

**ATULYA- A Publication from Nirantar
Smt. Kapila Khandvala College of Education's Alumni
Association**



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FROM THE PRINCIPAL'S DESK

Dear Alumni,

It's a pleasure to see the second publication *Atulya*, of our alumni *Nirantar* taking shape. As the name suggests it represents continuity, stability and hope. Its presence reiterates the wonderful role the alumni plays in the growth of the alma mater. The testimonials of alumni are like sweet breeze that can continuously blow over the organization and keep it going.

A friendly and supportive environment that encourages our student teachers to succeed is something that KKCE has always taken great pride in. As a cherished member of our illustrious alumni, we invite you to share your journey that you took outside of and beyond our institution. Our current and upcoming students, who are preparing for teaching as a profession could really use your thoughts and point of view to grow and mature in their professional roles.

The role of the alumni in supporting their alma mater is multi-faceted. Your contributions financial, intellectual, or social can aid the organization's expansion and the creation of a strong feeling of community. This is a unique and enduring partnership. We truly and sincerely want to catch up with you and find out more about your experiences.

By participating in our activities such as writing for Nirantar through your expressions in *Atulya*, conducting workshops, attending meetings, providing mentoring and sharing your expertise; you make a lasting impact on us creating a sense of belonging for the shared history of KKCE.

Thank you for being an integral part of our college and helping us carve a niche in society as an exemplary teacher education college. We look forward to hearing from you and hope to see you at our upcoming events. We are truly and genuinely interested in catching up and learning more about your journey.

Best wishes,

Dr Jayashree Inbaraj,
Principal,
Smt Kapila Khandvala college of Education

THE EDITORIAL TEAM

Dr. Megha D'Souza
(Faculty in charge of NIRANTAR,
Associate Professor, KKCE.)

Ms. Sehal Gada
(Alumnus, Batch : 2016 - 18)
Ms. Disha Bharadwaj
(Alumnus, Batch: 2017 - 19)

OUR ALUMNI- OUR PRIDE



Dr. Hemali Padip Joshi
Batch: 2008-09

- Doctorate in Education.
- ‘Innovation in Education’ Award by European International University and Asian Education Conclave at Bangkok.
- Author of five books on teaching techniques and Biology.
- Owner of MOTLEY Games for Science Subject.



Ms. Bhairavi Rangat Athavale
Batch: 2000- 2001

- An educator for 28 years.
- Accomplished theatre artist and kathak guru.
- Recipient of several woman award
- Actress at colors Gujarati and recipient of best actress merit certificate at Chitrlekha Natyaspardha , Mumbai , 2023 national level.



Ms. Usha Ashok Manore
Batch: 2012-13

- First Position at Divisional level for her innovative teachings at ‘Navopkram 2022-23’ organised by Education Department, SCERT, Pune.
- Secured third position at the State Level Competition-विद्यार्थ्यांच्या जीवनात आनंद आणि मौजमजेसह भारतीय संविधान organized in February, 2023.

OUR ALUMNI- OUR PRIDE

Ms. Maitri Doshi

Batch: 2017-19

- First in Math-Best Team Leader.
- ACS-FEST 2022-23
First Prize in Roogle.



Ms. Vinita Malik

Batch: 1995-96

- 23 years of experience as an educator.
- Leads the Delhi Public School at Bhopal.
- Under her leadership, DPS Bhopal received 'Best School of the Year Award' consecutively in 2017, 2018 & 2019 by FMCCI; India's Schools of Eminence Award 2021-22; INDIA'S BEST SCHOOL 2023 with AAAAA Grade for session 2022-23 by CAREERS 360.
- Felicitated with the Best Zonal Principal Award by Science Olympiad Foundation and the Outstanding Leadership Award by EGN Education Awards.



श्री. दत्तात्रय गंगाधर वाणी (नाशिक)

बी. एस्सी. एम. एड. (करिअर मास्टर)

बॅच: १९९५-९६

- गेली २७ वर्षे माध्यमिक शालेय स्तरावर कार्यरत एक नवोपक्रमशील शिक्षक. गणित आणि विज्ञान शिक्षणातील गुणवत्ता सुधारणेसाठी योगदान तसेच उपक्रमशील शिक्षक म्हणून अनेक जिल्हास्तरीय तसेच राष्ट्रीय पुरस्कारांचे मानकरी. कोरोना टाळेबंदीच्या कालावधीतील शैक्षणिक योगदानाबद्दल 'कोरोना योद्धा' म्हणूनही सन्मानपत्र.



