



TERASOPHIE

29TH APRIL 2023

A WISDOM FROM YOUNG TERESIAN



No Good
Ever Done
By Force.
"Love And
Do What
You Will".





Our Vision

*Stimulating, Transforming Journey
to Competence & Excellence.*



Our Mission

*Innovative Education inducing
Illumination, Empowerment &
Actualization of Excellence.*

SOURCE OF OUR INSPIRATION



**SUPERIOR GENERAL
SR. MARY FRANCES CCR**



**PROVINCIAL SUPERIOR
SR. MARY LILIAN**

From Manager's Desk

"We consider education to be one of the most effective ways of making our world and history more human. Education is above all a matter of love and responsibility handed down from one generation to another." Pope Francis

As educators we are called to be value-driven, guided by principles, passion and a purpose bigger than ourselves. Our noble profession goes far beyond teaching knowledge and imparting skills. It transcends subjects and academic disciplines. **"The purpose of education is to make good human beings with skill and expertise,"** says A.P.J Abdul Kalam.



One of the great Scottish educationalists of the 20th century, John Mac Murray, deliberated over the need to educate the emotions, place relationships and care at the heart of teaching and learning, eradicate fear and the pressures of high-stakes testing, replace aristocratic traditions of schooling with the development of a truly democratic culture, and locate all we do as educators within the wider, deeper context of how we learn to live good lives together in Godliness.

The Bicentennial birth anniversary of Venerable Mother Mary Veronica, our Foundress is a blessed opportunity to deepen our understanding of her Charism, rediscover the relevance of her commitment in the field of formal education of the youth and be inspired by her keen prophetic sense and great desire to respond to dehumanizing contexts of modern living. Our vision for mission encompasses all areas of social concern: spiritual, moral, cultural degradation and economic poverty, especially among the marginalized. St. Teresa of Avila, Our Patroness is our Model and Mentor in this journey. Her single-minded openness to God and her heroic attentiveness to the needs of others is the light for our path.

In the words of Marian Wright Edelman, "Education is for improving the lives of others and for leaving your community and world better than you found it." It plays a crucial role in shaping lives. Professional educators are need analysts – competent to diagnose and prescribe options for educational success and significance. The present curriculum needs re-framing and overhauling. Face challenges with courage and dedication. Innovate to change, Accept, Adopt, Adapt and Achieve. Dear Student teachers, devote yourselves to the profession you have chosen and make your future bright.

**Sr. Wilma Mendes
Manager**

From the Principal's Desk



It gives me immense pleasure to share with you the First Edition of the E- Magazine of St. Teresa's Jr. College of Education. Although the E-magazine is an effort to provide a learning experience to the Second Year D. El. Ed. students as their Project Work, it has enhanced their intellectual capacity. Under the able guidance of the faculty the student-teachers have done a commendable job.

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character that is the goal of true education." –
Martin Luther King, Jr.

As an administrator of St. Teresa's Jr. College of Education I see the holistic development of our student-teachers. The academic years 2021 to 2023 were notable for academic prowess, innumerable achievements, well-organised college events and activities for the batch. The beginning of the academic year was hit by the gales of the pandemic. This did not hinder their academic progress. The college pivoted to seamless digital teaching and learning and I personally feel that this E-magazine is the outcome of that E-experience.

Our behaviour, our perception is what we have learned, either through instructions or through observation. Education is a ladder that can carry us to what we dream. Education is not merely for earning and surviving in the world rather it enables one to participate in building a world. Knowledge is power.

Venerable Mother Mary Veronica had foresight of this powerful knowledge. She had a vision to educate the Indian girls so as to make their future living meaningful and fruitful. We the spiritual daughters of our Foundress Mother Veronica share in her vision of providing the 'power of knowledge' through our mission of education especially to the girls. On her Bicentennial birth anniversary it is apt to make her known. Therefore, it is a small effort on our part to present her great life sketch in this E-magazine. I dedicate '*Terasophie*' to our Foundress Mother Mary Veronica of the Passion, the Foundress of the Congregation of the Carmelite Religious. She urges us, "We ought to be true religious and not pious teachers."

The power of education helps one to gain knowledge, and so be able to go that extra mile. The power of education helps to remove ignorance that blocks from our mind, doubts and fears which would lead us in back ward. It helps to make us happy and successful and makes us better human beings. The light of education plays an important role in an individual's life making it beautiful and also sheds light on the society we live in.

Sr. Saroja Pereira
Principal

Teresian Family



L-R : Prof. Harsha, Mrs. Nirmala, Prof. Lalita Pereira, Principal Sr. Saroja Pereira, Prof. Kanchan Naidu, Prof. Arpana Cerejo, Prof. Cinera D'mello, Sir Sunil Dabre

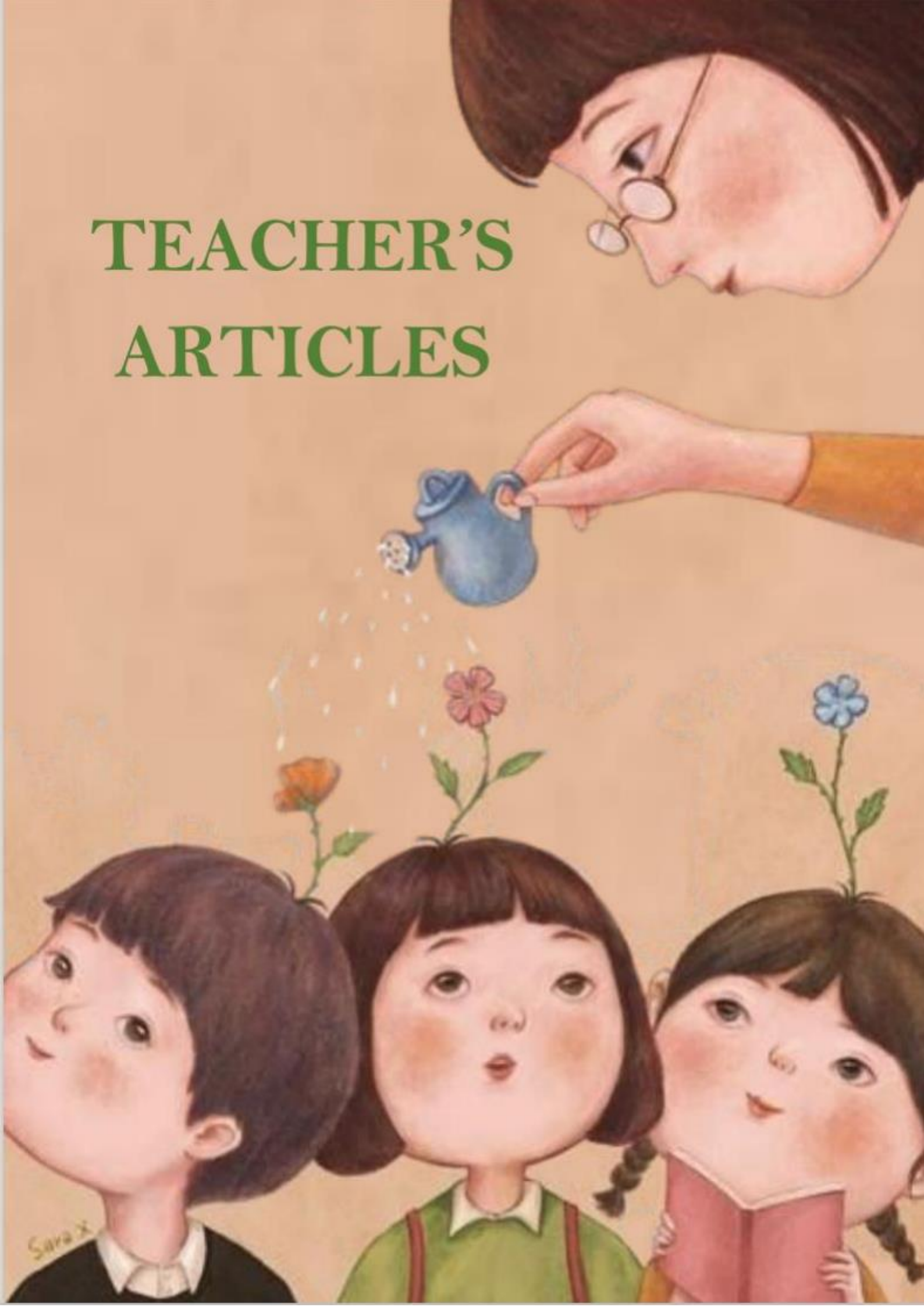


**Batch 2021 – 2023
Second Year Students**



**Batch 2022 – 2024
First Year Students**

TEACHER'S ARTICLES



ARTIFICIAL INTELLIGENCE AND EDUCATION

Artificial intelligence, commonly known as AI, has become one of the most advantageous tools in the education system. With the ongoing pandemic situation, the use of technology and AI has become a necessity for most professionals to survive. It is no longer just an option but has become an integral part of our daily lives. As Bill Gates once said, "The advance of technology is based on making it fit in so that you don't really even notice it, so it's part of everyday life." This statement holds true for AI as well.

Thanks to AI, we now have access to a vast pool of information and resources that students can use to enhance their learning experience. Virtual reality, one of the significant achievements of AI, has revolutionized the education system. With VR, students can experience things that they would have never got to explore in their life otherwise. It has made learning more immersive and engaging, providing an interactive learning environment for students.

The role of AI is not just limited to students; teachers can also use it to make their teaching more effective. With the help of AI-powered tools, teachers can create experiential learning opportunities in their classrooms. The use of robots with AI is also gaining popularity in the education system. They are being used to



Prof. Kanchan Naidu

However, as Christian Lous Lange, a historian, once said, "Technology is a useful servant but a dangerous master." AI has its drawbacks as well. While it has many benefits, the right way to use it effectively is still not understood by most teachers and students. It is essential to use technology wisely, without overpowering human intelligence. We must remember that we are the creators of this technology, and it has not created us. We must not forget our own level of intelligence while using AI.

In conclusion, as Lyndon B. Johnson, the former President of the United States of America, rightly said, "If future generations are to remember us more with gratitude than sorrow, we must achieve more than just the miracles of technology." While AI has revolutionized the education system, we must also leave future generations with a glimpse of the world as it was created and ensure that we do not let technology control our lives.





IF YOU LEARN FROM DEFEAT, YOU HAVEN'T REALLY LOST



Prof. Cínera D'mello

Learning is never done without errors and defeat. Every individual faces challenges in life. Sometimes it may be failure or defeat, we must accept. Handling the situation and how we react truly matters at the end.

However, the bird cannot walk into the world without breaking the eggs.

There is an extremely thin line that stands between failure and success, remain graceful in your actions during the defeat. You are responsible to turn negative implications associated with defeat into a cloud of positivity.

In the world of competition, we should accept the fact of life, success comes with defeat. It is no longer a failure until you learn from the mistakes.

As we know about Thomas Edison, he tried with two thousand different elements to light the bulb.

Finally, he recited to the team, "Children do not think all our works are in vain. Successfully we can understand all these thousand elements will not help in lighting the bulb". In this case, we highly appreciate Mr. Thomas his perception and acceptance of the mistakes that he did. Finally, after all the failures, he was able to taste success.

After facing too many failures or defeat, we don't achieve our goal alone, we also taste the essence of success and become a teacher on bringing the product out. In this way, it is never wrong in losing or meeting failure. Always have the perception towards learning something new. Failures help in bringing out the strength in you.

There is a famous Japanese proverb state – "We learn little from victory, much from defeat"- every piece of failure you face will change you entirely into a different person, not only in business but also in life.

Always learn from the defeat, do repeatedly more carefully, and more systematically to achieve success. Put a line as a goal and make them your priority and grab them with hard work.



