerful platform for the students to explore their latent capabilities, talents and develop their skills. It reflects the creative quality of students.

As you flip through the pages, it will enlighten you with the important achievements of the college in the years 2019, 2020 and 2021. Our student teachers have expressed their thoughts, ideas, feelings, aspirations and hopes in creative ways. The photo gallery takes you through various curricular and co-curricular activities conducted during these years, through online and offline mode. The magazine reflects that period during which the entire world was affected by the Corona epidemic since March 2020. Nevertheless, the SNGCE team collectively faced the challenges during pandemic efficiently and completed the academic work successfully.

This issue is dominated by pandemic, but it also showcases the importance of life skills to be able to survive in an unprecedented situation. As teachers or rather facilitators, we must provide conducive learning environment and give our students enriching learning experiences through innovative teaching methods/techniques. So that their mental, psychological, sociological horizons are broadened, their life skills are polished and they become an integrated personality.

“The greatest sign of success for a teacher is to be able to say, 'The children are now working as if I did not exist’”.

.....Maria Montessori

I am thankful to the Principal, my colleagues and student members for their cooperation and support in bringing out this issue of our magazine, UDAN-2019-21.

Happy Reading.....

This is our team



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 SET, PGDM



Ms. Pushpalatha Raja, Lecturer
B.A. M.Ed. PGDM



Dr. Dhanlaxmi Pillai, Visiting Faculty
M.A. (Education), Ph.D.



Dr. Prasanna Aravindakshan, Visiting
Faculty, M.A. (Education), Ph.D.

Our Gratitude to The Office Bearers of SNMS for Their Continuous Support



**Shri. N. Sasidharan
President**



**Shri. N.S. Salimkumar
Gen. Secretary**



**Shri. M.I. Damodaran
Chairman**



**Shri. V.K. Hiralal
Treasurer**



**Shri. N. Mohandas
Vice Chairman**



**Shri. Prithweeraj P.
Asst. Treasurer**

HEARTY CONGRATULATIONS !!

Ms. Sabina Faroz



Bagged **2nd Best Prize** for writing the script for a One Act Play in Marathi entitled '**Ajichi Policy**' organised by Akansha Foundation, Mumbai, in 2020.

Ms. Latha Raja



Delivered a keynote speech at National Women's Leadership Summit at Kolkata and received an **award for "Excellence in Child Development"**.(2020)

Professional Development of faculty members



Ms. Sabina Faroz

- Short Term Course on “Contemporary Strategies for Teaching and Assessment” by UGC HRDC-University of Mumbai and MES college of Education and Research ,Panvel in Feb 2020.
- Online Workshop on, Understanding Mental Health and well-being, Stress and Burnout, Self-Care and Calming Strategies for Teachers by Victor & Rozin Nunes Foundation, 10th May -2020.
- Online webinar on “Teachers E-Kit: A four Quadrant Approach for Development of OERs for Higher Education” by Guru Angad Dev Teaching Learning Centre, 20th June 2020.
- Online webinar “GAD-TLC National Webinar on Examining India’s Examination System.” By CENTA foundation, September 14 and 15, 2020.
- Participation in Digital Survey for National Curriculum for obtaining suggestions and inputs for formulation of National Curriculum Frameworks by DISANC. October-2020.
- Online “Faculty Induction Programme-II ”by UGC-Human Resource Development Centre- Jawaharlal Nehru Technological University Hyderabad, October 2020.

Professional Development of faculty members



Ms. Roza Vasave

- Completed Refresher Course under UGC-HRDC, Punjab University Chandigarh from 24/12/2019 to 6/1/2020.
- Attended 6 day FDP under UGC-HRDC from Punjab University, Chandigarh on 'Delineations on NEP 2020: Strategy for Implementation, 7/10/2020 to 13/10/2020.
- Completed MOOC course on 'Development of school leadership capabilities and management skills' from 7/9/2020 to 20/12/2020.
- Attended 2 day International workshop on 'Transforming Teaching-learning through technology and gaming' conducted by Department of Education, Balasore, on 19 and 20th September 2020.



Professional Development of faculty members

Dr. Ketki Satpute

- Published research paper on 'Challenges and Adaptability of Language teachers during COVID 19' in International peer reviewed magazine in May 2021.
- Completed Refresher Course "Teacher Educators: Learning Outcomes And Educational Reform -Pedagogy, Assessment And Quality Assurance" by UGC HRDC Devi Ahilya Vishwavidyalaya, Indore in August 2020.
- Conducted online session on "Arts in Education" as Resource Person in Experiential Learning workshop organised by MGNCRE, Hyderabad, GOI on 14/5/2020.
- FDP on Learning Technologies conducted by faculty from Harrisburg University of Science & Technology, USA and University of Mumbai on June 13 & 14, 2019.
- FDP on 'Qualitative Paradigm of Research' organised by MGAHV, Wardha and University of Mumbai, Thane sub-campus from 10-15 February 2020.
- Attended 3 Phase Online Workshop Series of one week each on 'Creating and Exploring E-resources' conducted by UTA, Puducherry in April -May-June 2020.
- Moderator, Examiner and Paper setter for University of Mumbai for 2 year B.Ed. course papers-Childhood and Growing up and Pedagogy of Hindi.
- Course Writer for IDOL University of Mumbai, for S.Y.B.A. in Education for subject 'Sociology and Peace Education'.



Professional Development of faculty members

Ms. Suman Ananthanarayan

- MOOC on 'Cooperative Learning Pedagogy' conducted by GHG Khalsa College of Education, Punjab (India) in May - June 2020 through mookit.co developed under the UNESCO's OE4BW online mentoring Program-2019.
- Certificate Course - "Foundations of Teaching for Learning: Introduction to Student Assessment" by Commonwealth Education Trust and offered through Coursera in November 2020.
- Certificate Course - "e-Learning Ecologies: Innovative Approaches to Teaching and Learning for the Digital Age" by University of Illinois at Urbana-Champaign and offered through Coursera in September 2020.
- Refresher Course - "Teacher Educators: Learning Outcomes And Educational Reform -Pedagogy, Assessment And Quality Assurance" by UGC HRDC Devi Ahilya Vishwavidyalaya, Indore in August 2020.
- 3 Phase Workshop Series on 'Creating and Exploring E-resources' conducted by UTA, Puducherry in April and May 2020.
- Short Term Course on "Contemporary Strategies for Teaching and Assessment" by UGC HRDC- University of Mumbai and MES Pillai College of Education and Research, Panvel in Feb 2020.

Professional Development of faculty members



Ms. Pushpalatha Raja

- Conducted Summer Vacation Certificate course on Communication skills and Personality Development for Jr. college Students of Sree Narayana Guru College of Commerce.
- A Certified Happiness Coach, Successfully completed “Trainer & Coach Module on Science of Happiness” designed by Berkeley Institute of Well being, California and conducted by Happitude India. (2020)
- Delivered a keynote speech at National Women’s Leadership Summit at Kolkata and received an award for “Excellence in Child Development”.(2020.
- A paper Setter for University of Mumbai for the paper ‘Pedagogy of Teaching English for Special B.Ed. A paper Setter and Moderator for Somaiya Vidhyavihar University’s K.J. Somaiya college of Education, for the papers ‘Education for All’, ‘Pedagogy of school subject - English’.
- A member of College Developmental Committee and IQAC of K.J.Somaiya College of Education, Mumbai.

Achievement of students 2019-2021



Ms. Daljeet Kaur secured **1st position** in **Solo Singing competition** organised by B.M.Ruia Girls College, on 13 December 2019 and won **3rd Prize** in **COUNTER KARONA Poster Contest 2020 Award** in Student's category, organised by St. Teresa's Institute of Education, Santacruz, Mumbai, in June 2020.

Ms. Deepika Arora won **1st Prize** in **All-India COUNTER KARONA Poster Contest 2020 Award** in Teacher's category, organised by St. Teresa's Institute of Education, Santacruz, Mumbai, in June 2020.



Ms. Alweena Sayyed and Ms. Sheefa Bee Khan, won **3rd Prize** in **Group Poster Making Competition** organised by Sarda Kurup College of Education and Research, Airoli on 20th December, 2019.



Achievement of students 2019-2021

SNG College participated in 'Felizia - 2019' an **Inter-collegiate competition** held in November 2019, organised by University of Mumbai, Thane sub campus in association with Pillai College of Education & Research, Chembur and **bagged following prizes.**

1. **1st prize in Mehendi Competition by Ms. Reshma Ansari**
2. **2nd prize in 'Ad Mad Show', participants- Mr. Jafar Shaikh, Ms. Alweena Sayyed, Ms. Sheefa Bee Khan, Ms. Reshma Ansari.**



Achievement of students 2019-2021

Ms. Reshma Ansari, won 1st Prize in Mehendi competition in “Mrindang 2020” an Inter-collegiate event organised by R.R. Educational College of Education, Mulund on 6th February 2020.



SNGC of Education conducted in-house **online Essay Competition on ‘ Pandemic... A challenge or an Opportunity?’** In August 2020.

The winners are as follows:

1. **1st prize : Alisha Parshurami & Jyoti Udasin**
2. **2nd prize : Khushboo Modi**
3. **3rd prize: Shifabi Khan & Priti Sharma**
4. **Consolation Prize : Nitisha Amin & Teresa Kshirsagar**

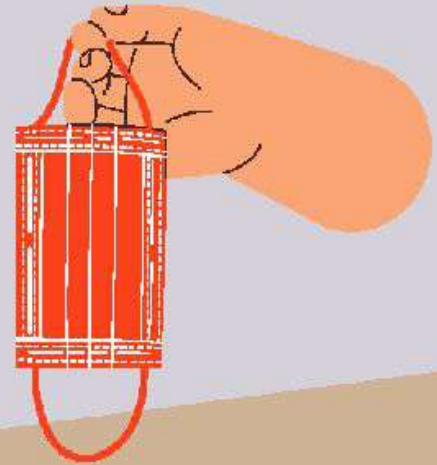


Sree Narayana Guru College of Education (B.Ed.) organises

MASK MAKING COMPETITION

For S.Y.B.ED. STUDENTS

VENTEL ACTION PLAN 2020



Wearing a mask has become a fact of life.

We would love to see your creativity.
Be it a new material, pattern or design.
Let your mask be distinctively yours!!

Mask Making Competition Rules:

1. The material used should be **Eco-friendly**.
2. It can be made on sewing machine or stitched by hand.
3. **Document yourself** making your mask at home.
4. It will be judged on the basis of **originality**, **usability** and presentation of procedure.