ALUMNI REPORT

Report of NIRANTAR activities conducted in the academic year 2021- 22

Alumni members are the brand ambassadors and significant participants of the institution. Alumni association thus plays a critical role in the growth and development of any institution. Aligned to this fact is, NIRANTAR- KKCE's alumni association. NIRANTAR is an active alumni association of Smt. Kapila Khandvala College of Education that participates in college activities, supports student development and is a key stakeholder of the institution. During the academic year, 2021- 22 the following events highlight active involvement of NIRANTAR in college activities:

- First alumni newsletter 'ATULYA' was published in July 2021. The editorial team comprised of KKCE faculty Dr. Dsouza along with alumni members- Ms. Sehal Gada and Ms. Disha Bharadwaj.
- Cultural programme comprising of singing, dancing and monoacting by alumni members was organized during the expert team visit for autonomy on 29th July, 2021.
- Alumni members were invited to college on 29th July, 2021 to attend interaction with Expert team for autonomy. Around 25 alumni members attended the meeting, the expert team members were impressed with the relationship that alumni body shares with the college and regards it holds for its alma mater.
- The following alumni members were invited as resource person for guest lectures:
 - Ms. Sehal Gada- Cognitive Engagement in Classrooms on 16th October, 2021 from 9.50 am to 10.40 am.
 - Ms. Samira Saheba- Online Classroom Management on 16th October, 2021 from 9.00 am to 9.50 am.
- Alumni members were offered free registration for the international webinar organised by the college on 7th and 8th April, 2022.
- Opportunities for professional development and job placement were shared on alumni Whatsapp groups. These groups keep alumni members well connected with the college.
- Women's cell of KKCE organised a symposium on the topic 'Women in Science'. The guest speaker of the session was KKCE alumnus- Dr. Hemali Joshi.

**-Dr. Megha D'Souza,
Associate Professor**

Report of NIRANTAR activities conducted in the academic year 2022- 23

The diverse and talented alumni of KKCE has a critical role to play in the teaching- learning, student support & progression and development of the institution. Thus, the institution endeavors to actively engage its alumni. The following activities involving alumni members were planned and organized during the academic year 2022- 23:

- The short-term certificate course titled ‘Well- Being- The Elixir of Life’ was opened up to alumni members. All the alumni members were encouraged to participate in the course.
- Video making competition was organized for in-service and pre-service teachers in October, 2022.
- Ms. Samira Saheba from the batch 2018- 20 was invited to facilitate a guest lecture on the topic of ‘Classroom management’ on 7th November, 2022.
- Alumni members were invited to participate in the National Webinar on ‘Aligning Assessments to NEP 2020’ organized by Smt. Kapila Khandvala College of Education on 1st and 2nd February, 2023. There was participation as well as a paper presentation by some members.
- Mr. Sunny Gangar from the batch 2014- 15 conducted an online guest lecture on the topic ‘Alternative Lifestyle to Align with Changing Environment’ on 17th May, 2023.
- Social media platform- WhatsApp is actively used to network with alumni members. Opportunities for professional development and job placement are shared on alumni WhatsApp groups.

**-Dr. Megha D’Souza,
Associate Professor**

TEACHING IN 2023

Oh, You're a teacher! 'Lucky one for all those summer holidays you enjoy every year', is the first reaction I receive on sharing about my profession with others. In my early years of teaching, I smiled when I heard this however it is high time the world sees us as more than just serial vacationers. I realized the demands of this job when I moved abroad and started teaching in a British curriculum school with students from all over the world.

I just don't plan lessons anymore, like most teachers- I'm dealing with safeguarding issues, behavior concerns, career concerns, racism, planning wellbeing activities. I'm teaching students coming from a variety of cultural backgrounds, students that do not speak English as their first language, I have to be mindful when I plan my lessons to cater to this diversity. I have to include ALL my students in a lesson that means differentiation planning and prepare them for the world that unfortunately doesn't actually cater to them differently. We have admin jobs to do as well. I read an article that stated teachers make three decisions per minute in an 8-hour work day. Obviously, the study didn't consider the time we take work home and making decisions while marking, grading and giving feedback.

So yes, while I smile when they say summer is off, I know deep down those few well deserved days off is time for me to catch up with the world, time for my mental health and time for some more lesson planning.

My dear fellow teachers, take that summer break with pride and go on to do what we do best! Our salaries may not reflect the work we put in but those twinkling eyes of your students in the hallway is what keeps us going!