*Be Good Of Courage, The Darkness Of The Night
Will Pass And Then Joy Comes In The Morning*



VEN. MOTHER MARY VERONICA'S BIRTH
BICENTENNIAL (1823-2023)

ARTICLES



मदर वेरोनिकाचे जीवन



Prof. Lalita Pereira

वेरोनिकाचा जन्म 1823 मध्ये कॉन्स्टंटिनोपल येथे सोफी लीव्हज म्हणून, तेथील ऑलिकन धर्मगुरू हेन्री डॅनियल लीव्हज आणि ब्रिटीश सैन्यातील कर्नलची मुलगी सोफिया मेरी हॉल्टेन यांच्याकडे झाला.

जेव्हा सोफी किशोरवयात होती तेव्हा तिच्यात बदल झाला. तिने प्रार्थनेत बरेच तास घालवले. "ईस्टर मंगळवारी एक गडद रात्र संपली" तेव्हा तिने लिहिले. "मी शेवटच्या मेणबत्त्या विझवल्या. घर स्थिर होते. अचानक एका स्पष्ट पण मऊ आवाजाने शांतता भंग पावली आणि मला हे शब्द स्पष्टपणे ऐकू आले "तुम्हांस शांती असो, माझी शांती मी तुम्हाला देतो". मग जशी रात्री शांतता असते, तशीच शांतता माझ्या हृदयात निर्माण झाली."

रोमन कॅथोलिक चर्च, विशेषतः कन्फेशन आणि होली कम्युनियनच्या संस्कारांकडे सोफी आकर्षित झाली म्हणून तिने नौदल अधिकाऱ्याबरोबर असलेलं आपलं नातं तोडलं त्यामुळे लिव्ह आणि इतर सर्वजण नाराज झाले.

2 फेब्रुवारी 1850 रोजी माल्टा येथे सोफीचे कॅथोलिक चर्चमध्ये स्वागत करण्यात आले. त्यानंतर, ती फ्रान्सला गेली जिथे तिने सिस्टर ऑफ सेंट जोसेफ ऑफ द अपेरिशनमध्ये प्रवेश केला, ज्याची स्थापना 1836 मध्ये एमिली डी व्हायलर यांनी सुरू केली होती. नवशिक्या पूर्ण केल्यानंतर, तिला 14 सप्टेंबर 1851 रोजी संस्थेचे सदस्य म्हणून घोषित करण्यात आले आणि तिला सिस्टर मेरी वेरोनिका हे नाव मिळाले.

1862 मध्ये सिस्टर वेरोनिकाला भारतातील संस्थेच्या फाउंडेशनमध्ये शिकवण्यासाठी नेमण्यात आले, तेथे बिशप मेरी अँटोनी यांच्या विनंतीवरून पाठवले गेले, ज्यांनी तरुणांचे शिक्षण धार्मिकतेकडे सोपवण्यासाठी फ्रान्सला मदतीची विनंती केली होती. एक प्राथमिक पाऊल म्हणून त्यांनी 1860 मध्ये कालिकत (आताचे कोझिकोड) येथे एका कॉन्व्हेंटसाठी घर विकत घेतले आणि लोकांच्या विनंतीनुसार 1 एप्रिल 1862 रोजी तेथे शाळा सुरू केली. त्याला सेंट जोसेफ स्कूल म्हणतात. सिस्टर वेरोनिका आणि सिस्टर मेरी जोसेफ, यांनी खडतर प्रवास केल्यानंतर, 27 एप्रिल 1862 रोजी तेथे पोहोचल्या आणि त्यांनी शाळेची जबाबदारी स्वीकारली. तिने कॉन्व्हेंटच्या पहिल्या वरिष्ठ म्हणून काम केले आणि मंगळूर आणि कोझिकोड या दोन्ही ठिकाणी दोन वर्षे अध्यापन केले. तिथेच सिस्टर वेरोनिका धर्मगुरू मेरी एफ्रम यांना भेटले.

धर्मगुरू मेरी एफ्रम ह्यांनी पश्चिम भारतीय चर्चसाठी सेवा देणाऱ्या इतर डिस्केल्ड कार्मेलीट फादरसह, मुलींना शिकवण्याच्या एका गटाची दीर्घकाळ कल्पना केली होती. तिथेच सिस्टर वेरोनिकाची

भारतातील महिला आणि मुलींना शिक्षण देण्यासाठी सिस्टरांना शिकवण्याच्या गटाची कल्पना केली होती. या प्रयत्नाचे नेतृत्व करण्यासाठी सिस्टर वेरोनिका ही एक उत्कृष्ट उमेदवार आहे असे धर्मगुरू मेरी एफ्रम यांना वाटले, ह्याच वेळी अंतः मनातील आवाज ऐकून कार्मेलीट संस्थेमध्ये सामील होण्यासाठी सिस्टर वेरोनिकाच्या मनात विचार आला.

खूप चिंतन आणि मनस्ताप केल्यावर, सिस्टर वेरोनिकाने असे फाउंडेशन सुरू करण्याची जबाबदारी स्वीकारली. ती सेंट जोसेफच्या सिस्टरसमधून बाहेर पडली आणि फ्रान्सला परतली, जिथे तिने नवशिक्या म्हणून पाँच्या डिस्केल्ड कार्मेलमध्ये प्रवेश केला. तिच्या व्यवसायानंतर, मदर वेरोनिकाने युरोपियन महिलांचा एक छोटासा गट तयार करण्यास सुरुवात केली जी बायोनमधील एका घरात राहून भारतात फाउंडेशन सुरू करण्यासाठी सामील झाल्या होत्या.

16 जुलै 1868 रोजी अवर लेडी ऑफ माउंटच्या कार्मेल मेजवानीला "अपोस्टोलिक कार्मेल" म्हणून ओळखल्या जाणाऱ्या कार्मेलीट थर्ड ऑर्डर रेग्युलरच्या सिस्टरांची अधिकृतपणे संस्था स्थापन केली.

तीन भगिणींचा एक छोटा गट, मेरी ऑफ द एंजल्सच्या नेतृत्वाखाली भारताला रवाना झाला, ज्यांनी नवीन संस्थेच्या पहिल्या सुपीरियर जनरल आणि नवशिक्यांची शिक्षिका म्हणून काम केले. त्या 19 नोव्हेंबर 1870 रोजी भारतात आल्या, त्याच वेळी फादर इफ्रेमची स्थानिक बिशप म्हणून नियुक्ती झाली. त्यांच्या आगमनानंतर लवकरच, सिस्टरांनी मुलींसाठी सेंट अँन शाळा उघडली.

1873 मध्ये, मदर वेरोनिका तिच्या स्वतःच्या मठात परतली, कार्मेल ऑफ पॉ, जिथे तिचे वयाच्या 83 व्या वर्षी 16 नोव्हेंबर 1906 रोजी निधन झाले.

5 सप्टेंबर 1892 रोजी, मदर वेरोनिका यांनी स्थापित केलेली संस्था औपचारिकपणे Discalced Carmelite ऑर्डरशी संलग्न झाली. त्याची वाढ झाली आहे आणि आता भारत, श्रीलंका, कुवेत, पाकिस्तान, केनिया, रोम आणि बहरीनच्या विविध भागांमध्ये शाखा आहेत. या शाखा सहा प्रांतांतर्गत शासित आहेत आणि केंद्रशासित आहेत.

16 नोव्हेंबर रोजी मदर वेरोनिका यांच्या सणाच्या निमित्ताने सेंट तेरेजा कॉलेजमधील सर्व विद्यार्थी व शिक्षक प्रार्थनेमध्ये सहभागी झाले होते. सर्व प्रथम मदर वेरोनिका बद्दलची प्रस्तावना देण्यात आली त्यानंतर सर्वजण प्रार्थनेमध्ये सहभागी झाले. त्याचबरोबर मदर वेरोनिका यांची व्हिडीओद्वारे जीवन कहानी दाखविण्यात आली होती जेणेकरून सर्वजण त्यांचे चरित्र आत्मसात करतील.



GEMS FROM VENERABLE MOTHER VERONICA



Be constant in prayer: A day without prayer is a day without blessing, and a life without prayer is a life without power. So prayer should be an inseparable part of our life. We should pray not only to ask but also to thank.

As for me, He places me on the cross Always-It is my place until the end of my poor life: Jesus on the cross died for our sins, we cannot repay him but through our good deeds we can make him happy.

It is good to suffer for Jesus and with him: Count it as a singular grace, an extraordinary honour, to be able to suffer and to be despised for Jesus: Jesus has blest us with innumerable grace we need to feel grateful that we are the chosen ones to impart knowledge and spread joy. We need to take up the challenges that come our way.

Be of good courage, the darkness of the night will pass and then joy comes in the morning: There's always a light at the end of the tunnel. We are all faced with ups and downs all we have to do is have patience and let the storm pass and you will come out strong.

Be faithful to the grace which our Lord gives you. There is a pardon for every sin: To err is human to forgive is divine. We don't become small when we accept our mistakes and forgive others. Because if God can forgive, so can we.

We see the faults of the others so well-God forbid that I do worse: Always remember when you point fingers at others there are three fingers pointing you back. Instead of finding faults let us raise others up by helping them to improve.

Prayer was my delight: Prayer should bring out in us a sense of satisfaction and relief. Let us use prayer as a weapon to heal us and to bring about a change in the world that we live in.

Truth cannot be sacrificed for charity. How good it is to confide in Jesus: We need to build relationship with Jesus. 'everything can be sacrificed for the sake of truth, but truth cannot be sacrificed for anything'. Truth makes man discern what is just and proper amidst all evils and superstitions. It makes us very strong both spiritually and intellectually and puts him above all superstitions.



Prof. Arpana Cerejo

God has impressed on my soul love of truth from my childhood. We should be true religious and not pious teachers: Truth will always set you free. We need to be true to ourselves in thoughts and in our action.

It is good for me that thou have humbled me: Jesus is the ultimate example of humility. He left all glory to come to earth, born in a stable. How often we take pride in showing off for no reason. Let's humble ourselves and simplify our life. Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others.

I did not desire anything else but the will of God: In life we desire for so many things and we often get upset or frustrated as things don't happen the way we wanted it to be. We should never be discouraged. We must always trust in God's timing. Because God gives us not what we want but what we need.

All my ambition and my prayer were to be the last and the least in Carmel: Entrust yourself to God completely. He will bring you out of all your worries. When in times of trouble the least you can do is to pray. Prayers can work wonders.

The only ambition of a Carmelite should be to surpass the others in humility: To be a leader means to have humility, to have respect and to serve the people that we are leading. And that type of character, that type of integrity not only brings real fulfilment to our hearts, but also has a great effect on the lives of all the people around us.

Make yourselves small, and remain very small, for there is always place for little ones.



LIFE OF MOTHER VERONICA

Venerable Mother Veronica was born at Constantinople, on 1st October, 1823. Her father was Henry Daniel Leeves and mother was Marina Haultain. She had four siblings. The eldest in the family was her brother Henry; she was the second child, followed by three sisters Mary Ann, Emilie and Catherine. Sophie was brought up in a deeply pious family that appreciated and nurtured values like truth, forgiveness, love and compassion. She learnt to deal both with the rich and the poor with equal grace. Her mother was keen that her children received a good education. Social concern was instilled in the children by Mrs. Leeves who was very charitable to the poor. Each one of them had to adopt a poor girl for whom they sewed clothes. The material was bought from the money they set aside through their sacrifices. The first crisis that left the family shattered was the death of Sophie's father, Henry Daniel Leeves, when she was twenty-two years old. After the death of Mr. Leeves, the family left Athens for England. Shortly after, a young English Naval Officer proposed to Sophie. Her mother consented and she was engaged to him even though the marriage was to take place after two years. She says that he was very good, but she felt in the depths of her heart that something was lacking in her. Sophie prayed and discovered that God wanted her to become a Nun. She wrote to him to free her from her engagement as she wished to belong fully to God. Though sad, he accepted her request. Sophie gave away all her beautiful dresses and jewels and began to wear very simple dresses. While at Malta, Sophie loved to pray in the Cathedral at Valetta. Sophie and her sister Mary Ann were baptized by Father Seagrave and became Catholics. In 1851, Sophie became a nun in the Congregation of St. Joseph of the Apparition. She took the name Sister Mary Veronica of the Passion. Sister Veronica received an order by her Superior General to find a New House of St. Joseph's Congregation at Calicut on the coast of Malabar in India. The French Embassy offered Sister Veronica and her companion a free passage up to Galle, Sri Lanka, on a war-ship called the Rhone. After a long but adventurous and happy journey they arrived at Sri Lanka. From there they had to leave the Rhone and travel by a French merchant vessel to India. Finally, they reached the Indian shores where a group of nearly 50 Indians, were waiting for them. Realizing that she had finally landed in India, as Sister Veronica got off the boat, she prostrated herself on the shore and kissed the earth. Sister Veronica was summoned to Calicut by Monsignor Michael Antony, who wished to erect a new foundation with a school there. The school started flourishing.