Submission details :

1. Last date for submitting entries is **26th October 2020** till midnight.
2. Upload your video (maximum 2 mins) on the following link :
https://drive.google.com/drive/folders/1slxhcFxcv1jyeFizJlus_DOck2ofmIZ?usp=sharing

Dr. Ketki Satpute
Co-ordinator
VENTEL ACTION PLAN

Dr. Anna Fernandes
PRINCIPAL, SNGCE(B.ED.)
& CONVENER
VENTEL ACTION PLAN

Achievement of students 2019-2021

*Winners of Mask Making Competition held online
in college during pandemic in October 2020*



**1st Prize
Daljit Kaur**



**2nd Prize
Deepika Arora**



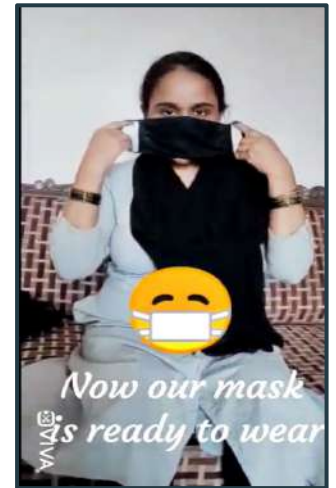
**3rd Prize
Reshma Palan**



**1st Consolation
Shilpa K**



**1st Consolation
Sony Vishwakarma**



**2nd Consolation
Zubeda Shaikh**



3rd Consolation Jafar Shaikh



3rd Consolation Renu Virpuria

Achievement of students 2019-2021

Ms. Inderjit Kaur, won 2nd prize in **Power Point Presentation Competition** organised by Sri Guru Granth Sahib University, Fatehgarh Sahib, Punjab, 29th January, 2021.



Mr. Jafar Shaikh, received 'Viewers Appreciation' in **Power Point Presentation Competition** organised by Sri Guru Granth Sahib University, Fatehgarh Sahib, Punjab, January, 2021.

Ms. Sony Vishwakarma, secured 3rd position in **National Creative Writing Competition**, held by Bhagwan Shri Krishan College of Education, Sirsa, in February 2021.



Anisha Raghuvaran won **1st prize** in **Online Intercollegiate Essay Writing competition** organised by H.J. College of Education, Khar, on 28th February 2021. & **1st Prize in Intercollegiate Slogan writing Competition** conducted on World Water Day on 22nd March 2021 organised by Sree Narayana Guru College of Education (B.Ed.)

National Workshop on Nai Talim 26th September 2019



Our college organised One Day National Workshop on Nai Talim:Experiential Learning in collaboration with Mahatma Gandhi National Council of Rural Education, Hyderabad on 26th September 2019. Dr. Sunita Magre, Chairperson, Board of Studies, University of Mumbai was the Chief Guest, Shri Prabhakar Banala sir was the Resource person from MGNCRE. The workshop enlightened the participants on the concept of Nai Talim and Rural Immersion in Education. Teacher Educators from various colleges participated in the workshop.

VENTEL CERTIFICATE



सत्यमेव जयते

Certificate



Where there is Rural Wellbeing
there is Universal Prosperity

*This is to certify that Sree Narayana Guru College of Education (B.Ed), Mumbai, Maharashtra is now a **Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution**. The Institution has successfully formed the VENTEL Action Plan Committee and constituted the working groups Post COVID-19 for Vocational Education (Productive Work with Economic Value), Self-Reliance, Swachhta & Health and Community & Field Engagement along with the observation of three VENTEL related days to inculcate in faculty, students and community, the Culture and Values promoted by Gandhiji's Nai Talim*

Date of Issue: 5 Oct. 2020


Dr. W G Prasanna Kumar
Chairman

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India

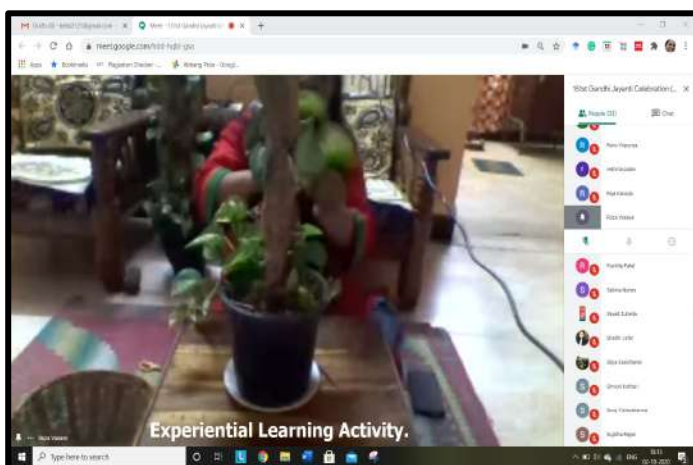
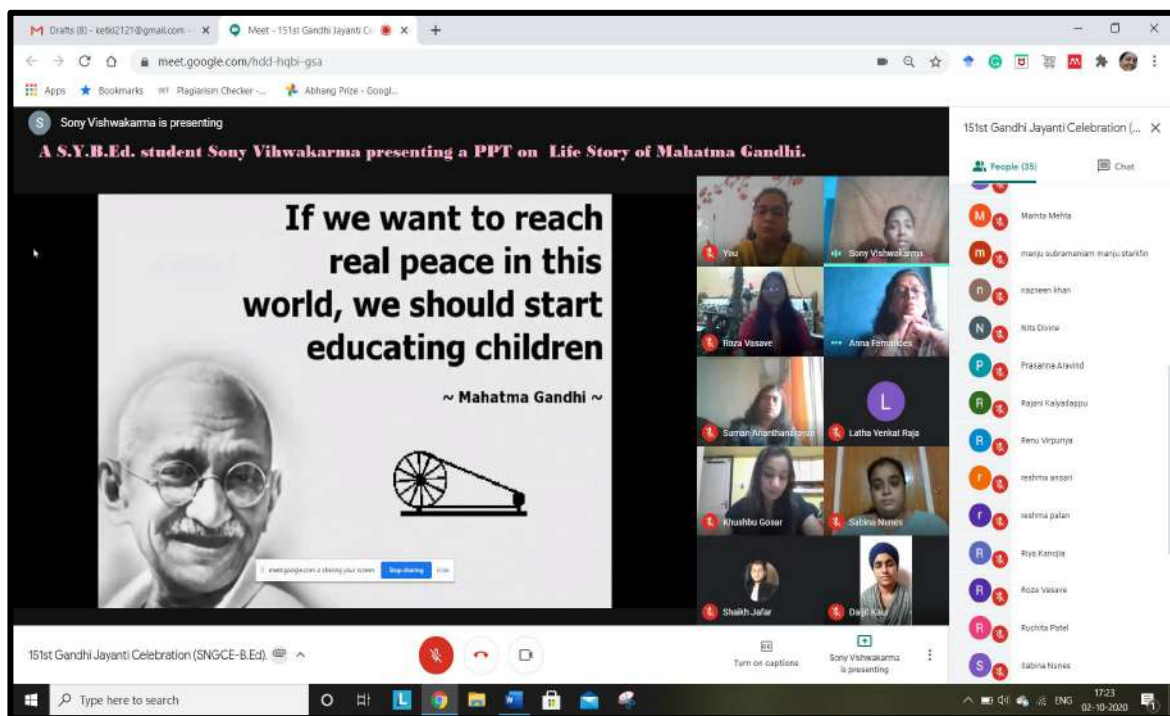
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The College was recognised as VENTEL Action Plan Institution by MGNCRE, Govt of India. Various days were celebrated and activities conducted under the VENTEL Action Plan.

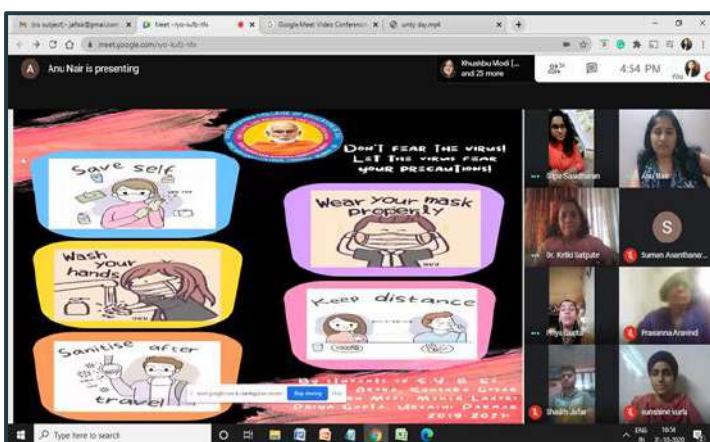
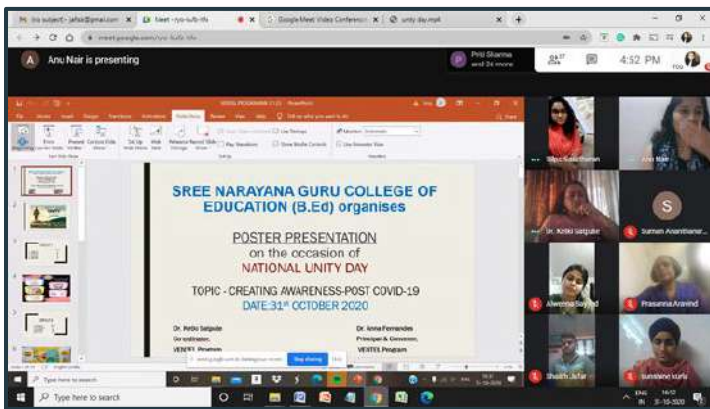
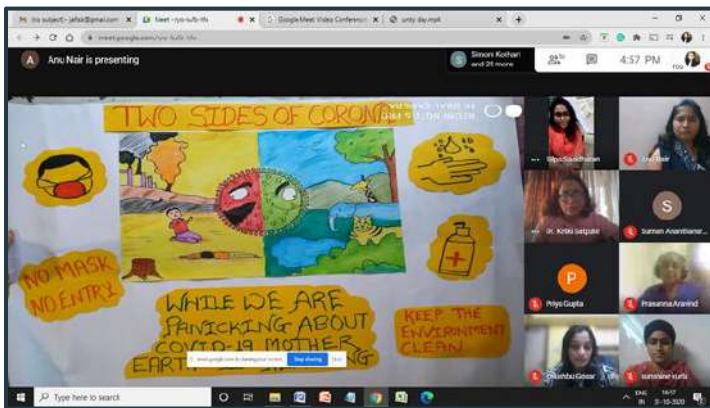
The VENTEL Team included Dr. Ketki Satpute, Co-ordinator, Ms. Sabina Nunes, Dr. Prasanna and Dr. Dhanlaxmi Pillai.

Gandhi Jayanti was celebrated online on 2nd October 2020 under VENTEL Action Plan to inculcate the values of Gandhiji's Nai Talim among student teachers of SNGCE.

Ms. Roza Vasave, Asst Prof. of SNGCE, B.Ed. conducted an Experiential activity of making Moss and Coir Support Stick for Creepers.



National Unity Day was celebrated on 31st October 2020 in Online mode, under VENTEL. Inter-collegiate **Online Quiz** was conducted on this occasion by the VENTEL Team. Nearly 350 students from various B.Ed. Colleges participated in the Quiz. In-house, **Poster presentations** on 'Awareness on COVID 19' were done online by the students on Unity Day.