**-Ms. Stacy Vaz
Batch: 2017-19**



**-Ms. Disha Bharadwaj
Batch: 2017-19**

GRATITUDE

It was 2016,
To become a teacher, I was keen.
I came to KKCE
An institution for teachers-to-be
It has a culture of its own,
Where I have beautifully grown.
This new version of me, I met
And I was all set.
For lifetime, I made friends
Strong bonds which never would end
Made memories to cherish,
A place where my skills I could polish.
I earned the title of 'Humane'
For this place, my heart has a terrain.

To become, what I am today
Gave my time, almost the entire day
Where my teacher's efforts are
immeasurable,
KKCE is Home, this place is
commendable.
It was 2018,
That day, I still remember
As my eyes were filled with wonder,
When I received a trophy which said,
"All Rounder"
Only a 'Thank You' won't suffice,
So, here's to be precise -
"I am, was and will always be a true
devotee of KKCE"

-Ms. Sehal Gada
Batch: 2016-18

YADDO KE PANNO SE

आँखे नम होती हैं आज भी,
जब याद आता है KKCE institute का गुजरा हुआ हर पल।
नर्वस से कदम लेकर पहली बार इंस्टिट्यूट में जाना,
जहाँ बात करने वाला कोई ना हो, अकेले ही गुपचुप समय बिताना ।
फिर पहली बार वंदना मैम से फैस टू फैस इंटरव्यू का होना,
पहली दोस्ती महाताब से होना ।
कुछ और दिन बिताने के बाद एहसास होना कि,
यार यहाँ बहुत ही जी जान से मेहनत करनी होगी, तभी जाकर कुछ बात बनेगी।
कुछ ही दिनों में चेतन, रघु और धीरज जैसे अच्छे दोस्तों के साथ 'CARD' ग्रुप का बन्नना,

अपने उन यारों के साथ मिलकर मस्ती और धमाल करना।

College के सभी Professors चाहे male हों या female,

सबसे बेहतरीन रिश्ता जुड़ना।

आई जब Election की बारी, तो इंस्टिट्यूट का Treasurer बनना।

आशीमा मैम, जयश्री मैम, शीतल मैम, गौरी मैम, मेघा मैम, शमीम मैम, जेम्स सर और सुनील सर,

आप सभी ने कभी दोस्त बनकर संभाला, तो कभी अपने बच्चों सा दुलारा , कभी जीवन की राह दिखाई, तो कभी मन में उम्मीद की ज्योति जलाई।

Admin staff मुले सर, हितेश सर और librarian मैम ने भी खूब साथ दिया,

जब भी जरूरत पड़ी हाथों में अपना हाथ दिया।

हर एक event चाहे नवरात्रि हो या इंटर कॉलेज कॉम्पिटिशन,

सबको बड़े ही चाव से मनाना।

Teacher's day पर लंच और मूवी के लिए जाना,

Sport's day का जुहू बीच पर मनाना, जी भर के हँसना और हँसाना ।

जब Trip की बात आई,

तब जेम्स सर ने बड़ी समझदारी से सारी जिम्मेदारी उठाई।

अभी भी याद आती है बातें छोटी - छोटी,

जो लगती है मिश्री - सी मीठी - मीठी।

Internship Week में आप लोगों का साथ होना,

Exam paper incomplete होने पर भी आपका बोलना - 'जो लिखा है वह फोटो कॉपी मेमरी है'।

Teaching - learning lessons का Satisfactory होने पर भी प्रोत्साहित करना - 'तुम सही जा रहे हो'।

Table पर lessons plan ना होते हुए भी lessons delivery के बाद, जो की थी आपने हौसला अफजाई,

यादों के पन्नों को दे गई वो बात एक और गहराई ।

आँखे नम होती हैं आज भी, जब याद आता है KKCE institute का गुजरा हुआ हर पल - 2

**-Mr. Aditya Shah
Batch: 2007-08**

INSIDE YOUR HUG

You look at me, but I know you don't see me.

You are talking, but not to me.

You giggle and laugh, just not at your jokes anymore.

You are right here with me. Why so distant then?

Not so long ago, you welcomed me with
Open arms and a sunny smile.

Snap and it's gone. Strange. Strayed.
Strangled.

Don't let your mind obliterate you.

Sometimes it might get deafening, I know
It's cold and dark and tumultuous,
The ocean waves are dragging you in,
But you will make it. We will make it.