The children were transformed in every way with the education they received. Sister Veronica also visited families and rendered help to those in need. However, she heard an interior voice repeatedly, that said to her "I want you in Carmel". At first she tried to ignore it not knowing what it all meant. But it persisted, so she tried to find out the meaning of the voice she heard through prayer and discovered that God was asking her to begin a new congregation of Carmel. Though Sister Veronica was happy as a sister of St Joseph of the Apparition, she had to leave the congregation to found the new Carmel. Sister Veronica left India for Carmel, at Pau, in France. There she would spend two years before she would begin the foundation for the new Carmel.

After two years, Sister Veronica went out into the unknown to found the new Congregation. She faced rejection; some thought her to be an adventuress. However, for Sister Veronica, obedience to God's will has of supreme importance. Finally, in a place called Bayonne in the South of France, she found a small house which was approved by the Bishop. On July 16th 1868 the Apostolic Carmel was founded in Bayonne with a small group of European girls who wanted to become sisters. As Mother Veronica taught in Calicut, India, as a Sister of St Joseph earlier, her heart was set on India. She sent three of the European Sisters, Sister Marie Des Agnes, Sr Teresa and Sr Elias, whom she trained at Bayonne, to India. The Apostolic Carmel was established in St Ann's Convent Mangalore, India on 19th November 1870. The sisters started the Teacher Training Institute first and then schools. Later they took charge of St. Joseph's school, Calicut and opened schools along the West Coast of India. The Apostolic Carmel Schools became known for their quality education that they imparted. Mother Veronica corresponded with the Apostolic Carmel Sisters in India, encouraging and advising them. By now Mother Veronica became feebler. However, she always thought of her Sisters in India. As the days passed she knew that her end was approaching but she remained calm and peaceful. On 16th November 1906, Mother Veronica passed away at the age of 83.

- Denita Kinny

Resource:-static.z-dn.net

Life Sketch of Mother Veronica

Birth of Sophie Leaves at Constantinople on 1st October 1823 to Henry Daniel Leeves and Marina Haultain



Family of Sophie with her parents, the eldest brother Henry; Mary Ann, Emilie and Catherine.



Lesson on commandment by her Father: "Thou shall not steal"



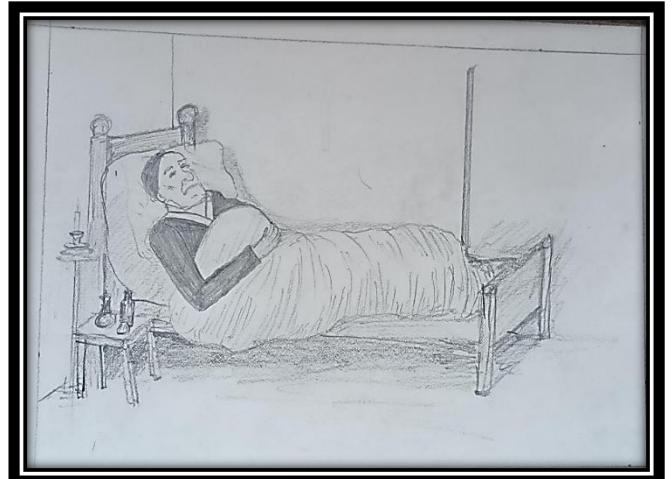
Social concern was instilled by Mrs. Leeves. The Leeves girls adopted a poor girl and sewed clothes for them.



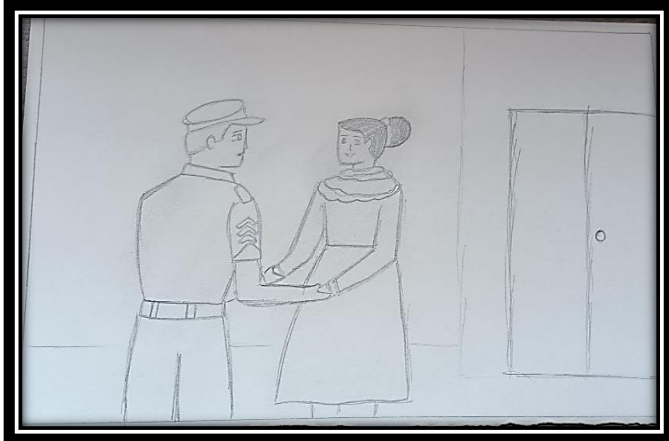
Sophie hears the words, "My peace I leave you.....my peace I give unto you".



The first crisis 1845 – Death of Henry Daniel Leeves that left the family shattered.



Sophie gets engaged to a young Navy officer but later breaks the engagement to become Religious.



Deaf and dumb Emily received baptism from a Maltase maid before her death.



Sophie and Mary Ann receive baptism and Holy Communion at Church of Gesu, Malta by Fr. Seagrave on 2nd Feb. 1850



Sophie is received as postulant in the Congregation of St. Joseph of the Apparition



Sophie receives the habit and took the name Sister Mary Veronica of the Passion.



Robbers killed Sr. Veronica's brother Henry and sister-in-law



1862 – Sisters Veronica and Mary Joseph arrive in Mangalore



Sister Veronica receives 'the ring' celebrating her mystical espousal with Jesus.



St Joseph Convent opened at Calicut, with Sr. Veronica as Superior.



Mother Veronica hears an interior voice, 'I want you in Carmel' and Fr. Marie Ephrem envisages the founding of Third Order of Carmel for mission.



Mother Veronica is transferred to Rangoon where she baptizes a dying native man abandoned by his family.



Mother Veronica is appointed novice of St. Joseph of the Apparition. She meets Mary the Arab for first time.



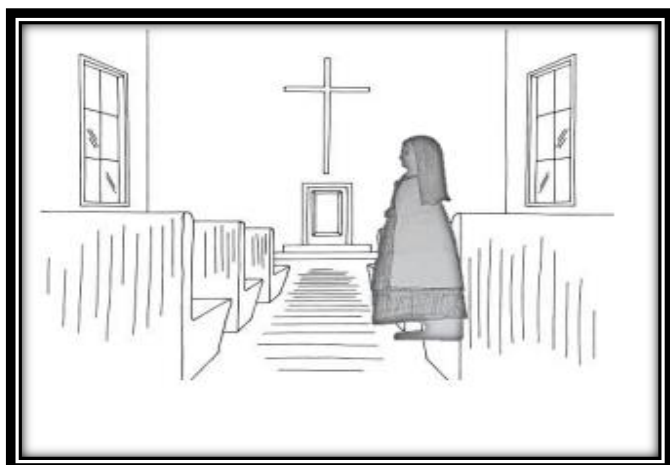
**Collapse of the school building of
St. Joseph at Mangalore**



**Sr. Veronica and Mary the Arab
arrives at Carmel of Pau.**



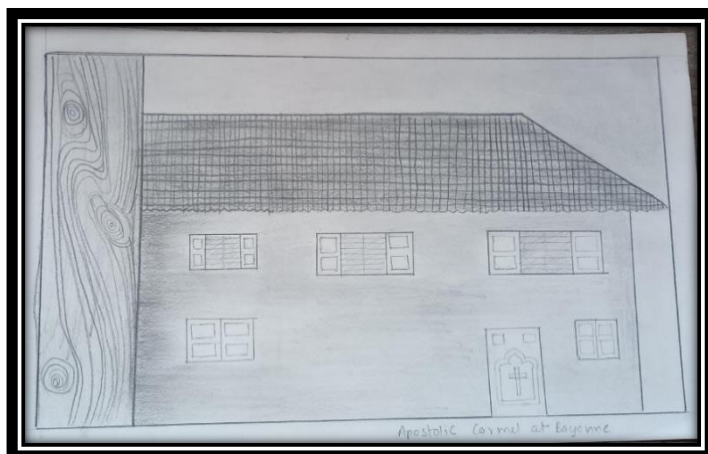
**Sr. Veronica receives the Carmelite Habit
and makes her profession at Pau.**



**In 1867 Mother Veronica sets out in search
of a place to make a new foundation for
Third Order.**



**16th July 1868, foundation of Apostolic
Carmel at Bayonne, France.**



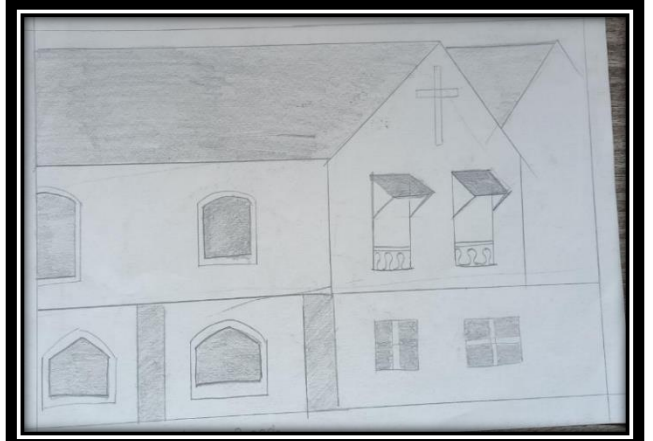
**First postulants arrived at Bayonne
the Little Carmel.**



Sr. Agnes of Jesus made her profession in the hands of Msgr. Marie Ephrem. She became the first Prioress of the Third Order Apostolic



1870 – The establishment of the Apostolic Carmel at St. Ann’s Convent, Mangalore.



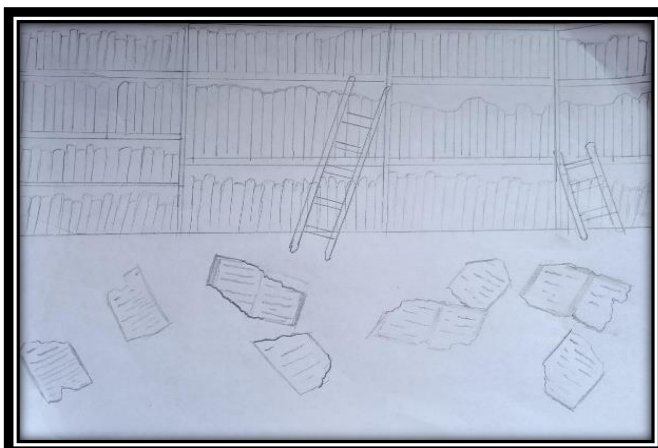
1880 Holy Angels’ branches off from Apostolic Carmel, Mangalore, to remain belong to the Carmelite Father’s and its tradition



Mother Veronica Completes her Autobiography



The original papers which would have proved authentic of the Regular Third Order were burnt or found missing at Pau.

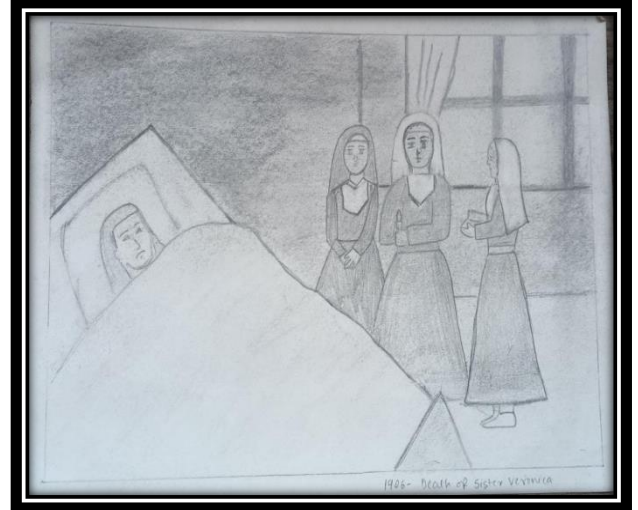


1890 Mother Veronica meets Bishop Pangani.



1901 – Trivandrum Branch is granted a special letter of affiliation to the Carmelite Order, at Mother Veronica's request

1906 – Death of Mother Mary Veronica at the Carmel of Pau.