'Water - the elixir of life'

Webinar 22nd March 2021

World Water Day was celebrated under VENTEL Program on 22nd March 2021. A Webinar on "Water- The elixir of life" was organised by the college which was attended by the student teachers of various colleges under University of Mumbai. Dr. Sanjay Joshi, Director and Vice-president of Enviro-Vigil, an NGO working for environment protection in Thane, was the resource person for the programme, who enlightened students on water crisis and awareness on water protection. On the occasion an experiential activity was conducted by Dr. Ketki Satpute on purification of water and Preparing liquid fertiliser through Citrus fruit peels at home.

The VENTEL Team of
Sree Narayana Guru College of Education (B.Ed.)
(Affiliated to University of Mumbai)
Organises
Webinar
On
'Water - The Elixir of Life'
On the occasion of
WORLD WATER DAY
*The world water day celebrates water
& raises awareness of the global water crisis.*

Resource Person

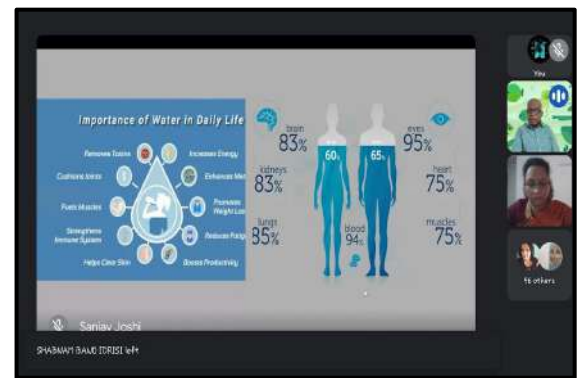
Dr. Sanjay Joshi
Director & Vice President
Enviro-Vigil

Convener
Principal, Dr. Anna Fernandes

Coordinator
Dr. Ketki Satpute

MONDAY, 22ND MARCH, 2021
Time: 4:30 to 5:30 pm
Target audience: Teacher Trainees

Join us and register to celebrate World Water Day on the link:
<https://forms.gle/h5BvK3B5o1x0ZYw5>
E-Certificates will be issued to all the participants.



Water..an Elixir of Life..Then Why Abuse It??

Dr. Sanjay Joshi
Vice President
Paryavaran Dakshata Mandal, Thane
Mobile: +91 8979169187
E-Mail: sanjayjoshi1958@gmail.com

Water is Mother Earth's Precious gift, use it but never abuse

- Agriculture accounts for 70% of total water consumption worldwide and is the single-largest contributor to non-point-source pollution to surface water and groundwater.
- Nitrate from agriculture is the most common chemical contaminant in the world's groundwater aquifers.
- The other key sources of water pollution are human settlements and industries.
- In a global review of water pollution from agriculture out of the total amount of freshwater that is withdrawn every year, it is estimated that only 44% is consumed, mainly through evapotranspiration by irrigated agriculture.
- The remaining 56% is released into the environment as urban wastewater industrial wastewater – including cooling water – or agricultural drainage.

BREAKING NEWS

WATER WARS

India's water crisis: 600 million people face water scarcity

Dr. Ketki Satpute

Azadi ka Amrit Mahotsav, VENTEL

For an Atmanirbhar Bharat!



India's 75
**AZADI KA
AMRIT MAHOTSAV**



महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद
Mahatma Gandhi National Council of Rural Education
(formerly National Council of Rural Institutions)
Department of Higher Education, Ministry of Education, Government of India



COMMEMORATING
**75 Years of
INDEPENDENCE**

15th August to 2nd October 2021

Come Contribute Develop Reform Progress



What VENTEL Student Teachers Need To Do

- 1: Choose any vocation or occupation in your neighborhood
- 2: Identify a person pursuing it with diligence and dedication
- 3: Appreciate the person pursuing it in the neighborhood
- 4: Honour the Person pursuing that vocation or occupation (click a picture)
- 5: Post the picture on social media (Facebook, Twitter, Instagram, etc. with a short caption and hashtag #mgncre) on or before 2nd October 2021

www.mgncre.org

In order to promote vocational education among the student teachers MGNCRE Government of India had conducted **Azadi ka Amrit Mahotsav Activity in October 2021..** There were 10 B.Ed students of SNGCE who participated in this program. The students took this opportunity to meet the hardworking and talented personalities who were facing difficulties during Covid - 19 in running their vocations. They were appreciated and felicitated by the students. Students gained a lot of knowledge and information about different vocations.



STUDENT ENRICHMENT PROGRAM

Self Development and Capacity Building for Teachers

— Reshma Palan & Daljit Kaur

6-Day Online Interactive Workshop on “Self Development and Capacity Building for Teachers” was organized by Baha’i Academy, Panchgani. Reshma Palan with Daljit Kaur Khalsa, Pooja Sanghavi, Alisha Parshurami, Sadaf Shaikh, Nitisha Amin, 2019-20 batch, attended this online workshop.

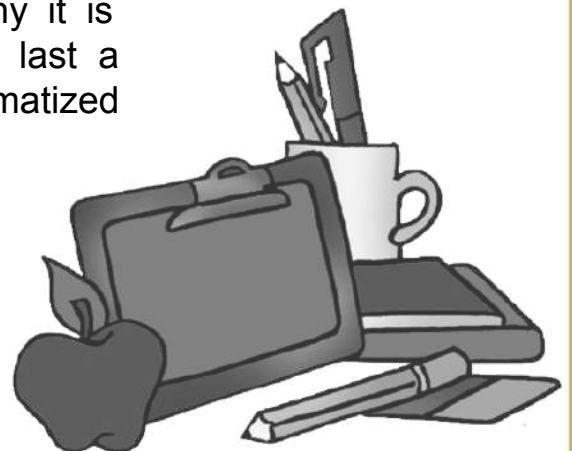
As new learning skills emerge it is necessary for teachers to develop sufficient capacity to develop learning programs that will provide the opportunity for students to develop those qualities. The workshop covered many topics like – self development, capacity building, knowing yourself, service learning, different qualities within you, team work, etc. This workshop helped us to understand what do teachers need and also the ability or power to do or understand something.

The brief introduction about self development made us understand the steps that we take to improve ourselves and the process of developing and strengthening the skills, instincts, abilities, etc helps us in capacity building that one requires to survive, adapt and thrive in a fast changing world. This was one of the essential parts that helped us why we need to bring in changes in ourselves because only that can lead us to get to know about ourselves, which will help us throughout our future life we are following and also will help us to enhance our personality as well as when we are working for the betterment of the society.

This topic gave a lead to ‘What is Service Learning’? Even we did not understand at first but it showed us a path to a community service which is also an essential part in each and everyone’s life as we all forget to do because of our busy schedule. A very good thing that we learnt in this part was ‘THE JOY OF SERVICE’ as we improve the life of community members, we discover the Joy of Service.

We also learnt about the Team Work and why it is important, how to be a changemaker and at last a beautiful Happy Hippo Show or Zipopo, a dramatized talk show covering various life situations.

Finally, it ended with a wonderful learning and we still remember those beautiful videos, discussion, interaction through chats during the session as well as after the session that made us gain a treasure of knowledge.



Early Recognition and Management of Learning Disability and Autism in Children

— Ritesh Pathak

**Know all the theories, master all the techniques,
but as you touch a human soul, be just another human soul.**

— Carl Jung

To sensitise and to spread awareness about the 'Uniqueness in the Crowd', Inner Wheel Club of Hiranandani Estate in association with Sree Narayana Guru College of Education (B.Ed.), Mumbai had organised a WEBINAR on "*Early Recognition and Management of Learning Disability and Autism in Children*" on 23rd September 2021.

Dr. Sonam Kothari, the resource person began by giving an instance from a regular classroom environment, where the child might blend in with other students but yet distinct. Children are active and want to be occupied with one thing or the other, but some are hyperactive and cannot devote their attention to one thing at a stretch. Usually, such children have Attention Deficit Hyperactivity Disorder or ADHD.

Deciding if a child has ADHD is a process with several steps and there is no single test to diagnose ADHD. The teacher's role becomes important in understanding the behaviour of the child and bringing it to the notice of their parents. In most cases, ADHD is best treated with a combination of behaviour therapy and medication. For preschool-aged children (4-5 years of age) with ADHD, behaviour therapy, particularly training for parents, is recommended as the first line of treatment before medication is tried.

What works best can depend on the child and family. Good treatment plans will include close monitoring, follow-ups, and making changes, if needed, along the way.

Dr. Kothari characterized autism as a disorder having difficulties with social interaction and communication, and by restricted and repetitive behaviour. Autism encompasses a spectrum of neurodevelopmental conditions, ranging from PPD to classic autism with a severe learning disability. Children having autism spectrum disorder (ASD) have difficulty with social communication and social interaction, and exhibit the presence of restricted, repetitive patterns of behaviour, interests, or activities.

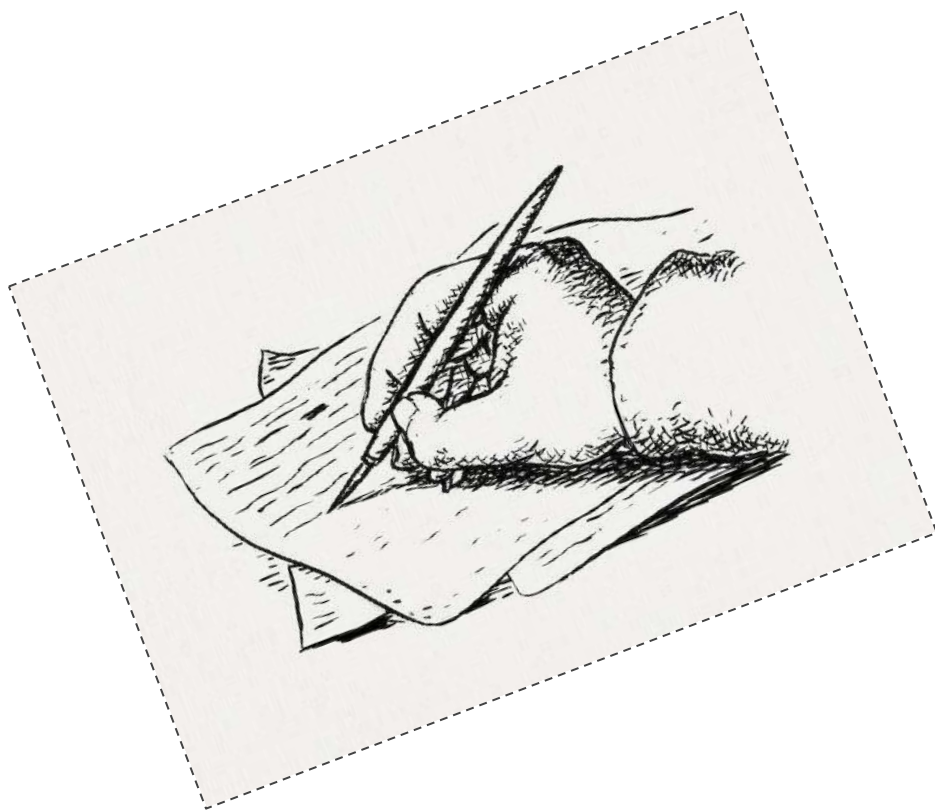
These symptoms begin in early childhood. She added that there is no known cure for autism, although those with Asperger syndrome and those who have autism and require little-to-no support are more likely to experience lessening of symptoms over time.