Those beautiful eyes I don't recognize
Any longer. Nothing really makes sense,
Come back! Please come back to me,
I promise to never let you slip again.

If I had one wish and one wish only,
I would turn back time to that day,
Lonely you were, oblivious me,
Inside your hug is my favourite place to be.

**-Ms. Tushita Gupta
Batch: 2019-21**



**-Ms. Charmy Lapasia
Batch: 2017-19**

PLATFORM KRAMANK EK KI GAADI....

A recent thought-

Something about one of my favourite means of transport -local trains. Unlike a rickshaw or a cab, I am not required to 'ask' here if I will be taken to my destination. It's like the train says, "I will not disappoint you provided you are able to squeeze in at your own risk."

I began travelling in local trains as a kid while going to my relatives. Holding the holder at the top and rushing to stand near the window fascinated me. After my 10th, I started travelling regularly. The holders were there and window became a dream. Being able to push the crowd before you and getting a place for your feet(only) at the door became an achievement. Escaping the sea of hair going in the mouth, elbows and bags of others surrounding your body, the crowd would deliver me out on my desired station. It was another victory. Getting a fourth seat or claim for one was like a God's blessing. I would buy those five-rupee chips packet from that old granny who would make her way through the crowd. The man who sold clips and hairbands made me wonder about his thoughts making way through all the women. That in a way made me proud to belong to the gender that generally does not molest.

To confess, I have done a certain 'bad manners' category of things here. At times, I have peeped to read some news in the newspaper of my neighbour or see what he/she is doing on the phone. I have screamed my lungs out on the ones who got in the Virar train from Borivali. I have made an issue of the little (unintentional) 'dhakka' from fellow commuters. I got into the luggage compartment taking all the curses from the ladies selling fish. I have even travelled without a ticket occasionally in a hurry (now I am sincere). This place has taught me some subtle lessons of life.

People as such have nothing to do with your choices. Even if they bother then that's temporary. You will see someone in a short skirt sitting next to somebody wearing a burkha. Women cracking jokes sitting next to somebody sleeping. Somebody 'Hi-Fi' sitting next to a labourer. There is no option than adjusting in the limited space and that's making us tolerant (in a limit though) in a way, I guess. The hour-long journey gives you an opportunity to spend some time (no option) with yourself (to day dream about past or future). Otherwise, most of our time is surrounded by family members at home or colleagues at the workplace. When the train suddenly stops for a signal and you are late for work, the only thing left for you to do is to keep patience. If it's your day you are at the window seat. If it's a bad day then you have no place to breathe and are punished to stand. Technically there is a lot to learn here.

Everybody follows certain undeclared rules to help each other commute well. It's amazing to see that inspite of the tremendous crowd, how people orient themselves (as much as they can) to help each other get in or out. It's a rule that somebody getting down at Dahisar should be standing ahead of the commuter from Mira Road. Right side of the passage can be blocked but the left side has to have space for people to get in.

To conclude, this favourite vehicle of mine does get late sometimes or comes early but tries its level best to carry load beyond its capacity. Inspite of being a victim of people's rage during protests, bearing the stones or getting paralysed during bomb blasts, it has always given a message to 'keep running'.

-Ms. Harshada Shinde
Batch: 2010 – 11

With profound grief, we inform you about the unexpected demise of our alumni member

Ms. Swadhika Jadhav Pawar.
Batch: 2016-18



(11-05-1993 - 28-08-2022)

We extend our heartfelt condolences to the bereaved family and friends
May her soul rest in eternal peace

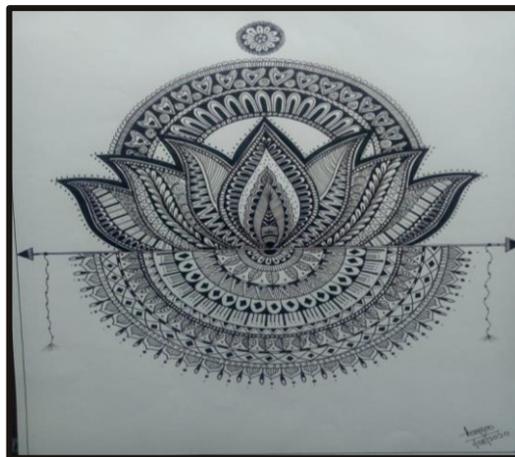
'KKCE family will miss you.'