Compiled By: -

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STJCE**

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Acknowledgement

As the famous saying goes, "A single leaf working alone provides no shade." Similarly, creating a magazine from scratch is a difficult task that requires the collective efforts of many individuals. Without their support and guidance, it wouldn't be possible to bring it to fruition.

This magazine has been presented as a project work of English to our Principal Sr. Saroja Pereira who is our English teacher on the day of 29th April 2023.

First and foremost, we would like to express our gratitude to Almighty God for His divine grace and blessings, without which this magazine would not have been completed successfully.

Next, we would like to extend our heartfelt thanks to our principal, Sr. Saroja Pereira, for putting the thoughts in our mind and her immense support and help throughout this journey. Her encouragement and guidance played a significant role in making this magazine a reality.

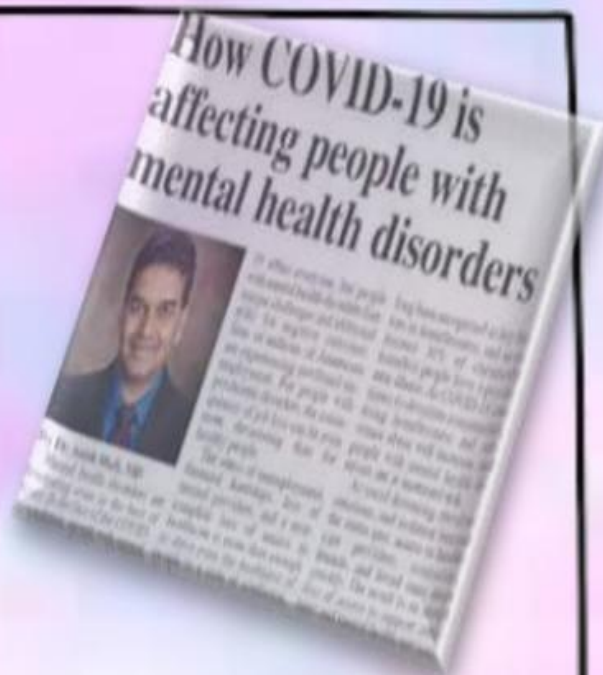
We are also immensely grateful to all the teaching and non-teaching staff of St. Teresa's Junior College of Education (Santa Cruz) for their invaluable support. Your sincere help and kind words of encouragement helped us to make this magazine a better one. Your contribution to this magazine is deeply appreciated.

In conclusion, we would like to thank each and everyone who played a role, no matter how small, in the making of this magazine. As the saying goes, "Alone we can do so little, together we can do so much." Thank you, one and all.

Lisa D'Souza

(CR of Student Council)





STUDENTS ARTICLES

Fight Beyond Books





The Teacher's Work 6 Days A Week

It's not uncommon for teachers to clock in extra hours each day to ensure they meet students' academic and social-emotional needs. But everything from answering emails to grading papers adds up: A typical teacher works about 54 hours a week—with just under half of that time devoted to directly teaching students

Teacher dissatisfaction appears to be at an all-time high. While teachers have always, to an extent, known that good teaching takes a lot of time, and workloads overall have increased over the years. They have to juggle regular teaching duties with covering classes during staffing shortages; preparing for sudden pivots to remote learning, figuring out how to get every student to grade-level learning after interrupted instruction; and supporting students with greater mental health needs. In general, teachers work more than 40 hours a week during normal times, and this is anything but normal. But if you take a closer look at what actually goes into good teaching, how much time that takes, and how teachers are compensated for that work, you'll find that teachers' work weeks are in many ways just as taxing, if not more so, than in other careers, and that they receive much lower pay and less public respect. The general public needs to consider that teachers' work doesn't end with the day's final school bell. And it's not just about lecturing at the front of the classroom. Teachers look at data to assess how students' learning is progressing and where they need to be. They care for the well-being of multiple children at a time. They may not teach in the summer, but they review curriculum, study and understand academic standards, learn about and prepare to use new research-based learning strategies, and more.

"A good teacher is constantly developing and growing and that does take time, as a teacher, you're more than just a teacher. We're parents, we're friends, we're counsellors, and I think we have this drive in us that we just push forward no matter what's going on, "And sometimes it's at the detriment of our own mental health and our own stress."

- Rekha Pandey



How To Remember Things?

Memory is an important part of building a solid foundation for learning both in the classroom and beyond. Having a great memory can help us to perform well and to achieve a goal but sharp memory skills aren't something that people are born with. This skills develops and improve the more they are used. The capacity and the efficiency increases as and when we practice this skills. Like any other skills, practice makes perfect. To achieve perfection practice is very important. In order to become master of memory it's important to work regularly or memorization muscles.

Are you a person who forget things then here are a few techniques to remember things:

Skim the text first:- Skim the text first for important topics and keywords before you actually dig into the material. This will help you understand and remember the particulars.

Take self-notes:- Underline sentences you find confusing, interesting, or important or you can also note down important lines, words or paragraphs.

Teach others:- When you learn something new try to teach someone the same which will help strengthen your concepts. And if you find any difficulty in explaining go and re – read that part.

Read out loud:- Sentences you read out loud take on a distinctiveness and you remember producing and hearing the items and so your memory for items is different from the memory of the words you read silently

Ask yourself questions:- Asking yourself questions about the topic you are currently reading would help in seeing the things from your perspective which will not let forget the things.

Hence following technique can be practiced to remember or memorize things



Friendship

Friendship is one of the greatest bonds anyone can ever wish for. Lucky are those who have friends they can trust. Friendship is a devoted relationship between two individuals. They both feel immense care and love for each other. Usually, a friendship is shared by two people who have similar interests and feelings. You meet many friends in the way of life but only some stay with you forever. Those are your real friends who stay by your side through thick and thin. Friendship is the most beautiful gift you can present to anyone. It is one which stays with a person forever.

True Friendship

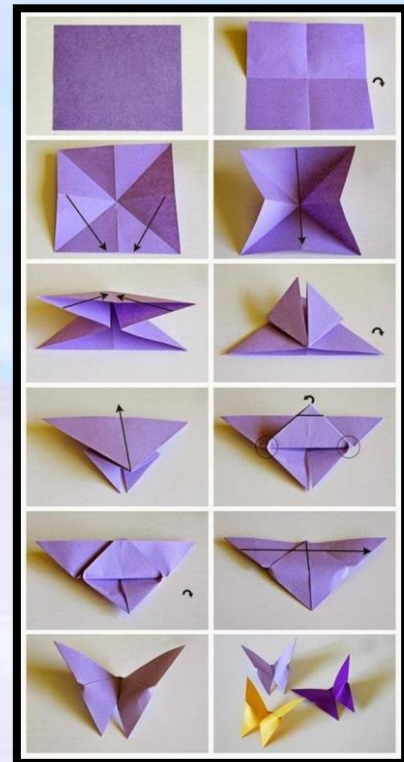
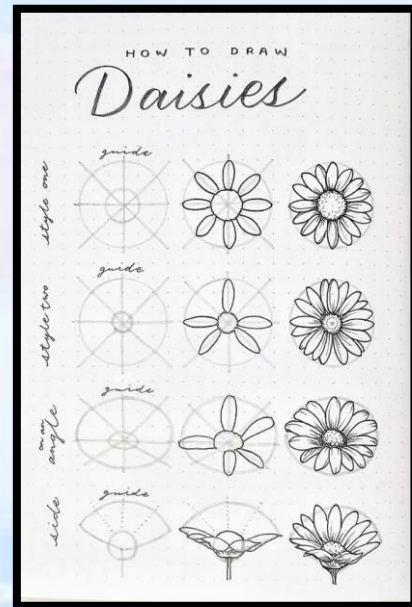
A person is acquainted with many people in their life. However, the closest ones become our friends. You may have a large friend circle in school or college, but you know you can only count on one or two people with whom you share true friendship. There are essentially two types of friends, one is good friends the other are true friends or best friends. They're the ones with whom we have a special bond of love and affection. In other words, having a true friend makes our lives easier and full of happiness. Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in their lives. In short, true friendship is what gives us the reason to stay strong in life. Having a loving family and all is okay but you also need true friendship to be completely happy. Some people don't even have families but they have friends who're like their family only. Thus, we see having true friends means a lot to everyone.

Importance of Friendship

Friendship is important in life because it teaches us a great deal about life. We learn so many lessons from friendship which we won't find anywhere else. You learn to love someone other than your family. You know how to be yourself in front of friends. Friendship never leaves us in bad times. You learn how to understand people and trust others. Your real friends will always motivate you and cheer for you. They will take you on the right path and save you from any evil. Similarly, friendship also teaches you a lot about loyalty. It helps us to become loyal and get loyalty in return. There is no greater feeling in the world than having a friend who is loyal to you. Moreover, friendship makes us stronger. It tests us and helps us grow. For instance, we see how we fight with our friends yet come back together after setting aside our differences. This is what makes us strong and teaches us patience. Therefore, there is no doubt that best friends help us in our difficulties and bad times of life. They always try to save us in our dangers as well as offer timely advice. True friends are like the best assets of our life because they share our sorrow, soothe our pain and make us feel happy.

- Ceona

LET'S
LEARN





Health Is Where Home-made Food Is

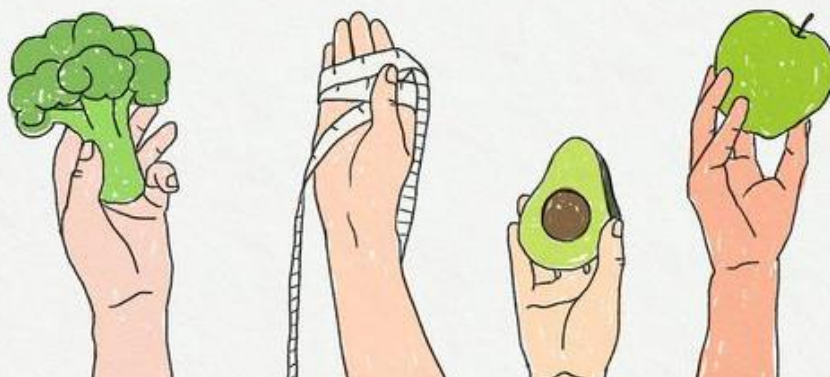
The well-known Philon- therapist, scientist and polymath John Lubbock says, “Health is much more dependent on our habits and nutrition than on medicine.” In today’s so-called fast life of city dwellers in particular, it is found that they are by and large getting habituated with eating fast foods like pizza, burger, and noodles together with other street and junk foods for one reason or the other. The traditional home-made foods of different varieties and tastes are not the favourites now especially for the younger generation. Fortunately, our village population is still practicing dietary habits and hence they are better placed so far as are condition and infrastructure facilities. There is no denying the fact that what we eat, when we eat and how we eat, all have great bearing on our healthy living. Multiple benefits of eating local, traditional and seasonal foods are time and again stressed by health and medical experts. But are we really aware of these benefits and accordingly following this in our day-to-day life? Anyways, let us discuss this issue to improve our awareness level.

The traditional foods that we have been eating for decades are based condition, on the climatic the local availability of food items at affordable prices, the prevailing season and its nutritional value. To say, the food habits of the common people of a particular region are different in some ways from that of other regions. Whether it is Idli-Dosa-Sambar or Dahi-Chura or Litti-Chokha or Roti-Dal-Sabji or Bhaat-Daal-Saag-Sabji or Dhokla-Khandvi to name a few, these items are easily available in that region. Interestingly, all these eatables are known as popular healthy foods in that part of the country because of their easy availability, affordability, taste and nutritional value. In fact, when we consume products which are ripened artificially, stored longer in cold stores, transported hundreds of kilometres using preservative and refrigeration, we actually end up eating less nutritional, costlier and sometimes unhealthy items. On the contrary, by choosing ingredients like grains, vegetables and fruits that are naturally found locally in a particular season, we prefer to have fresher, sweeter and naturally ripe produce that tastes better and has the highest amount of nutrition, antioxidants, vitamins, minerals and phytonutrients.