In the last part of the session, Dr. Kothari focused on Learning disability (LD) which is an umbrella term for specific disabilities (such as dyslexia or ADHD) that interfere with learning basic skills (math, reading) and higher-level skills (organization and attention). Individuals with learning disabilities often have difficulty in school, but it is not a result of their intelligence or motivation. Signs of dyslexia can be difficult to recognize before a child enters school, but some early clues may indicate a problem. Once a child reaches school age, the child's teacher may be the first to notice a problem. Children with learning disorders often need extra help and instruction that are specialized for them. It cannot be completely cured but with constant practise children can overcome the difficulties with reading and writing.

Later, Dr. Sonam Kothari responded to the Questions and doubts raised by the participants. This was followed by an expression of gratitude by a student of SNGCE. The session was concluded by a vote of thanks from Sreeja Nair, a club member. She expressed special gratitude to Dr. Sonam Kothari for her informative and useful presentation. She also expressed gratitude to the principal, event coordinator for hosting and students/members for joining and making the Webinar a success. The webinar ended with a Q&A session and Vote of thanks.



CREATIVE WRITING



चक्रव्यूह, जरा संभाल के!!!

किशोर अवस्था यह मानव जीवन के विकास का सबसे तनावभरा, गतिमान और गंभीर बदलाव का काल है। इस उम्र में बालकों को जैविक, मानसिक और सामाजिक तनाव का सामना करना पड़ता है। किशोर अवस्था वय वर्ष १३ से १९ वर्ष के वयोगट के बालकों से शरीर विकास की वृद्धि और संप्रेरक बदलाव उच्च स्तर पर होते हैं। मानसिक, शारीरिक विकास संक्रमण के गतिशील अवस्था के महत्वपूर्ण सीढ़ी पर होता है। इस काल में सामान्य स्तरपर बचपना, नादान, निरागसता और अज्ञान के स्थिती से अचानक ज्ञान, जिम्मेदारी और समझदारी परिपक्वता आदि उम्मीद बालक, युवाओं से की जाती है।

पौगंडावस्था यह एक महायुद्ध है, इस युद्ध से कोई सहीसलामत बाहर नहीं आ सकता, उसमें अनेक चक्रव्यूह हैं। शिक्षा का चक्रव्यूह, रिशतों का चक्रव्यूह, नशा का चक्रव्यूह..... इस चक्रव्यूह से बाहर आने के लिए कौशल्य, परिपक्वता और भावनिक सहारों की आवश्यकता सब को लगता है। इस काल में अगर सामाजिक, मानसिक और संवेगात्मक तोल डगमगाया तो भविष्य में जीवन की और देखने का नजरिया कमकुवत हो जाएगा और बालक जो आज के युवा है वह अधिक से अधिक तनावग्रस्त होंगे।

शिक्षा क्षेत्र का मानसिक आरोग्य / स्वास्थ्य के साथ कितना गहरा संबंध है, इस बारे में आज भी हमारे देश में ज्यादा विचार किया नहीं जाता है। बालकों के तनाव शिक्षा क्षेत्र से संबंधित होकर भी अलग अलग प्रकारके होते हैं। किशोर वय यह पहले से ज्यादा आव्हानात्मक हुआ है। विद्यार्थियों में तनाव अधिक मात्रा में बढ़ने का कारण है अभिभावकों को उच्च अपेक्षा, भविष्य के बारे में बालकों के मन में असुरक्षितता की भावना, करिअर की चिंता, बालकों के शैक्षिक प्रवाह में उनका आत्मविश्वास कम होना, मानसिक आधार न मिलना इसके कारण उनका नैतिक अधःपतन होता है। उनके मन में अपराध की भावना, निराशा को बीमारी और भविष्य के बारे में नकारात्मक विचार निर्माण होते हैं।

इसलिए देश के बालक जो युवा है उनको इस चक्रव्यूह से निकालने के लिए डॉक्टर, समुपदेशक, अभिभावक, शिक्षक, प्रधानाचार्य ने आपसी में विचार करके उचित मार्ग का चयन करके किशोरों को सही राह का मार्गदर्शन करना चाहिए।

Ms. Roza Vasave
Assistant Professor



Accomplishing a long lost desire

The unprecedented times of the pandemic presented to us, teachers, a whole world of opportunities to equip ourselves with new skills that would enable us to conduct online classes . While most of the new learning for every teacher I can confidently say was to upgrade one's knowledge on the use of technology and get more savvy in conducting digital classes, some of us also made use of opportunity to learn something along the way. This was quite possible because of the new normal of WFH obviously !!! The comfort of being able to manage school and fulfil some lost passions from the confines of your home helped me indulge in accomplishing some unfulfilled long lost desire. Read more to know what I indulged in....

World Wars was something that had always intrigued me! I have always wanted to know the stories that contributed to the occurrence of the World Wars, but as a teenager, World History was never a part of my curriculum in school. I never had the opportunity of knowing more about wars as a student in school, though I do not deny that I didn't push myself either to read up on that subject.

However, a situation during the pandemic times forced me to immerse myself again on the subject that had been evading me since long - the impending Assembly on Hiroshima and Nagasaki day at Little Angels' International School where I work as a primary educator !

There were two weeks left for the Assembly on Hiroshima and Nagasaki Day and I frantically realised that I had to buck up and continue my hunt for material that would introduce my learners to these significant events of the world . I had no choice but to continue the research that I had initiated on this in the summer of 2021 to help my learners understand what really went behind the atomic bombings of these two cities.

At this point it seemed perfect for me, coz my professional work was coinciding in accomplishing a long lost personal desire. This undoubtedly and most certainly is the best benefit of being a teacher. One has a whole world of opportunities to keep learning and unlearning in your journey .

Reading for over four hours in 2 days, helped me to understand the sequence of events that led to the occurrence of World War II and the bombings of these two cities. Needless to say, for a lover of history, most of this (reading) had been compelling and unputdownable device time. Personally, I experienced a sense of achievement, accomplishment and pride, that I now am a little more aware and can engage in conversations related to World War II. The added perk was being able to engage in a conversation with a dear friend with whom I could finally, subtly rave about my newfound knowledge on World War II and Hey , this was independent learning ! WOW ! Isn't that something we all wish our children to be able to do !!!

While I pen down these thoughts spontaneously as I am to submit my article for the Newsletter (of my college) I have already finished watching all episodes on the World War II series on Netflix . That's not all, as I end now, I also foresee a new affair, a new beginning. This sure has kindled my wish to start writing and yearn for more.... maybe I will soon have another desire accomplished after all!

Priti Bheda
B.Ed Student (2016-18 batch)



“सांझा साथी”

बहुत पुरानी बात है, गर्मियों के दिन चल रहे थे, चारों तरफ कड़ी धूप पड़ी थी, मानो जैसे कि एक सन्नाटा सा छाया हुआ था। एक पेड़ अपने पूरे हौसले के साथ सूरज की कड़ी धूप से सीना तान कर लड़ता हुआ खड़ा था, पेड़ मन ही मन में सोच रहा था की, कोई मुसाफिर आए तो मैं मेरी शीतल छाया में उसे आसरा दूंगा। और तभी किसी की दर्द भरी आवाज से मानो सारा सन्नाटा चीर दिया, पेड़ भौचक्का रह गया।

“अरे भाई कौन है जो इतनी पीड़ा में कहर रहा है। कौन है ?

पेड़ अपने चारों ओर देख रहा था कि कौन है पर कोई नजर नहीं आया। थोड़ी देर के बाद फिर उसी आवाज ने पेड़ को सुन्न कर दिया, इस बार पेड़ समझ गया कि यह आवाज कुछ गहरी खाई से आ रही है पेड़ थोड़ा झुका और थोड़ा झुका और हक्का-बक्का सा रह गया। थोड़ी देर पहले जो आवाज आ रही थी, वह उसके मित्र झरने की थी, उसकी इस अवस्था को देखकर पेड़ बहुत दुखी हो गया, उसने पूछा, “मित्र तुम्हारी यह अवस्था कैसे हुई तम्हारे पानी की खिलखिलाहट से यह वादी गुंजती थी और आज तुम सिसकियां भर रहे हो”।

यह सुनकर झरने को रोना आया वह अपनी आपबीती सुनाने लगा “पर्वतों में मेरा उगम होता है और बहते बहते मैं तुमसे मिलने आता था किंतु मनुष्य ने मुझे हर जगह रोका, हर जगह मेरे बहते प्रवाह को कांटा अब तो बस कुछ बूंदे मेरे अंदर शेष रह गई हैं। बाकी मैं अब आखरी सांसे भर रहा हूँ”। अपने मित्र की दर्द भरी दास्ताँ सुनकर पेड़ ने उसे धैर्य दिया, जीवन जीने का साहस दिया।

पेड़ ने कहा, “नहीं नहीं मित्र, हम प्रकृति का हिस्सा है, तुम, मैं और मनुष्य हम सभी साझेदार हैं, तुम डरना नहीं, ना घबराना, अब मनुष्य भी समझने लगा है, हर तरफ पेड़ लगाकर मेरी संख्या को बढ़ाने लगा है। देखना इस बार बहुत भारी वर्षा होगी और तुम फिर से पहले की तरह खिलखिलाओगे, मुस्कुराओगे, इस बात पर झरना भी मुस्कुराया, पकड़ के अपने मित्र का हाथ दोनों झूमने लगे और गाने लगे।

“हम साझेदार हैं इस प्रकृति का आधार है,
एक दूसरे पर निर्भर है हम,
एक दूसरे का आधार है हम”

सोनी विश्वकर्मा
बी. एड. २०१९-२०२१



(3rd Prize in National Creative Writing Competition)

Pandemic, a challenge or an opportunity?

The word 'pandemic' was new to everyone. It was probably heard only in History or Science textbooks. Nonetheless, terms such as coronavirus, pandemic, epidemic, lockdown, etc. became a common terms in everyday conversations over the past 5 months all over the world. COVID-19 started off with being an 'epidemic' which is 'a widespread occurrence of an infectious disease in a community at a particular time.' After the World Health Organization (WHO) declared COVID-19 as a pandemic in March 2020. Slowly people all the world grasped it intensity and everyone caught on the seriousness of the situation. Lockdowns and curfews were announced and extended over a period of months. Organizations, schools, colleges, government agencies, public transport came to a standstill and all of a sudden, everyone found themselves locked at home.

Initially, being locked indoors was a challenge because it was something that people were unaccustomed to. Everyone was used to being absorbed with work day in and day out. Other than work, a weekend trip, heading out for meals with friends and family, stepping out for concerts, functions, programs, etc. was always on the planner. Being indoors was a challenge because all of this changed abruptly. Now everyone had to work from home, do all of the house chores and to add to it not even step out after all that work! That in itself is a lifestyle change for people living in metropolitan cities. After a month of lockdown, 'Work From Home' was the next term doing the rounds. Organizations, schools, businesses, etc. mulled over their moves because slowly the economy was hit. At first it was a challenging time, affecting mental health along with a shift in finances and social life of the general public.

continuation.....

Pandemic, a challenge or an opportunity?

As Martin Luther King was once quoted saying “Every crisis has both its dangers and its opportunities. Each can spell either salvation or doom.” As humans, we have evolved to make the best of every situation. Making the most of the “new normal” we took chance to spend quality time with all the family members together, work from the comforts of home, go back to playing board and card games, dividing household chores equally among all, experimenting with new cuisines and recipes, following a physical exercise regime are among the few enjoyments found in the lockdown situation.

It all depends on how we look at things, and not on how things are in themselves. The least of things is worth more than the greatest of things

Alisha Parshurami
2019-21
(1st Prize in Essay Competition)



Pandemic- A challenge or an opportunity?

As it is rightly said by Thomson S. Monson, “Our most significant opportunities will be found in the times of greatest challenges”. This is so true in this current situation.

Everything changed right from dawn to dusk. The situation became quite disquieting affecting lives of people. Several migrant workers lost their livelihood and had to return to their native. Many industries were shut and there was a socio-economical as well as emotional set back. Medical practitioners strived hard to save the lives of people, risking their own lives amidst this obnoxious situation. Isn't that challenging? .The policemen on the other hand, battled this tough blow by showcasing their empathy and valiant spirit in saving lives of millions of people. Definitely it must have been too challenging for them to do continuous patrolling. We can say that the crisis of the Corona virus Pandemic has put forwards lot of challenges upon you, me and the people globally.

For me, my entire world was topsy-turvy, on the night of 21st March 2020, when the nationwide lockdown was declared. Momentarily, I was relieved for not having to travel to the workplace, the next morning. The only grief was that there would be no maid coming the next day.

Soon after a week, there came the ‘Work from home’ policy. Then I began setting the periodic early morning alarms. Days seemed to be big and nights too short.

Oh my god! That was a toughest challenge I could ever imagine. Working for more hours, preparing for online lectures being a teacher, battling with the know-how of the technology, exploring new learning tools, studying, helping mother in the daily chores and there was no relaxation. I was feeling just like a bird being trapped in the cage. The real hard time arrived when my neighbor was detected with Corona. To live in that fear and anxiety, managing without daily necessities and limited resources was a tough task.

In those dark clouds of Pandemic, there was a hidden silver lining of opportunities.

It was for the first time ever, through social distancing, the entire country united by lightning candles, ringing bells. This gave the opportunity of national integration. We became more self reliant, went vocal for local, valuing our nation's own products. For me, the Pandemic has brought opportunities in the form of challenges .Along with my routine chores, I could attend several webinars, enjoy all three meals with my family, could connect to distant friends or relatives through video calling.

I could also pursue my hobby, singing; which was never possible before. Now cleaning happens in a flick of a second without panicking. The pandemic has given us opportunity to care for ourselves by dwelling into yoga, Vedic medication and eating healthy meals. Not only humans, even nature got opportunity to heal, thereby decreasing the global pollution levels, allowing emergence of several organisms.

Thus, this global Pandemic has brought tons of opportunities enveloped in the blanket of challenges.

Khushbu Modi
S.Y.B. Ed, 2019-21



Learning By Doing

**“Tell me and I forget, teach me and I may remember, involve me and I learn”
– Benjamin Franklin**

Is it just another saying about learning and teaching? Or can it be applied to other things? Take a pause and reflect.

Let’s see why is it important to get involved in learning and have a first hand experience. When I was 7 years old, I observed my friends riding a bike but I was too scared to try one. My mother told me how it works and it didn’t seem so tough. It was only when I hopped on to it that I realised it needs to be balanced and move forward at the same time to save me from falling. Once I learnt the concept by experiencing the process it transformed into sustainable learning. Learning that stayed with me for life.

A renowned American philosopher John Dewey expounded the theory of ‘learning by doing’. It is hands-on approach to learning, where a person must interact with the environment continuously using all the senses to learn and develop holistically.

But what’s the purpose of education? Isn’t it to create lifelong learners who demonstrate enduring understanding to approach critical situations?

I believe that education is life itself and in my classroom, I bring learning to life by providing hands-on learning experiences. For instance, while inquiring into natural and human-made resources, I would take my students for a nature walk or perhaps a field trip to a departmental store. Alternately, I would set up an exploration centre in the classroom where the learners can explore various natural and human-made resources. While teaching a concept of Math, like measurement, I would provide the learners with an opportunity to choose various parts of the school or classroom like a school bus, a window sill, etc. to measure length and/or perimeter.

As an educator, it may seem challenging to create opportunities for experiential learning but when you put yourself into your learners’ shoes and ask yourself

continue.....

Learning By Doing

- What do I want to learn in this Unit?
 - What is it that I must know about this topic?
 - How is it going to help me grow?
 - What would be a fun way to learn it?
 - What can help me remember it even later?

These questions may propel you to move towards creating an experiential learning classroom. Mahatma Gandhi proposed the idea of Nai Talim which focuses on education for life and education through life by creating conducive classroom that promote experiential learning. Alongwith fostering life skills, experiential learning also encourages:

- Active participation
- Removal of fear of failure
- Ownership for one's own learning
- Individual learning milestones
- Clear objectives
- Critical reflections
- Authentic experiences
- Real-life connections

Do remember effective teaching stays with a teacher who is ready to unlearn, learn and enjoy the process of transformation.

Deepika Arora
B.Ed. 2019-21



Sweat Now Shine Later

You were created to be yourself. Be happy being you and step out on a journey to discover your inner true self. We never truly allow ourselves to evolve and think out of our capacity due to fear of change. So we start following others blindly. To truly succeed in life we must stop following what others are doing, go out of the way to chase your dreams, goals and follow your passion. You were created to be a unique masterpiece, original gem of a person and not a photocopy of anyone else. Your strengths and methods of doing things differs which makes you a different individual. So take as much inspiration as you may please, but never imitate blindly.

We have massive potential to build ourself the way we like. There are days when we feel good about ourself and there will be days when we feel like we want to dig a hole and stay there forever. It is okay to feel like that because it guides us to a better path..

All you need to do is push through any storms that comes our way. If you follow a famous acronym HWPO i.e. "Hard Work Pays Off", my friend you are on a proper path and a step closer to tasting your success. We love admiring beautiful flowers, isn't it? But what we forget is the efforts we had to take like give some good fertilizers, water it daily, provide sufficient sunlight, nurture it with love and care and after taking so much efforts you can see a beautiful flower. In the same manner if we pour our heart and soul into our work, success will knock at our door.

Always remember you will never truly enjoy success until you have tasted failure. Use your Optimism and push through the adversities because that dormant volcano of success in you is just waiting for you to grant permission to erupt.

Thomas Edison's teachers said he was "too stupid to learn anything." He was fired from his first two jobs for being "non-productive." As an Inventor, Edison made 1000 unsuccessful attempts at inventing the light bulb. But he never gave up, he kept on trying by blocking negative voices around him and focusing on how to make a light bulb. He kept on pushing himself and his thinking capabilities, tried finding solutions instead of cribbing about problems and finally got the right one to build a bulb.

So here my friends Let's not take life so seriously, let's just sit back and relax and be at peace.

Wear your look of Confidence and an attitude of Positivity.

Pooja Sanghavi
B.Ed. 2019-21



“महामारी”.... आव्हान की संधी ?

किती पावसाळे पहिले बाई,पण अशा प्रकारची महामारी कधीच पाहिली नव्हती हो ! आजी आजोबा आणि ज्येष्ठ मंडळी ही असच म्हणत आहेत. आपल्या अनुभवी गुगलनेही हे कधीच पाहिलं नाही हे समजल्यावर परिस्थिती अधिकच गंभीर दिसायला लागते. पेंडेमीक, मराठीत ‘महामारी’.. बघाना नावातच किती भीती आहे ती! मार्च २०२०, अचानक एक दिवस बातमी ऐकायला येते की माणसांवर पिकांप्रमाणे फवारणी व्हायला लागली आहे, त्यानंतर एक दिवसाचा भारत बंद, आणि लगेचच लॉक डाऊन झालं, तेही आख्या जगात !! काय चाललय हे कळायच्या आत सर्व आजूबाजूच जग चिडीचूप झालेलं होत आणि मग बातम्यांमधून ऐकायला मिळत की कोरोना आलाय व त्याने कशी माणसं पटापट मरताहेत ते ! त्याहून थरारक म्हणजे डॉक्टर्सनाही माहित नाही या रोगा बददल. अर्थातच औषधांचाही पत्ता नाही.. दुष्काळत तेरावा महिना म्हणजे हा रोग जाणार कधी याचा काही नेम नाही.

जीवन बदलतेय हे तीव्रतेने जाणवत होते, बादलेली जीवन पद्धती, अचानक बेरीज झालेला मास्क आणि हातमोजे, ओळखीच्या लोकांमध्ये निर्माण झालेले अंतर, आपली माणसं दुसऱ्या एखाद्या ठिकाणी अडकलेली, निर्माण झालेला आर्थिक प्रश्न व सतत वाटत असलेली एक प्रकारची भीती, अचानक मिळालेला भरमसाठ वेळ, त्यात कमालीची गोष्ट अशी की आपलीच माणसं आपल्या बरोबर असली की बोलायचे तरी काय, हास्यास्पदच. थोडी जरी शिंक आली तरी सगळंच संशयास्पद होऊन जाणं. बरं दुसरं काही दुखणं आलं तरी बऱ्याच वेळेला डॉक्टर्स हात लावायला तयार नाहीत. शहर सोडून चाललेली माणसं व अत्यंत हृदयभेदक घटना जेथे पार्थिवाला अग्नि द्यायला ही स्वतःची माणसं तिथे नसणं. नवसाने मागून मिळणार नाही एवढा वेळ, कधीही आयुष्यात ऐकला नाही किंवा पाहिली नाही अशी आव्हानात्मक परिस्थिती आणि मनाचं नीरनिराळे खेळ यात अडकलेली जीवनाची वेळ.. असे हे दृश्य.