In our ancient system of health and medical care called Ayurveda, Ritucharya is a term known to describe the habit of eating seasonal foods to keep fit and fine. To say, the concept of Ritucharya is very important as it defines what to eat during that particular maintain our season to health and prevent diseases. Interestingly, in winter season nature provides us with a variety of citrus food items – orange, grapes, guava, strawberries etc. which are vitamin-c rich that help our body to fight various seasonal ailments including cough and cold. The vegetables we get in good quantities in this season are perfect for making warm and nourishing items like soups, stews and other healthy dishes.

On the other hand, in the summer season we easily get stone fruits besides seasonal vegetables which provide us with extra beta-carotenes and other carotenoids that help protect us against a number of diseases. Actually, stone fruits are a classification of fruits having a thin skin and a stone in the centre, which contains the seed. Delicious fruits like dates, mangoes, lychees, peaches, plums, apricots and fall into the stone fruit category. Precisely speaking, we can’t control everything in life, but we can control what we put in our body to keep our immune system and metabolic function strong enough in order to remain healthy, disease free and consequently happy.

- **Manaswi**



Introduction To Student Motivation

Asking "why" is a fundamental question that we should always ask to gain a deeper understanding of the world around us. This principle also applies to understanding student behavior in a classroom. As educators, it's important to seek answers to the "why" of student behavior in order to manage them successfully. However, this can be a challenging task as youngsters often bring their personal lives into the learning environment, and they may try to hide their true selves by creating a false appearance.

It's crucial to recognize that students who exhibit unruly behavior are often difficult to discipline or control. They may rebel against authority and obstinately pursue their own way, which can make it challenging to create a nurturing learning environment. Understanding the "why" behind their behavior is essential to address it effectively.

Brain development research shows that the cerebral cortex, the reasoning part of the brain, is still developing during adolescence, which can affect decision-making and behavior. Additionally, students' emotional identity levels may influence their responses, making it essential for teachers to identify emotional needs and respond accordingly.

Empathy is a critical element in creating a positive classroom environment. Developing empathy for disruptive or defiant students can help to stabilize relationships and facilitate learning. Therefore, understanding the "why" of student behavior is a crucial aspect of successful student management, and it enables teachers to create an environment that nurtures and supports every student's needs.

Process and Apply

1. List defiant or disruptive behaviours you are experiencing in your classroom.
2. How could you use the defiant or disruptive behaviours as a means to develop a self-starter?
3. Define an unruly individual, and provide three detailed examples of unruly behaviour from among the students you work with.
4. Define motivation, and share your understanding of what motivates youngsters.
5. Provide an example of parallel paths leading toward learning. What gets in the way of parallel paths intersecting?
6. Explain why emotional connectedness is essential at the onset of relationship building.
7. What role does the school play in developing constructive social values?
8. List the top six academic motivators and explain why they would be listed in the order they are given in this chapter.
9. Explain how the three F's could be useful in motivating youngsters.
10. How could having empathy for defiant and disruptive students create a more productive learning environment?

- Reema

Resource: - mydeepthoughts



My Experience as a D. El. Ed Student

As I stepped into the gates of St. Teresa's Junior College of Education, I felt a rush of anxiety and fear. I had no idea how I was going to tackle this course. However, my first day at the college turned out to be a pleasant surprise as I met new colleagues, teachers, and staff who welcomed me with open arms. On the day of orientation, one of our professors explained the course curriculum, and I felt much more prepared to take on the challenges that lay ahead.

The D. El. Ed. course is a full-time diploma course that spans two years. The medium of instruction for all subjects, activities, and examinations is English/Hindi. The course syllabus includes theory papers, school experience programs, assignments, seminars, workshops, and practical work, among other things. Being a D. El. Ed. student is both challenging and memorable. It has taught me a lot about myself, and it has helped me to put everything that I have learned about education into practice.

Throughout the course, our principal, teachers, and staff members guided us and helped us become the kind of teacher we aspire to be. The most valuable lesson I learned during this course was to be confident. Every day, we had an assembly in our college that was conducted roll number-wise. During these assemblies, we learned about the importance of various occasions like Science Day, Women's Day, etc. During festive occasions like Diwali, Christmas, and feast days, we had special assemblies that were a lot of fun.

I remember being confused while giving micro-skills and bridge lessons, but after giving one demo and with the guidance of the professors, I started to enjoy teaching the lessons. Being a D. El. Ed. student was just like being a school student. We had to wear uniforms, comb our hair properly, and punctuality was a must. If anyone was absent, they had to give a leave note to the college professor, and we were not allowed to use our phones. All of these rules instilled a sense of discipline in me and my colleagues.

The thing I enjoyed the most in my college were the competitions. There were different competitions like group dance competition, patriotic day singing competition, rangoli making competition, and many others. The most exciting day was when we had our food festival. For our internship purposes, we were divided into four groups, and each group had a food stall. The group that made the most profit won. Although it was a competition, we all enjoyed eating every dish, and it was a memorable day. Competitions made us more confident, developed our self-esteem, and helped us identify our hidden talents.

The internship experience is undoubtedly a pivotal moment for every aspiring teacher. It provides a real-world teaching environment, which is significantly different from the theoretical concepts taught in classrooms. The author of this article seems to have had a life-changing experience during their internship, which made them realize the true essence of teaching.

The author learned a vital lesson during their internship, which was to be confident while teaching. Initially, the author was shy and unsure about how to interact with the students. However, after the first teaching session, they became more comfortable, and this helped to create a more relaxed environment in the classroom. The author realized that having confidence not only helps in maintaining better relationships with students, but it also improves the quality of teaching.

Another important aspect that the author learned during their internship was to be receptive to feedback. Feedback is an essential component of the teaching-learning process, and it helps teachers to identify areas that need improvement. The author's willingness to take negative feedback and make necessary changes to improve shows their dedication to the teaching profession.

During the internship, the author also participated in various activities like taking the unit test, handwriting competition, reading, and interviewing a teacher. These activities provided a practical understanding of the theoretical concepts taught in classrooms.

In conclusion, being a D. El. Ed. student at St. Teresa's Junior College of Education was an enriching experience that taught me valuable life lessons. It helped me develop my teaching skills, instilled a sense of discipline in me, and gave me the opportunity to participate in various competitions that enhanced my self-confidence and self-esteem. I will always cherish the memories of my time at this college.

- **Deepali**



Environment

The Earth's environment makes Earth the only planet on the solar system where life and sustainability is possible. From the beginning of time, the Earth has provided all the inhabitants of the planet with everything they need for their survival. On the other hand, human beings have exploited all the natural resources for their own selfish needs and have rendered the planet like a barren and ramshackle land.

Human beings are an integral part of the environment and hold a huge responsibility to upkeep the living conditions for their own sake and for the sake of all the inhabitants of the planet, including plants and animals. The balanced management of natural resources and the environment as a whole is crucial for the well-being of all living beings and for the economic growth of the entire world. Managing the use of resources (both renewable and non-renewable) effectively, can help solve the many disputes between countries, states and people for the power to claim at least a part of the resources as their own. It is high time people understand that the health of the environment is vital, and only if the environment is healthy will all living beings have a chance of survival. Detailed Article on Environment and the Need to Preserve It The environment is the fundamental source of all possible existence on planet Earth. However, over the recent years, the environment has been exploited excessively because of which the environmental conditions are becoming worse day by day. Pollution of air, water and land, mining, industrialization, modern urbanization, deforestation, release of chemical effluents and landfills are some of the major factors that cause the gradual deterioration of the environment.



It is necessary to conserve the environment in order to protect wildlife and to preserve the different species. With the disastrous pace of climate change, a result of pollution and exploitation of the environment, finding out ways to protect the environment from any further damage should be the first priority. Bringing back the environment to its original state is critically important and is the only solution. Working towards a common goal will be the easiest and fastest way to keep the environment from any more harm. According to Ban Ki-moon, "Saving our planet, lifting people out of poverty, advancing economic growth... these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women's empowerment. Solutions to one problem must be solutions for all". This is what we have to act on and look forward to – finding the dots, connecting them and providing solutions. The leaders of the world are working to reduce the rapid degradation of the environment, and there are organizations like the United Nations who come up with initiatives to create awareness and get people to take actions to curb the problems of the environment. Some of these initiatives include the 2019 Sustainable Development Summit, 2019 Climate Action Summit, and 2030 Agenda for Sustainable Development, Paris Agreement and many other programs that include river conservation, afforestation, coastal management, wetland conservation and so on. While all these measures are in action, individuals are also obliged to take steps to preserve the environment that everyone is a part of. With everyone's efforts, we can be sure that all of it will definitely make a difference and help the environment in becoming healthy and sustainable.

- Ceona

Cellphones...a necessary evil ?

Cell phones have become an integral part of our lives. They have revolutionized the way we communicate, work, and socialize. However, cell phones are often seen as a necessary evil due to their negative impact on our lives. In this article, we will explore the reasons why cell phones are considered a necessary evil.

Firstly, cell phones have become a source of distraction. We are constantly bombarded with notifications, messages, and calls, which can be a significant distraction when we need to focus on other tasks. This distraction can affect our productivity and lead to stress and burnout.

Secondly, cell phones have changed the way we interact with others. We are now more likely to communicate through text messages or social media rather than face-to-face interactions. This can lead to a lack of social skills, which can negatively affect our personal and professional lives.

Thirdly, cell phones have led to blurred boundaries between work and personal life. With the ability to check work emails and messages at any time, it is increasingly difficult to disconnect from work and switch off.

Fourthly, cell phones have been linked to poor sleep quality. The light emitted from cell phone can lead to eye problems.

Finally, cell phones have been linked to a range of health issues, including eye strain, neck pain, and poor posture. Additionally, the overuse of cell phones has been linked to addiction and mental health issues, such as anxiety and depression.

Despite these negative aspects, cell phones are a necessary evil in today's society. They have become an essential tool for communication, work, and socialization. Cell phones have made it easier to stay connected with friends and family, conduct business, and access information. They have also been a valuable tool during times of emergency, allowing individuals to call for help or access critical information.

In conclusion, cell phones are a necessary evil in today's society. While they have brought many benefits, they also have negative consequences, including distraction, changes in social interactions, blurring of boundaries between work and personal life, poor sleep quality, and health issues. It is important to find a balance in using cell phones to maximize their benefits while minimizing their negative impact on our lives.

- Cecil

Roller coaster ride of life

Life is an unpredictable journey full of ups and downs, twists and turns, and unexpected surprises. However, how you choose to perceive and respond to life's challenges will determine the course of your journey. If you see every obstacle as a problem, it can lead to despair and negativity. But if you view it as a challenge, you can approach it with determination and a positive attitude.

It's easy to wish for an easy life, but the truth is that without challenges, life loses its essence. Like a man without a soul, a life without obstacles lacks depth and meaning. Instead of hiding behind a curtain and sulking, face the challenges head-on and prove to yourself that you are capable of overcoming them.

Gratitude and honesty are two essential qualities that pave the way for success. Without these traits, no amount of talent or hard work will bring you true happiness or fulfilment. When you are kind, generous, and honest, success will naturally follow, and you will find yourself on the path to greatness.

Being academically gifted or a top-performing student does not guarantee that you are a good human being. The true measure of a person's character lies in their kindness and compassion towards others. Small acts of kindness, such as donating to a charity or sharing a treat with a less fortunate child, can bring immense joy and satisfaction that cannot be measured by grades or marks.

In life, there will be many highs and lows, fast moments and slow ones, screams and blows, dreams, and woes. But instead of worrying about the destination, focus on enjoying the ride. Remember that life is a roller coaster, and the journey is what makes it worthwhile.