माणूस हा अत्यंत हुशार प्राणी आहे, असं म्हणणं वावगं ठरणार नाही. त्याच्या मनःबुद्धी च्या सहाय्याने तो कमीत कमी स्वतःची मदत करतोच. जसजसा वेळ पुढे चाललय गोष्टी लक्षात यायला लागल्यात. आपण सर्वांनीच या परिस्थितीने स्वतः बरोबर आणलेल्या चांगल्या-बऱ्या वाईट गोष्टींचा विचार केलाय हे नक्की. म्हणूनच गेले कित्येक महीने बाहेरील सर्व नियमांचे पालन करून, स्वतःच्या मनाचे व परिस्थितीने आणलेल्या आव्हानाचे गणित बसवत आपण सर्व पुढे चालत आहोत. फक्त हे वेळीच कळले ही देवाचीच कृपा. गरजा आणि लोभ यातला फरक स्पष्ट झाला. ही महामारी आव्हानात्मक आहे खरी, पण आपण तिच्याशी लढत आहोतच ना! ही एक परिस्थितीच, ती आपल्या पेक्षा किती शक्तिशाली आहे ते बघत बघण्या पेक्षा स्वतः च्या शक्तींचा करणे महत्वाचे आणि म्हणूनच ती एक संधी म्हणून बघून मनाची स्थिती ढळू न देता प्रयत्न करत पुढे चालण्याचे धाडस करूया !!!!!

नीतिशा अमिन,
२०१९-२१



Touching Lives for Generations

We talk about women excelling in various fields in today's generation but women educators have a special role in the field of education. By saying this, I'm not trying to be biased towards women in particular but there is something that binds women and education together.

It is thus said, when a man is educated, a man is educated but when a woman is educated, the society is educated. Indeed, woman educators are the ones who lay the foundation pillars, nurture the students and shape the future of the country.

Female teachers have the potential to completely transform the current situation with their determination and expertise. I can justify this statement by giving an example of the commitment and transformation that the women educators have shown during the Online Classes scenario.

The compassion, the care, the motivation, the empathy, the warmth that women educators can portray sets them apart in the education field and encourages students to be looped in the learning process.

For the change to happen the community must understand the need and importance of having more female teachers. They need to understand the need for equal opportunities for education for both boys and girls. Once this happens the problem will become easily approachable.

Women, on the other hand, must understand their impact and the role they play in education. It is not only about delivering lessons – teachers play a crucial role as mentors and make sure that boys and girls are treated the same way by promoting gender equality.

So let me conclude with a quote given by Mary McLeod Bethune,

' Next to God we are indebted to women:

First for life itself and then for making it worth living.'

Pavita Fernandes
B.Ed, 2020-21



Translation Transcription Transliteration

من تو شدم تو من شدى، من تن شدم تو جان شدى

تا كس نه گوید بعد ازین من دیگرم تو دیگری

**Mun tu shudam tu mun shudi, Mun tun shudam tu jaan shudi
Taakas na goyad baad azeen, Mun deegaram tu deegari**

**I have become you, and you me, I am the body, you soul
So that no one can say hereafter, That you are someone, and me
someone else.**

There are two scripts in the above text. Many will be familiar with the first writing system but not quite sure whether it is Arabic Urdu or Persian. Other writing system is Latin script aka Roman script, and not English script. The Latin script in the first two lines sounds strange and is definitely not English. It shows how the first script is to be read. And finally there are words which are not beyond one's ken. And they are the translation of the first unfamiliar Persian script and the latter familiar but strange sounding Latin script.

At this point, one should ask oneself 'what makes a language?' And considering the above text, there's the same idea expressed in two writing systems (scripts). A person who can read the Latin script/English and understands Persian (but cannot read Persian script) will be able to tell the meaning by reading the Latin script. One can deduce from this instance that the script is not the language. Can words/vocabulary be language? Answer to this question could be in the statement – 'yeh room air-conditioned hai.' This Hindustani orthography in Latin script has English words in it. In the statement 'yeh room air-conditioned hai,' the noun and the adjective are in English, but the statement is Hindustani (Urdu or Hindi). There are languages with loan-words and thus vocabulary cannot be language. Consider the same example, what makes the statement Hindustani? The use of the words 'yeh' & 'hai' gives meaning to the statement. Thus, Language is its syntax and grammar.

continue.....

Translation Transcription Transliteration

Because of globalisation, English will soon become the most widely spoken language. Will everyone start thinking in that language? It is the thought that has the desire to be expressed, communicated via language. We don't think in language, it does help us make our thoughts clear. In fact, the real magic of language is that it helps us share our thoughts with other people and with English presiding over other languages there'll be many ideas which we cannot learn from the generations that have gone before us. Even if the ideas are available with translations, allure of the originality will be missing. Transliteration can aid in maintaining the ingenuity and allure of a language to an audience which can speak two or more languages but can understand only one script.

Limitation of transliteration could be that the person might not be pronouncing the words correctly thus might not understand the meaning of the text. If only the person would have got the pronunciation correct, he/she could have had a clear understanding of the text. Transcription of the text will give a clear understanding of the allophones and phonologically the context of the text will be transparent.

Along with English language dominance, modernity, laziness and digital addiction, future generations are at the risk of using pidgin and have difficulty in sentence processing. To avoid this, videos/movies should have subtitles. Subtitles in videos, made in other languages other than English, should have three things running parallelly – source text, transliteration/transcription and translation. YouTube channels like Coke Studio are already doing this and it can help in creating a composite culture which will provide direction to the way of living.

Ritesh Pathak
B.Ed. 2020-22

Life & Time with Covid

Covid-19 is an unexpected pandemic in everyone's life. It brought so many changes in our day to day lives. The impact of Covid-19 was very challenging for frontline workers like Police Force, firefighters, EMTs (Emergency Medical Teams), nurses and doctors especially healthcare workers who have only one aim, which is to keep others safe. When the 21- day lockdown was announced on 24th March 2020 it was very difficult for people to stay within the borders of their homes.

The educational sector and many private companies develop "Work from Home" concept which is a modern work approach which enables through the internet and mobility where in work from home is having flexible working hours to the employees and the employees also could handle their personal work as well as improve the productivity in work. Work from home is a great tool for helping employee to stay at home and work at the same time.

In the educational sector during lockdown we understood the importance of digital literacy as we have to maintain social distancing another same time we had to make a students feel that they are not left out and they can access online education through online platform like Google meet, Zoom and Google classrooms. So a teacher was not physically present but virtually. students and teachers had face to face interaction by video conferencing.

But at the same time there were issues faced while working from home during lock down like mental health, managing team members, staying safe online, loneliness etc during the lockdown there were positive and negative impacts on the environment. Positive impacts like air pollution decreased as people were staying at home and vehicles were inside the garage. There has been a sharp decline even in the environment and noise. The movement of people from one place to another slow down and the use of public and private transport also decreased. As lockdown was imposed, malls, shops, restaurants and food outlets also were closed so people started shopping online and food delivery was quite high.

The negative impact on the environment was that many people did not have access to safe drinking water or sanitation and people were asked to wash their hands frequently so that we could fight the virus. Environmental problems like water pollution, soil erosion and deforestation. Organic and inorganic waste has been very high in households. Medical and clinical waste like gloves, masks and PPE Kits had increased and health workers were asked to use it only once and because of that it created an adverse impact on the environment.

The tourism sector was the worst hit during the pandemic. As the travel ban and current times was imposed the entire tourism sector has come to a standstill . States like Kerala, Rajasthan, Himachal Pradesh, Goa , Sikkim and other North Eastern states totally depend on the tourism sector as a source of revenue. It brought a huge loss to restaurants, hotels, travel agent , tour operators, land, sea and air had been hit severely. Many people have lost their jobs.

Life & Time with Covid

The migrant workers have faced severe hardships during the pandemic. As lockdown was imposed and many factories and workplaces were shut so it was to risky for migrant workers to migrate to their own home. They had to deal with issues like shortage of food, loss of home, health care, no transportation facilities and concern about their families. Many migrant workers passed away during road accidents. They faced fear and anxiety thinking about the future.

On 12th May 2020 Prime Minister of India had announced about the economic self-reliant that is "Atma Nirbhar Bharat." Self-reliant India mission where foreign direct investment and technology both were welcomed and it does not mean to isolate from the world. It is a chance for India to make or invent its own goods and services and to become "VOCAL FOR LOCAL". An economic package was announced which was 20 lakh crore budget which was 10% from India's GDP.

Those were Collateral free loans which were introduced so that the business activity could be resumed. There were huge loss in all sectors like agriculture, energy, manufacturing, tourism, MSME, Aviation sector, automobile sector, real estate sector etc.

In the fitness sector many coaches were using online platforms like Google meet, Zoom to perform their fitness training session during the pandemic. It was more convenient for people who could do some exercise at home as they could not go to gym or outside for a walk. It was very important to build immunity and stay healthy during the pandemic.

Covid vaccine was launched on 16th January 2021. The first group consist of healthcare and Frontline workers. The second group are the senior citizens. So these were some issues which were faced during the pandemic and we are still living with covid and we have to maintain social distancing, wearing of masks and washing hands frequently. So to conclude life must go on.

Anisha Raghvaran
B.Ed. 2020-22



(1st Prize winner in Inter collegiate Competition)

Kashmir : A Heaven



A poem by Khushbu Modi , 2019-21

In a snow clad misty mountains,
Wearing a cozy warm jacket with comfy boots,
Here I pack my suitcase and go off
to...Kashmir.
With my loved one or simply alone.
Some say Kashmir is another word for
“terror”
But..for me it’s more than “heaven” ever.
Seeing the flower valley and rose gardens,
Seeping “Kahva” and exploring the beauty of
Kashmir valleys.
Beautiful Himalayas, cool snow in one hand,



Climbing the valleys with the hand of special someone.

Ah! That early morning “Shikara” ride, with roses and tulips around.

With the majestic Himalayas shining golden with the Sun’s radiance on one side,

I feel I am blushing as roses pink with my hair reflecting the golden light.

Experiencing snowy drizzles, in the slippery paths.

Feeling to dance like Kareena on “Rohtang pass”!

Though it may sound filmy,

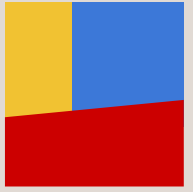
But for me, Kashmir is beyond heaven,

A dreamland full of beauty!

Finally, I dare to dream of this dreamy dreamland,

So I pack my bags and fly to the land of sparkling snow!





A poem by Surve Sanubar Zulfiqar, 2020-21

करेंसी पे बापू की फोटो, लाल किल्ले पे तिरंगा,

सदको पे भारत माता की जय और स्कूल में विंध्य हिमाचल यमुना गंगा...

क्या इतनी आजादी काफ़ी है ??

क्या सिर्फ़ इतनी सी आजादी के लिए वो जना योद्धारी कंपनी बाग में अकेला ब्रिटिश फौज से लड़ गया था?

और 23 साल का सरदार रंग दे बसंती गा कर फासी चढ़ गया था?

क्या सिर्फ़ डेढ़ गज कपडे के लिए नेताजी ने हिटलर को आंख दिखाई थी?

और क्या सिर्फ़ नोट पर अपनी तस्वीर छापने के लिए बापू ने सीने पे गोली खाई थी?

बहुत आंसु बहा लिए वीर गाथाओ पर; बहुत मेले लगा लिए उनकी चीताओ पर...

अब जरा आगे बढ़ना होगा, We the people वाला पन्ना दुबारा पढ़ना होगा; और समझना होगा की जहां आजादी का

मतलब सिर्फ़ Freedom लिखा है वो सारे शब्द-कोश व्यर्थ है।

क्योंकि इस देश में आजादी के एक या दो नहीं; १३५ करोड़ अर्थ है।

आजादी वो है जहां सपनों के दरख्त न फलने से डरे और ना टूटी हुई चप्पलें डिज़ाइनर जूतों के साथ चलने से...

आजादी वो है जहां झुके हुए सिरो का मुकद्दर बादल जाए और खोलियों के दिल से हवेलियों का डर निकल जाए...

आजादी वो है जब हौसले की चिड़ियाँ बँधाओ का पिंजारा तोड़ दे और क ख ग, A B C से डरना छोड़ दे...

आजादी वो है जब अमन के गीत गाते हुए गली से लहूँ न आए और अमरुदों के मौसम में बारुदों की बूँ न आए...

कब तक इतिहास पे जमी धुल माथे पे लगाते रहेंगे हम ??

अमर जवान ज्योति को जलाएं रखना है तो उसकी जाड़ों में नया इंधन भरना होगा;

१९४७ का सब्स्क्रिप्शन 2021 में रिन्यू करना होगा।

बेखौफ़ जीना हमारा हक है और ये हक बुनियादी भी है।

तों घबराओं मत; आगे बढ़ो...

आगे मोड़ पे, बस थोड़ा सा आगे.... आजादी है।



Gratitude To Teachers



A poem by Dablu Ram, 2020-21

TEACHERS DAY

जनम दिया माता ने, भविष्य आपने बनाया ।

उंगली पापा की छूटी, आपने कलम पकडाना सीखाया।

लेकर हाथो में अपने,

हमारे भविष्य की कमान

ज्ञान का भांडार देकर,

बनाया हमे महान ।

शिक्षक दिवस के पावन अवसर पर

सभी गुरुओंको शत-शत प्रणाम !!!!



भारतीय संविधान



A poem by Shaikh Sabiya Naz, 2020-21



संविधान

जिसने बनाया यह संविधान

होगा वह सबसे महान |

जिसने मिटाया भेदभाव

समझा सबको एक समान

इसमे न कोई हिंदू है

और न कोई मुसलमान

Ham सब हैं भाई भाई

जिसमे प्यार बट है समान |

हम ना पूछे जात पात

ना पूछे खान दान

हमने दिये हैं मौके एक समान

हमे है खुदपर स्वाभिमान

हमने जोड़े लाखो ज्ञान |

अलग अलग देशो से अपनाया

अपना प्यारा सविधान |

जहा प्यार है जहा भाईचारा

ना कोई छोटा न कोई बड़ा

जहा लोगों ने प्यार के खातिर

खुदके त्यागे हैं प्राण

हमको मिले है स्नेह एक समान |

जहा का गाँधी भी है हीरो

और हीरो भी है कलाम

अंबेडकर ने इसकी पूजा की

और बढ़ाया इसका मान |

जिसने बनाया यह संविधान

होगा वह सबसे महान |





Self love



A poem by Kanchi Hindocha, 2019-20

Hey you, I find you a little confused, a little messed!
You seem to be a bit lost, a bit stressed!
What is it that you are bothered about?
What is it that you are struggling with?
Did your interview not go well?
Did you not clear your final sem?
Did you lose someone close?
Did your friends turn into foes?
The girl-next-door might have friend-zoned you,
Your parents might have given up on you.
Is this sufficient to break you?
Is it so easy to destroy you?
Hey you, you have fought so many battles,
All the problems and challenges, you have gracefully tackled!
You've always been courageous, optimistic and resilient;
Don't let a few incidents make you inefficient.
Hey you, I find you so gloomy, you cannot just keep mum!
You cannot succumb to despair, and you are not supposed to give up!
There you are, drowned in self-doubt, criticising yourself;



Come, look into the mirror and identify your confident self!

Hey you, listen to the voices, of your mind, heart and soul!

Desperate for you to bring them out of all the chaos.

The world has always been cruel, atleast you owe them peace.

Stop blaming them and give them some time to heal.

Hey you, why don't you trust yourself, why are you being so hard on yourself?

Don't let your own expectations overburden you,

All your dreams will be fulfilled,

Be patient, introspect and head towards your goal.

Hey you, life is not a race which you need to win,

It is a journey, which demands to be enjoyed.

Shred away the negativity, and the road ahead will be clear;

Understand your worth, and live your life without any fear.



नारी



A poem by Shaikh Sabiya Naz, 2019-2020



आज की नारी को ना समझो बिचारी
उसने किए है लाखो काम
आज पड़ी है सब पर भारी
उसने बढ़ाया कुल का मान
उसने त्यागे लाखो खुशियां
और लुटाया सब पर जान |
उसने अपना अस्तित्व खोकर भी
बनाई है अपनी पहचान
कभी वो सहेली का रूप बनी
कभी वो कोमल सी शैतान |
बेटी बनकर प्यार लुटाया
और रौशन किया सबका नाम |

कभी चांद पर जाती है
कभी मिस वर्ल्ड बन जाती है
कभी वो क्लास में अक्वल आती है
कभी वो सबको भाती है
कभी वो अपने दर्द छुपाती है
आज की नारी को देखो
ये तो सब कर जाती है |



Happiness for you and me



A poem by -Cressieda Murzello, 2019-20



It is not to steal from another man,
But to try as hard as you can.

Take a peep within yourself,
Life you should honestly review.
Coz Happiness is a thing,
That lives in you.

Said a toddler to me,
Happiness is Peppa Pig,
Giving me all sorts of puddles,
And at bedtime I get goodnight cuddles.

Said a child to me,
Happiness is running,
And at times it's still,
While at the park I roll down the hill.

Said a youth to me,
Happiness is yellow,
On certain days it's also blue,
But glad to share my joy with you.

Said a gentleman to me,
Happiness is quiet,
Often creating magical sound,
For with music you and I can dance
around.

What peace of mind Happiness can
show,
Making you and others glow,
Let us nurture it, make it last,
Forget the troubles of the past.

This is Happiness for you and me.

Our Proud Alumni



I have been fortunate to be a part of SNMS right from my graduation days as I completed my graduation from the same institution and eventually when I decided to take up teaching. I enrolled myself in Sree Narayana Guru College of Education (B.Ed). The training I received made me a good administrator and a good counsellor, Now I am equipped to hear the problems of children and also parents in dealing with the children and finally to lead them to a solution. All that I learnt from the institution will help me to give back to the society. Sree Narayana Guru College of Education, B.Ed taught me “a teacher never retires”.....**Mrs. Hilda Andrews**

B.Ed gave me hands on experience on dealing with children and understanding pedagogy. Teachers were very encouraging who not only inspired me but also helped me sail through the course smoothly, as handling my corporate life and the studies then wasn't easy. Today after 8 years I can proudly say that I owe this fulfilling journey to my days in Sree Narayana Guru College of Education..... **Keyur Shah**



My B.Ed experience at SNGC had really been a wonderful one. I will forever be indebted to Anna maam, a mentor who moulded me to be a better version of myself. Words fall short to express my gratitude to Anna mam and all the faculty for instilling the right values. Gratitude to our Jitendra Bhaiya too for always being really helpful.

Reshma Kumar



Sree Narayana Guru College of Education has shaped lot of lives. Mine is an exuberant experience. Never thought of continuing education in my late 30s. The support and encouragement I received from the Principal Dr Anna Fernandes and the Teacher Educators were enormously encouraging not only in terms imparting knowledge and experience but also in supporting us both emotionally and mentally to cope up with the course expectations. The Principal's motivating words, You can do; inspired me to continue my education and now am a Certified Happiness Coach and a Teacher Educator myself in the institute spreading the ethos of Sree Narayana Guruji.

Ms. Pushpalatha Raja

I have done my B.Ed. in 2010 , It was a great experience which gave my career an impetus. I really am thankful to dear Anna maam who has always been my support and guide. It was my pleasure to be a part of SNGCE. It helped me to excel in my profession and I am enjoying teaching and guiding many students because of this valuable experience.....**Mr. Mubin**



Before joining the B.Ed course, I had a brief discussion with the Principal of the college, Dr Anna.Fernandes madam to ascertain about the requirements of the course. But during the course, it was not just the academics that we learnt, but also how to face the practical realities of life, how to face the classroom and how to control the class and more importantly how NEVER to give up in life. My association with the B.Ed college did not end with the course, I finished my Ph.D and LLB but Anna madam remains my guiding force even now. Got married and my wife did her B.Ed from the same college. Sree Narayana Guru College of Education B.Ed and Principal Dr Anna Fernandes madam ensures that every student achieves their goals and does well in life.....**Mr. Rajesh Nair**



I am proud alumni of Sree Narayana Guru College of Education (B.Ed), I honed my life Skills, Soft Skills and people skills which helped me being confident and self reliable individual of the society. The environment created by the staff, students and management of my college was commendable. Now I am very proud to be a part of this institution as a visiting Faculty. I am fortunate to receive this opportunity. I am also working with a dental institution, organising various events and training programs. All this multitasking management skills I have learnt from Sree Narayana Guru College of Education.

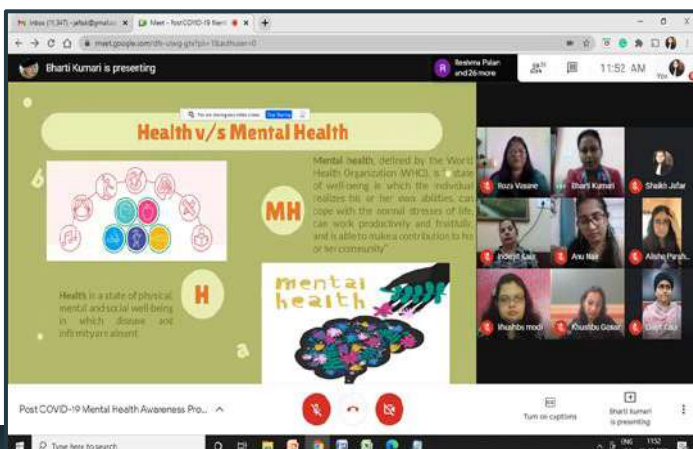
Dr. Dhanalaxmi Pillai

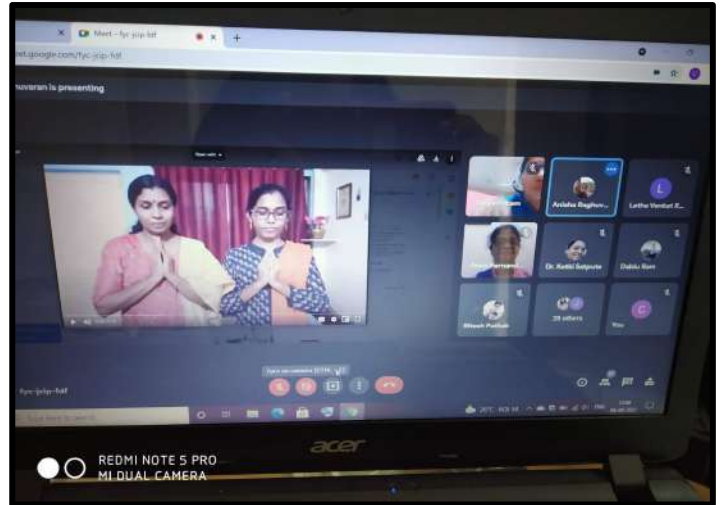
As I look back at my B. Ed journey, I recall a treasure of incidents where each experience was enriching and fulfilling. Besides subject knowledge, teachers need to build skills such as reflection, organization, motivating students, creativity, and confidence.