- Jenis (FY)

Study Tips

Exams. We all have them, and we all dread them! We procrastinate until the last second, panicking at the last minute, and regretting it all later, telling ourselves that "next time we will start earlier and put in more effort! Spoiler alerts..... we never actually do. The following five study tips will hopefully help you with those horrible internals and exams.

"Tidy Space, Tidy Mind"

This is the idea that people can concentrate better when the environment around them is tidy. In an untidy environment, your brain becomes cluttered, making it harder to focus on the work you need to do if you are someone who gets distracted easily, then tidying up your study space can help you focus more and not zone out when trying to work.

Your Phone!

Yes, most of us have a phone, and a lot of us find that our phones and social media can be very addictive. When you're working it's easy to get sucked down the social media rabbit hole and not get anything done. Luckily there is a great app to stop yourself from getting distracted by your phone called Forest, where you plant a 'seed' which will grow into a tree provided you stay off your phone for the period of time you set.

NOTE TAKING!

No one can stress enough the importance of making good quality notes! This solidifies the information in your brain while you listen to it.

Additionally, writing things down will help you enormously later in the year. By having all these notes for your different subjects already made, you will have a far less stressful time when preparing for exams. Beware, however, that when mention "taking notes, It does not mean copying info from all your textbooks. Some suggestions are bullet points, writing a question then answering' mind maps, use of pictures, and flashcards.

Last Minute Preparation:

This will come in handy when you get dreaded exams, "shudders in fear". Some ideas are, a study group to discuss ideas and learn from each other, looking at old exemplars, and completing practice tests. Treat these as exams, which can prepare you for common types of questions.

Find a Tutor

Having a tutor is ok! It doesn't devalue your self-worth or mean that you are 'dumb' in any way. Tutors are there to help you and teach you in a way that will help you understand new concepts and ideas. Maybe you don't feel like you can concentrate in class, or your teacher's style doesn't fit you. If you admit this to yourself you will be less intimidated by the idea of a tutor, which can really help your studies.

- **Deepali**
Resource: - spacificcreative





Internship

Internships are an opportunity to network with great people and sharpen your skills before entering the workforce. They also help tremendously with finding out your true passion.

My Internship Experience:

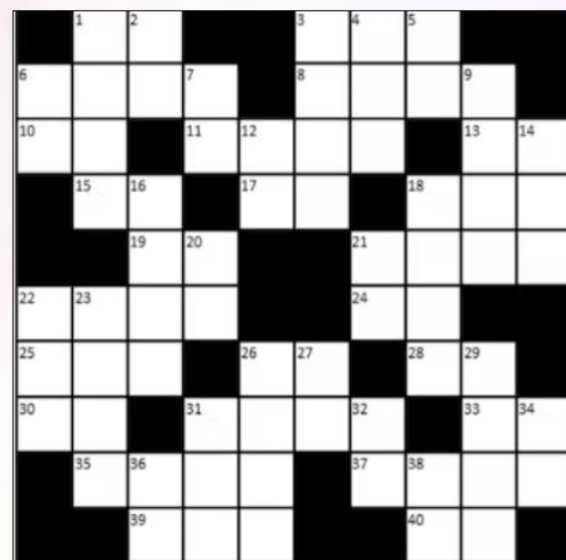
School internship is an important part of Teacher's Training Programme. Our college every year sends the D. EL. Ed students for internship in different schools to acquire real experience of teaching. Basically in the 1st year of internship we had to work and make report on different activities and we were supposed to give 18 lesson from Classes 1st to 4th whereas in second year we were supposed to give 20 lessons for classes 5th to 8th.

I was excited as well as nervous for my first day of internship. The Internship School I receive for the first year was St. Victoria's School, Mahim. I arrived the school in time. Our college had segregated us in total 4 groups and the name of my group was St. Therese of Lisieux Group. In our group we were total 10 members. I was sitting in the staffroom feeling very uncomfortable because one by one as the time passed by all the teachers of the school were arriving.

Later we met our Centre Supervisor who introduced us to School Principal and she provided us a separate room (I took relaxing breath controlling my expression). She was very co-operative. An internship is an opportunity to test drive a career without making any serious commitments. It provides you with experiences, lessons, and the tools you'll need to get a full-time gig in the future. It is often a great choice because it gives you a feel for work without being thrown into the deep end straight away. This provides you with the opportunity to grow and learn before fully entering the working world.

The Assembly begins from 7.30 am every day in the school. On the first day I was appointed std. 7th as a substitution class. Students greeted me on entering. This moment itself I felt a sense of responsibility of developing and creating a bright future for my students. It was the best feeling for sure. After 35mins of class, the bell rung and I left the class by thanking them. Over a period of time I gained confidence. Eventually I not only completed giving my lessons but also took various activities. I developed a friendly relation with my students. I now while stepping out of the school was much confident and ready to teach in any school.

- Reema



ACROSS

- | | |
|------------------|-----------------|
| 1. 22 - 9 | 22. 1496 + 930 |
| 3. 159 - 13 | 24. 124 - 46 |
| 6. 465 + 750 | 25. 1290 - 300 |
| 8. 2329 + 3294 | 26. 98 - 44 |
| 10. 25 - 10 | 28. 11 + 5 |
| 11. 18833 - 9266 | 30. 27 + 40 |
| 13. 20 - 7 | 31. 9284 - 2589 |
| 15. 15 + 16 | 33. 44 - 10 |
| 17. 120 - 24 | 35. 3292 - 768 |
| 18. 952 - 344 | 37. 9 + 1616 |
| 19. 99 - 40 | 39. 858 - 356 |
| 21. 445 + 8975 | 40. 1 + 10 |

DOWN

- | | |
|------------------|------------------|
| 1. 710 + 543 | 20. 27 + 69 |
| 2. 46 - 15 | 21. 183 - 86 |
| 3. 297 + 1269 | 22. 338 - 42 |
| 4. 235 + 232 | 23. 280 + 4692 |
| 5. 83 - 21 | 26. 10786 - 5144 |
| 6. 15 - 4 | 27. 27 + 22 |
| 7. 29 + 30 | 29. 12200 - 5879 |
| 9. 5457 - 2355 | 31. 687 - 67 |
| 12. 24 + 35 | 32. 62 - 11 |
| 14. 560 - 180 | 34. 21 + 24 |
| 16. 381 + 1139 | 36. 61 - 6 |
| 18. 12346 + 5865 | 38. 17 + 44 |



Asahel Dcunha



FY



Aastha Naik



Kimaya Raut (FY)



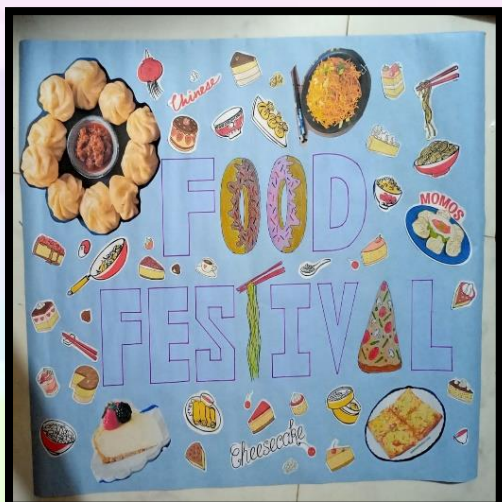
Shristi Bajaj



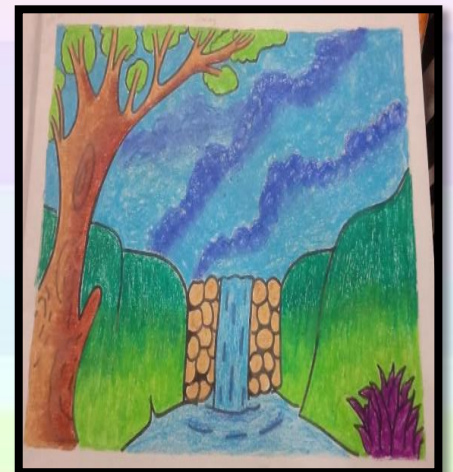
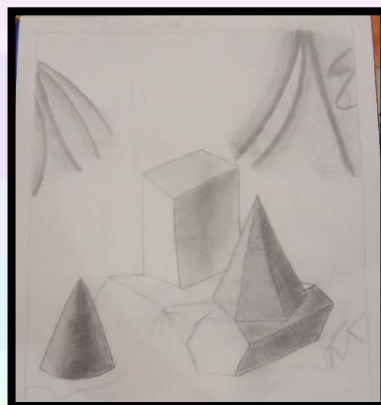
Sr. Rebecca (FY)



Melisa Almeida (FY)



Marita D'souza



Durga Nadar



Vijaylaxmi Nadar

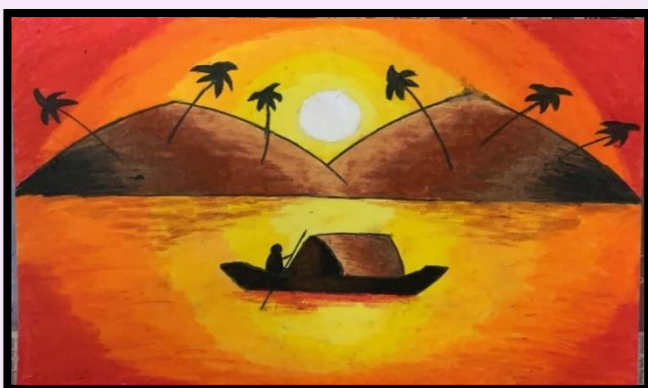


Aarti Vaje (FY)



Manaswi Patil

Keisha Boothello





SEMINAR

On 10th June 22, our college organized a seminar of funds and investors program by Mitez Sheth. He is front office trader. He explained how and where to invest money. This program was to reach out to everyone all walks of life and create awareness about savings and investments. This program was held in various colleges. Through them the rural, semi-urban and urban citizens are able to know about various concepts of saving and investments. It is important to know protecting investors by educating them on their rights and responsibilities. Also, to empowering with knowledge to evaluate different financial products and make informed decisions. Enable investors to understand and manage risk. Reduces investors vulnerability to fraudulent schemes.



OUR LADY OF MOUNT CARMEL

16TH JULY 2022

St. Teresa's sister Institute got together to celebrate this grate occasion. It's a solemn day for Carmelite sisters who cater this institution hence the feast was celebrated by the Teresian family in praise of our Lady of Mount Carmel. At Sacred Herat Church Santa Cruz we gather to take part in Mass. Our student's headed the choir for the mass. There after students got engaged in festive activity.

RAKSHA BANDHAN CELEBRATION



11th August 2022.

Raksha Bandhan Festival was celebrated in St. Teresa's Junior College of Education on 11th August 2022 with great enthusiasm. On this special occasion the Principal Sr. Saroja Periera took the students of the D. El. Ed in St. Teresa's Special School. The students began the programme with a short prayer for the children of the special school, followed by Prayer dance and thereafter the students displayed a short video to the special children about Raksha Bandhan. The students then started activities with the special children by playing games such as, Bomb in the city, where everyone enjoyed. The special children performed a beautiful dance for us students. The students then started tying Rakhi on the wrist of the special school boys as well as girls and distributed chocolates too. And at last everyone participated in flash mob dance. The students had a great time with the special children and definitely had a unique experience celebrating Raksha Bandhan. It was a memorable day for each and every one.

Namrata

TEACHER'S DAY

06.09.2022 Tuesday

On September 5th we celebrated Teacher's day to honour all our Teachers for their accomplishments, efforts, and contribution to society as well as to the lives of their students. On the birth anniversary of Dr. Sarvepalli Radhakrishnan, Students of St. Teresa's Junior College Of Education conducted teacher's day on 6th September, to honour all the teacher's in the college. All the students took tremendous efforts for this programme. The program began at 10:00am. The students of second year started the program by welcoming our Principal Sr. Saroja Pereira followed by the Teachers, Kanchan Maam, Lalita Maam, Arpana Maam, Cinera Maam , Harsha Maam, Nirmala Maam and Sunil Sir . The event commenced with a prayer service followed by prayer dance. The program had various interesting performances like singing, dancing, skit, games, award function etc. We always have believed about the excellence of our teachers and thus we presented various awards titled, Assiduous, Perfectionist, Patience, Cheerful, Friendly, Active etc. to our principal and teachers. The program was well organized and beautifully planned.