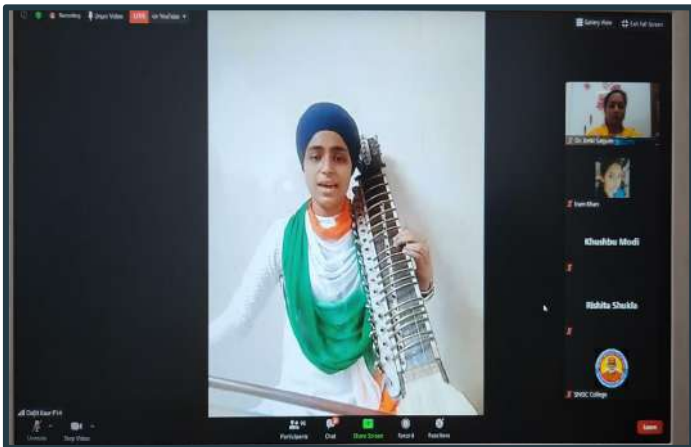
Through the training provided at Sree Narayana Guru College of Education (B.Ed), I discovered my ability to transform the chrysalis into a beautiful butterfly soaring high in the world of education.....**Menaka Sharma**



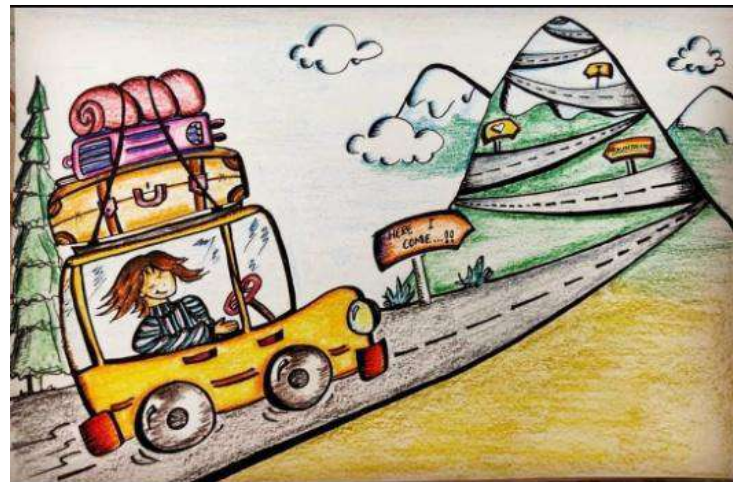
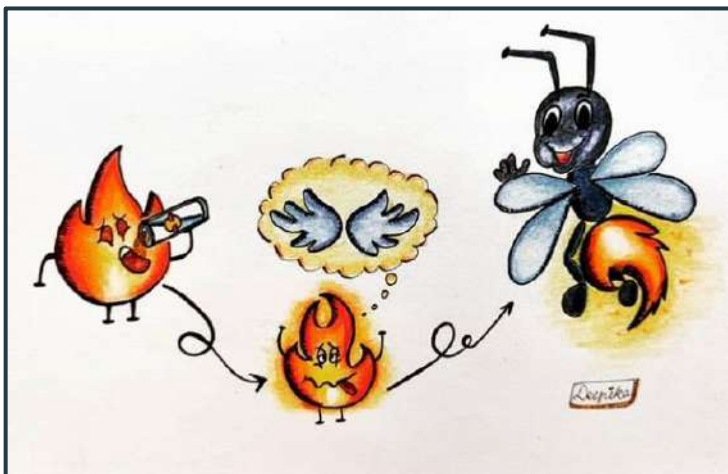
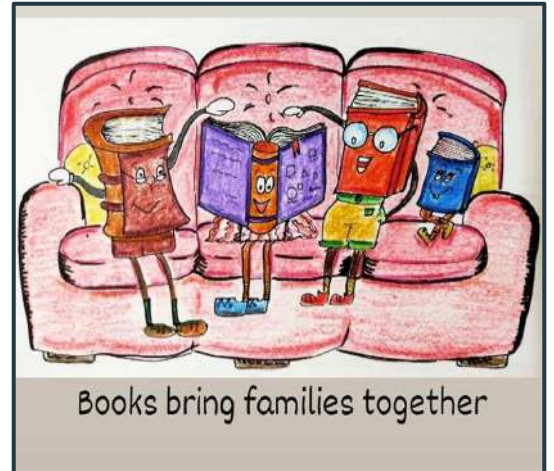
Glimpses of the activities



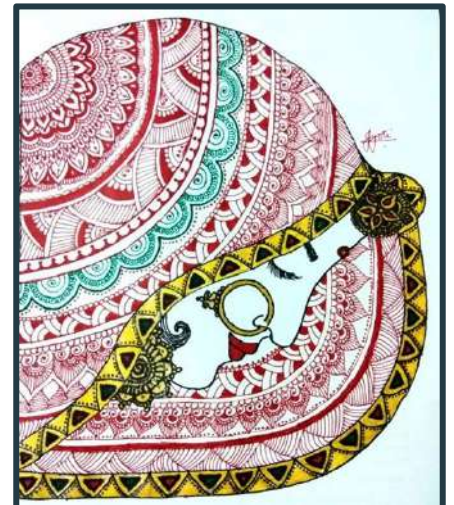
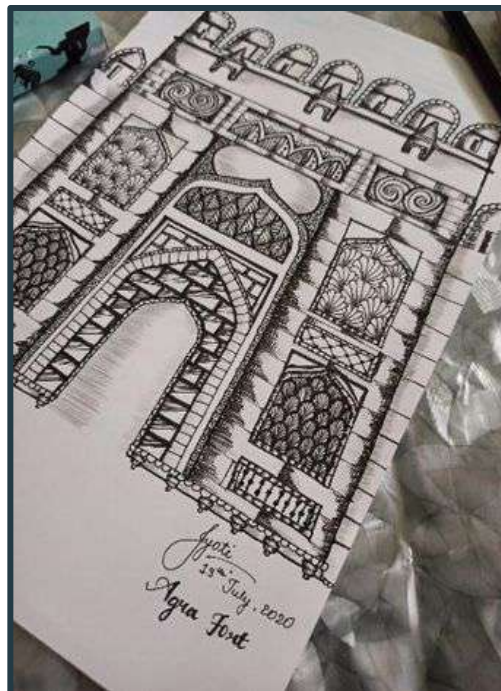
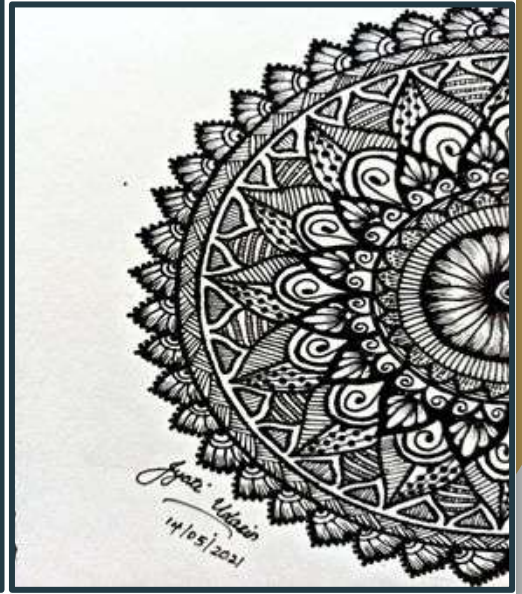
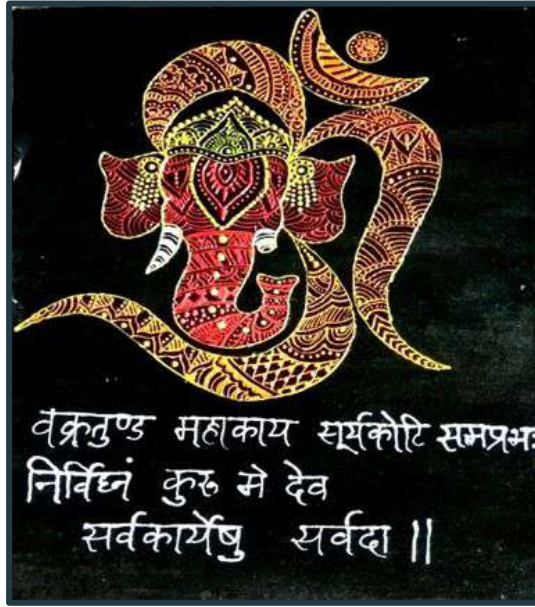




Doodles by Deepika Arora



Mandala art by Jyoti Udasin



ADIEU !



Death can knock at our door at any time.....

This was an expression that we had heard many times but unfortunately it became a reality when we heard of the sad demise of our 2019-2021 batch student Ms. Ansari Saba. Each one of us in College including her peers were shocked to receive this unbelievable news.

The Almighty had something better in store for her. A serene, sincere and genuine person and an Excellent teacher of Mathematics, who will always be missed by her family, friends, the Institution where she taught and the College where she was trained. This was all of a sudden with no past ailments or health issues.

We wish her parents a heartfelt condolence for this irreparable loss. She has created a void in the hearts of many.

WE WILL ALWAYS MISS HER.

GRATITUDE

The Principal and her Faculty is grateful to our students Jafar Shaikh (2019-20), Anisha Raghuvaran & Rudali Rane (2020-22) for their relentless and sincere cooperation in collating pictures and articles for this issue of the Magazine which indeed was a mammoth task.

Helpline

Phone No : 022 25263140

Email : sngcebed@gmail.com

Website: www.sngcbed.org

**Contact Address: P.L.Lokhande Marg,
Chembur (West), Mumbai 400078.**

**MAGAZINE DESIGN: Dr. KETKI SATPUTE (Faculty)
REJINA KALATHIL (Batch 2021-2023)**