Vijaylaxmi



20th Sept 2022

HINDI DIWAS

Hindi Diwas is celebrated on 14th Sept every year in India. We the students of St. Teresa's Junior college of education celebrated the programme on 20th Sept 2022. The celebration started with a prayer service. We were then told about the importance of Hindi divas. The S.Y students performed various dances as well as skit. There were group performances i.e., singing was performed by St. Therese of Lisieux group, drama on Hindi Diwas was performed by St. Agnes group and different dance was performed by St. Edith Stein group. The programme was amazing and well put together. The teacher in charge of Hindi Diwas was Ms Lalita and all the students gave their best performance. A poem was recited by Namrata Yadav. Information about different poets was told by Aastha. All groups had taken very good efforts to give their performances because of that the event was successfully done. Lastly there was a small quiz put up for the students.

- Zakiya



CLEANLINESS DRIVE

On 2 October 22, our college organized cleanliness drive under Swachh Bharat Abhyan on the occasion of Gandhi Jayanti. The main purpose of the programme was to create awareness among students regarding cleanliness and its benefits. Under this programme all the students of FY & SY joined in and participated in the drive. Even the professors were essential part of the drive. As a part of the cleanliness drive, we had to clean the whole college campus. Our principal was a part of this drive as a guide. With zest and zeal, the enthusiastic students steered the clean-up drive to success through their efforts, the support of the school. The professors and students followed suit. The students had the zeal to keep the place clean in front of everyone which was a major inspiration for many of the students. Photographs of students cleaning and making drawings were also clicked to motivate them. Students actively participated in the event and inspired other students to do the same. This kind of activity is held every year in our college to inculcate the habit of keeping their surroundings clean in them. It was a unique experience for all of us, and we were curious to be a part of this drive which would transform our lives and had felt that they somehow contributed something to the society to be a responsible citizen of the country. - Rehka



DUSSHERA

On 4th October 22, our college organized Dusshera celebration & traditional day. The Main purpose of this celebration is to see the culture of different states. On that day we had an assembly about Dusshera. We watched a small video about the rituals that are done on Dusshera. We had a dance programme with special children. The children enjoyed themselves and danced with us as the DJ was played. All the students came in their traditional attire and went for a ramp walk. The dress and costume they wore spoke about their culture. - Durga



FOOD FESTIVAL (SY)

16th October 22, was one of the most enjoyable day. Our college had organized Food Festival on the occasion of Feast of St. Teresa's of Avila.

Everyone loves food but trying something different and making something special rather than what we eat everyday was the greatest challenge. With a little bit of twist and more of excitement.

So the twist was (Any guesses) accept Indian food we had to prepare a dish of various other countries and..... also, to dress up like their tradition.

The main purpose of these Festival was to know the foods of different countries and also their tradition. On this special event various food items were prepared by the Students of SY. This event was conducted under the supervision of our principal. These Festival was judged by our own Convent sisters. Various food items such as Cheese cake and other cuisines were prepared. These event was conducted in groups. Almost everyone dressed according to the tradition they were belong. Everyone was very excited and actively took part so that other get motivation of creating something adorable. Through this event we came to know the different types of food also their taste and what are the ingredients used in. YUMMY IN MY TUMMY were the words which was heard from everyone. This was the best experience which we caught. Everyone's cooperation, understanding and excitement lead all four groups to win Food Festival.

The most Appreciative Day Ever..... - Asahel



DIWALI CELEBRATION



The long-awaited Diwali celebration was held in our college on 21 October 2022. A meaningful Prayer service was conducted by the second-year students during which they explained the meaning and the importance of the myth that is celebrated during the festival of Diwali. The inner meaning of it was that the Lord Ram went to Ayodhya after killing the Demon King Ravana in Lanka. This was shown through the use of media. The people of Ayodhya lined on the streets and their homes lit with oil lamps to welcome them. Therefore, the custom of lighting the lamps during Diwali came into existence.

We also had the Rangoli competition. Four members from each group volunteered to display their unique and creative talent in putting Rangoli.

The Rangolis were very colourful and attractive and it brought out a deeper meaning. When the Judges came around to judge the Rangolis the girls explained the meaning of their creative work. At the end of the Diwali celebration everyone was happy and the day came to an end with a happy note of togetherness, cooperation and collaboration, lighting up the life of every individual present on the campus. Truly, the festival of light taught us a lesson on the importance of light and the true meaning of the festival of Diwali that gives us a message that light dispels darkness and the good conquers evil. - Sr. Rani

FAREWELL DAY 2020 – 2022 BATCH

ST. TERESA'S EXPRESS TO SUCCESS

22nd October 2022.

College is the second home of students and students are the heartbeat of the college. Second year students of St. Teresa's Junior College of Education bid farewell to their second home on 22nd October 2022. This long awaiting event started at 10:00 am. Respected Manager Sr. Wilma, Principal and all teachers were present to bid farewell to their dear students. It was noteworthy to see 38 teacher-students were present for the event. All the girls were dressed immaculately and looked resplendent.

Event started with a prayer service followed by prayer dance. This event described the overall journey with a theme "ST. TERESA'S EXPRESS TO SUCCESS." It was a memorable morning with the students of first year portraying the journey of girls from innocent students to knowledgeable teachers through a musical skit. This journey depicted how students struggled with their practical's, lesson plans, different competitions, etc. and at the end graduated with flying colours. It made students recapture every small moment of their college life making them sentimental. Then a professional oath was taken by students. Encouraging and enlighten speeches were given by our dear Manager and class teacher. To energize the spirit of girls, games, flash mob was in store for them. As a token of love, mementoes were given to them. The class of SY then expressed their gratitude towards their beloved professors. Finally, the ceremony came to an end with the SY's singing their college anthem for the last time with great pride, honour and enthusiasm. - **Marita**



MOTHER VERONICA



The memorial of Mother Veronica was celebrated in our college on 16th November. The event was organized by the college administration to commemorate the life and legacy of Mother Veronica. The program and the prayer service was conducted by the teachers. The audience watched a video about Mother Veronica, which provided an insight into her life and achievements.

The Feast of Mother Veronica was a memorable event that reminded us of the importance of service and sacrifice in our lives. The event was a fitting tribute to Mother Veronica and her contributions to the society.

CHRISTMAS CELEBRATION

21 – 23 December 2022 **Orphanage Visit: - Distribution of donation for the special children.**

Students of St. Teresa's junior college of education started Christmas day celebration from 21st December to 23rd December. On 22nd December the students and teachers of D. El. Ed from St. Teresa's visited the orphan children of Mother Teresa's Missionaries of Charity (Santa Cruz). Teresians gave donation towards the orphanage and sang prayer song along with special children. The donation was sponsored by Sr. Saroj which was contributed by 1st and 2nd year student of D. El. Ed. We got to experience what difficulties the children are facing them self as well as in learning. .



- **Reema**

23 December 2022

Christmas is the festival which inspires the spirit of sharing and caring. Christmas celebration was held on 21st December 2022, in St. Teresa's Junior college of Education. The college was beautifully decorated. The programme started with information about Christmas and why is it celebrated. Students had an individual competition where they had to decorate candle and Christmas tree. On 22nd beautiful group dances were performed by Second years, wherein First years sung Carols. On 23rd a beautiful skit followed depicting the scenes of the nativity of Jesus Christ. Right from the conception of Mary to the birth of Jesus a harmonious story was displayed by the students of Second years. Lastly few students went to visit special students along with teachers and donated eatable and stationery to them. The celebration came to an end with the college anthem.

- Bharti



FY FOOD FESTIVAL

FY food festival was conducted on 23rd of December 2022. The students were divided into four groups and they had to choose 2 dishes based on the Indian cuisine. Each group had set up their stalls very nicely with decorative items such as pictures of their dishes with menu with so many other things which made the stall look very pretty. The students themselves had dressed up in the Indian attire. All were looking pretty. The SY students bought coupons, they can buy dishes of their own choice. Each group had their own items their own price so the group which collected more number of coupons will win the competition.

The students came up with innovative games. So the students who wish to buy from their stall had to play those games. If they won they will get a dish free of cost. The students of FY as well as the SY enjoyed a lot throughout the food festival, the food festival was such a program which made the student come out of their shelves and think something innovative and bring out the creativity in them. Very beautiful and tasty foods was organised by the FY students. It was an appreciable!

- Kamali



MARATHI PANDHARWADA

On 27th January 2023, St. Teresa Junior College of Education celebrated Marathi Pandharwada. The celebration had begun with the well organised assembly giving the importance of Marathi language and the literature knowledge of it followed by the quiz. Next up they had the debate between first year girls about online and offline education resulting in equal contribution from both sides.

The girls had to present poems, speech, pavada and traditional dance. One by one all girls did the presentation.

The girls had already been asked to make a Maharashtrian dish each for the group of four. The presentation of each dish along with the information about it was presented. The girls had enjoyed eating a variety of different Maharashtrian dishes. The lunch break was given to them. The remaining presentation of the competition were held. The day ended with National Anthem sung by all. - **Ruth**



SCIENCE EXHIBITION



On 12 January 2023, St Teresa's Convent High School had arranged a very exquisite science exhibition and the students of St Teresa's Junior College of Education were invited. Apart from the students of our college, there were students from various schools and institutes also present.

The main idea of sending the teacher-students to this exhibition was development of creativity and more intelligence among them as future teachers. Increasing modernization not only effects the adult mind-set but the child mind-set as well. The efforts the participants took were intricate and impressive.

The exhibition presented various ideas of solar energy usage, models of the surrounding around us, water purification methods, presentation of volcanoes and different under earth movements etc. All these presentations presented a major development in the minds of children and how we as teachers are supposed to innovatively present our lessons and what the students expect from them.

The exhibition opened our eyes towards how rapidly technology is making a better place for us to live. As the event came to an end, the students were quite pleased and full of ideas for their upcoming lessons.

Saarah F.Y

REPUBLIC DAY

26th January 2023 is a day of national rejoicing and a red-letter day in our country. The day is celebrated with pomp and show, zeal and spirit throughout the country. St Teresa's Junior College of education did not lack behind in this celebration.

The celebration started with great élat. On 25th January student- teachers of college took part in various competitions such as patriotic singing, dance, tricolour fireless cooking and art and craft. In fireless cooking student-teachers made attractive sandwiches, fruit salad, vegetable salad, laddu's and coconut sweets. In art and craft various eye catching tricolour articles were made such as brooch, flags, caps, dolls, butterfly and flowers by using spoon and craft papers.

On 26th January program began at 8:00 a.m. The manager of our college, Sr. Wilma Mendes unfurled the national flag amidst loud cheers, followed by March past. There were some very inspiring national songs sung in chorus followed by speeches by the students, teachers and chief guest. Special assembly was conducted on this auspicious day where we remembered our leaders who sacrificed their lives for our country. Later on, prizes were distributed among the winners of the previous day's competitions.

In fact, it is a day of rejoicing and merry making. May we continue celebrating this day forever.

- Jewella



Poems

GLITTERS IN OUR MEMORIES

Have you ever thought of this?

The random people we meet around,

Gonna stay still one day,

Hope it stops anyway,

cause just listen to me,

I know you would've thought of this,
Gonna go, wanna know,

The hell that we've been through.

All the messages seen,

And all thoughts to unclean,

Missing those white shirt, blue jean, and
dancing alone with a spin, Gaming in
Monopoly and we win,

No confessing filled with sin.

But just don't care, Good days gonna come,

And then gonna run, with friends and rum

Filling glitters in our memories with you.

'Excuse me, I love you'.

Do you Remember the things that didn't
value?

Before Now I'm feelings, I started to adore

And Now I'm feeling down, reached my
high, pretending good and I don't know
why,

So I wanna tell you now,

Cause you're listening,

and gonna show you how to stop chasing,

The toxic people in our lives, to make your
life so nice.

But just don't care, Good days all gonna
come

And then we gonna run, with friends and
rum

filling glitters in our memories with you

'Excuse me, I love you'.

- Ruth

TOMORROW

I am praying for a better tomorrow

A tomorrow without regret

A day without pain

The day when all will be well

But the price is life

Knowing this makes me think twice

I pray for a day without regret

Hopefully god will give it to me tomorrow

- Bharti

I'VE NEVER SEEN THE STARS

So I might

Count every star

To where you are.

And write you

Metaphors in millions. With all the skies.

But really,

You just need to know

I miss you.

I have still never seen stars

Like the ones in your eyes.

- Norma

MUMMA

The pain is in our hearts,

When you left us apart.

It broke us into pieces;

Which did not give peace.

You left us like a boat in an ocean;

It felt like we lost our half portion

You never dreamed

But you let us dream

You are the light of the world

The gem , diamond, Ruby & pearl

We called you mumma ,

But your first priority was always us
maa.....

- Sheren

स्वागत करू या नववर्षाचे

स्वागत करू या नववर्षाचे

जावो सर्वांना हर्षानंदाचे

देऊन निरोप गत वर्षाला

करू या प्रारंभ नव्या वर्षाला.

गतकाळाला विसरून आपण

नव्या पर्वाकडे वळू सर्वजण

ज्ञानज्योत ही उजळून सारे

करू अज्ञाना दूर सारे.

भेदभाव, वैर, बाजूला सारूनी

रूजवू ऐक्याची भावना

जुन्या विचारा देऊनी फाटा

शोधू यशा प्रगतीच्या वाटा.

प्रेम, शांती संदेश देऊनी सर्वांना

फुलवू मानवी मनामना

सांगू सर्व देशबांधवांना

काम हे आहे एकजुटीचे.

सत्य संकल्पांचे प्रकाश किरण

हरवो तिमिर, उजळो भूवन

धरतीचे होवो नंदनवन

नववर्ष जावो सुखसमृद्धीचे. -Asahel

हासिल करना है.....

समस्यौं से झगडना है, हासिल करना है
लक्ष ।

समय तेरा है, ख्वाब भी तेरा है,

माना लक्ष थोडा जटिल है,

मगर सब तेरा है और तू कर सकता है.....

हासिल अपना सपना करना है.....

वक्त यही.....

चाहे तो माती को सोना बना दे,

या शील को हिरा बना दे,

समस्यौं से झगडना है, हासिल करना है
लक्ष ।

- Dimple

सुख नक्की कशात असते?

सुख नक्की कशात असते...

पहिल मला वाटायचं कि सुख हे पैशात असते

पण आता कळाल ते तर आपल्या माणसात असते

सुख नक्की कशात असते...

पहिला वाटायचे कि ते महागड्या कपड्यात असते

पण आता कळाल ते तर आईने तिची साडी नेसवलेली त्यात आहे

सुख नक्की कशात असते...

पहिला वाटायचे कि ते महागड्या रेस्टॉरंट मध्ये जेवण्यात आहे

पण आता कळाल ते तर टपरीवरची पाणीपुरी खाण्यात आहे

सुख नक्की कशात असते...

पहिला वाटायचे ते महागडा फोन घेतल्यावर मिळते

पण आता कळाल ते तर कुटुंबाबरोबर वेळ घालवल्यानंतर मिळते

सुख नक्की कशात असते..

सुख हे कधी मिळते का हो?

हा खूप मोठा प्रश्न आहे

कारण सुख कधी मिळत नाही

सुख हे आपल्याला मानावे लागते

सुख तेव्हाच मिळते जेव्हा माणूस समाधानी होतो

आणि माणूस कधी समाधानी होतो का.. ?

म्हणून हा प्रश्न पडतो

सुख नक्की कशात असते.....?

- Aastha

WHO IS A TRUE FRIEND?

A true friend is the one who sees the pain in your eyes, when everyone believes the smile on your face.

A true friend is the one who doesn't see the time

And is always ready to be with you in every cease and crime.

A true friend is the one who makes you laugh and makes a dull day bright.

A true friend is the one who can wipe off your tears and give unending happiness.

A true friend is the one who will never let you down and is always there in thick and thin.

A true friend is the one with whom you have great company and can have loads of fun.

-Marita

स्त्री गाथा

इतिहास सांगतो आमुचा स्त्रीनेच शत्रू तुडवला!

लक्ष्मीबाईने झाशीचा किल्ला लढवला !!

जिजाऊने राजा शिवछत्रपती घडवला !!!
महाराणी ताराबाईने महाराष्ट्र भूमीत औरंगजेब रडवला !!

स्त्री म्हणजे जन्मदाती,

स्त्री म्हणजे संस्कृती,

स्त्री म्हणजे नाविन्याचा वसा,

स्त्री म्हणजे घराच घरपण स्त्री म्हणजे महान कार्य,

अशा या स्त्री शक्तीला मानाचा मुजरा.

-Manaswi

IT'S CHANGE

It's change, it's change

Now you are at teenage,

arguing with parents

for little things which has no ends.

It's change, it's change

Now you are at teenage,

Who wants to live with friends

and share gossips which has no ends.

It's change, it's change

Now you are at teenage,

Who wants to make new styles and sit in front of mirror which has no ends.

It's change, it's change

Now you are at teenage,

Who wants to roam whole world

And desires many things

which has no ends.

It's change, it's change

Now no longer you are at teenage

Now you are a young lady

with lots of love and care,

Who has work which has no ends.

-Esha

A JOURNEY WITHIN

In stillness I reflect upon my soul,
A journey deep within, where truth
takes hold.
I examine my thoughts, my words, my
deeds,
And search for the meaning that my
heart needs.

I look at the paths that I have trod,
The choices I've made, both good and
flawed.
I see the moments that brought me
joy,
And the ones that left my spirit broken
and destroyed.

I acknowledge the shadows of my
past,
The mistakes I've made, they cannot
last.
For they have shaped me, made me
who I am,
And I am grateful, for this journey of
self-discovery, so grand.

In this quiet space, I find my peace,
A clearer understanding of my life's
purpose, released.
For self-reflection is a gift so rare,
That opens the door to growth, love,
and care.

Keisha

EDUCATION

You want to be in a gang
And shoot up everything with a bang
But education is what you lack
You say they'll have your back And
not getting stabbed with a knife

Education is the key to life
Education will lead you to great heights
And not to everyday fights

Education will help you excel
Not lead you to a county jail
You won't find yourself doing ten
In any county pen

Or being charged with first degree
murder
In a court of order
And as your family wail
You're getting life without bail

Be in a gang and stay there for keeps
You'll find yourself underground six
feet deep
So instead of being laid to rest
Get an education and be the best.

Lisa D'silva

HAPPINESS

Happiness is something which
cannot be explained;
It can only be felt and
It's hard to find
Happiness brings positivity
It makes a person kind and
free
It is the cure for many diseases
Let the happiness take away
your sadness
As it is the light that kills the
darkness
Always be happy for whatever
you have got
As, it is still the dream for
many in short
Happiness is truly the gift of
God.
Luckiest are those who have
got this reward.

- Sanjana

FAREWELL

Here's a toast to the
adventures of the future
Leave the past as a motion
picture.
A toast to our friends far and
near.
To us, they will always be
dear.

Anticipating this holiday
celebration brings love and
light,

May you and your family be
blessed with joy flow in your
heart,

Wishing you a prosperous new
year,

My SWEETHEART!

Cecil

MY SCHOOL MY PRIDE

My School...My Pride.
Where we had a wonderful school
ride!!
We read, we write
And make our future bright...!!
We learnt to Respect.....!!
Not to neglect...!! Not to expect....

We laugh, we cry
We play, we study with our best
buddy....!!
Respect elders, obey parents.
Become sincere and punctual
Is the habit we learn
And that is why we call....
'My school, My Pride!

Brittany

नेहमीच नसतं अचूक कुणी

नेहमीच नसतं अचूक कुणी,
घड्याळ देखील चुकतं राव.
जिंकलो जिंकलो म्हणता म्हणता,
निसटुन जातो हातुन डाव.

पडत जातात उलटे फासे,
घरासोबत फिरतात वासे.

आधाराचे हातही,
जातात दिसेनासे .

अशा वेळी ,
धीर कधी सोडु नये.
नशीबाच्या नावानेही,
उगाच गळा काढू नये.

जेव्हा फोल ठरतात दावे,
कळत नाही कुठे जावे.
सगळी दारं मिटतात तेव्हा,
आपणच आपला मित्र व्हावे.

मग अचूक दिसते वाट,
बुडण्या आधी मिळतो काठ.
हसत हसत झेलता येते ,
खडक होवून प्रत्येक लाट.

म्हणून म्हणतो फक्त एकदा,
केवळ इतकं जमवुन पहा.
मित्र ,सखा ,जिवलग ,यार
स्वतःतच शोधून पहा.

Nisa

एकटं एकटं.....

एकटं एकटं सांगा ना जगायचं कसं
न बोलता कुणाशीच रहायचं कसं
दूर दूर झाले सखे सवंगडी सारे
भिंतिंआड कोंडलेले अवखळ वारे
त्या वाऱ्याने आता सांगा वाहायचं कसं

एकटं एकटं.....

पाण्यात टाकून दगड भाकऱ्या खेळलो
दूर दूर रानात झाडांआडही दडलो
सारे सारे आता भासांच्या जगी विसरलो
अभासांच्या जगातच हरवायचं कसं

एकटं एकटं.....

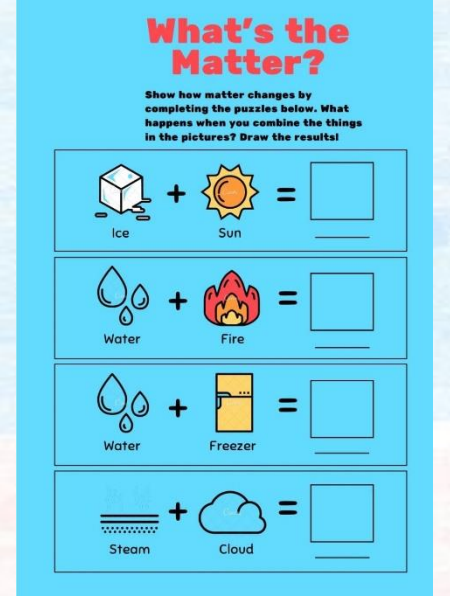
वाटतं मला वाऱ्यापरी हलकं हलकं व्हावं
मैदानावर, बाजारात, रानात फिरुन यावं
शेतातलं पिक हलवत धुम पळत सुटावं
बागडावं बागडतं कुरणात पाडस जसं

एकटं एकटं.....

मिळावी मला एक जादुची छडी
सोडवेल पडलेली सगळी जी कोडी
इंद्रधनुष्याची करुन खेळु घसरगुंडी
हसु मिळून पाखरं हसतात जसं

एकटं एकटं.....

Shrishti



Activities throughout the year



Fresher's Day



Independence Day



Talent Hunt

Micro Skills



Traditional Day



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जनसेवा हेल्पलाईन

९९३०६३५६०६

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D'SILVA

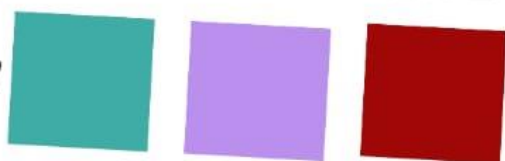
21-02-2000
Zodiac Sign, pisces
Height, 4.11"

About me

I love to dance, compere, the other qualities of me are I love to sing, art and craft, cook, bake, and much more. I'm currently a teacher and side by side a compere. I compered for many events such as, weddings, marathi wedding, 1st birthday party, 5th birthday party, small gatherings, etc.



I love my job



Favorite colors

Fun facts

I love animals!

I love to be
around children