INTER-COLLEGIATE VIDEO MAKING COMPETITION

(ORGANISED BY NIRANTAR)



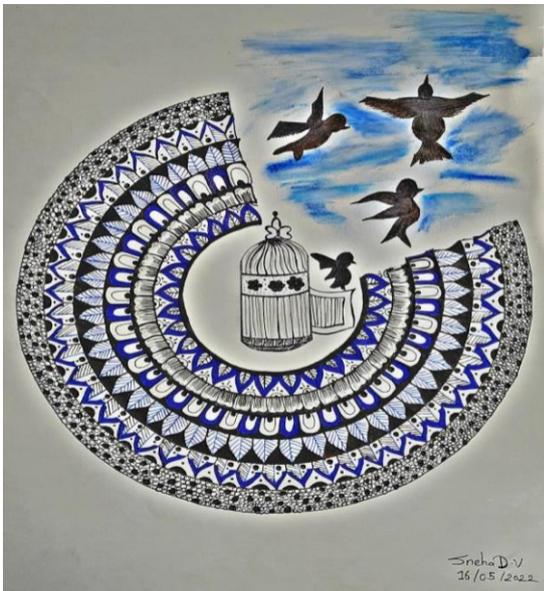
**Winner- Dhaval Tandel (Batch: 2021-23)
Smt. Kapila Khandvala College of Education.**



**-Ms. Aarzo Shah
Batch: 2016-18**

जिंदगी का सफर अजीब क्यों?

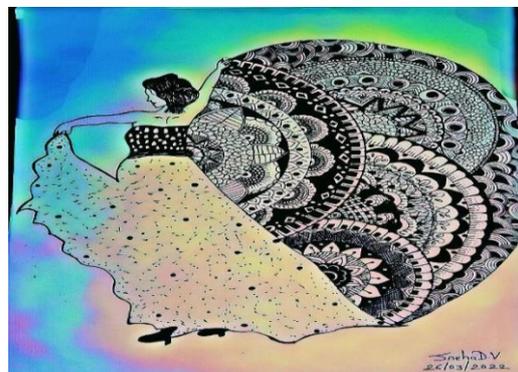
जिंदगी का सफर बहुत ही खूबसूरत है,
फिर भी जिंदगी हताश क्यों है?
जिंदगी कहने को बहुत बड़ी है,
फिर भी छोटी सी क्यों हो गई है?
जिंदगी का सफर बहुत आसान- सा है,
इस सफर में बहुत सी कठिनाइयाँ क्यों है?
जिंदगी के सारे पल को जीने का मन है,
जब इस पल को जीना चाहे तो बुरा क्यों है?
जिंदगी का सफर एक किताब जैसा है,
पर इस किताब के पन्नों में इतना दर्द क्यों है?



-Ms. Sneha Vishwakarma
Batch: 2018-20

खुद में खुद ही काफी हूँ...

क्यों खुद पे हर बार सवाल उठाती हूँ,
ये जानती हूँ, खुद में खुद ही काफी हूँ।
संभाल लेती हूँ अक्सर खुद को फिर भी,
ना संभाल सकी तो कभी इस बात से डर-सी
जाती हूँ,
लेकिन ये जानती हूँ, खुद में खुद ही काफी हूँ।
ना ही शिकायत किसी से, ना ही है उम्मीद
किसी से,
अपना लेती हूँ वो भी जो ना आए दिल को
रास।
हौसला देता है ये मेरा मन, समझाता रहता है
मुझको,
ये यकिन है मुझको तुझ पे, संभलना तुझको
आता है।
अरे! गिर जाओगे तो क्या हुआ?
उठकर चलना तुझको आता है।
तू इस बात से वाकिफ तो है,
तू खुद में खुद ही काफी है।



-Ms. Sneha Vishwakarma
Batch: 2018-20

CORE COMMITTEE

Stronger Together - Nirantar Core Team Members



Dr. Megha D'souza



Dr. Jayashree Inbaraj



Mr. Satish Sarang



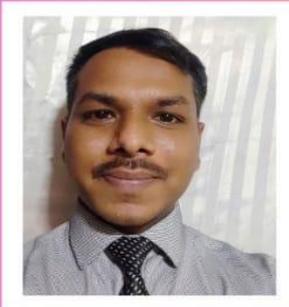
Mr. Rakesh Gandhi



Ms. Sneha Shah



Ms. Pinaaz Bamanbehram



Mr. Amar Kanade



Ms. Disha Bharadwaj



Ms. Sehal Gada



Ms. Jankhana Wadhel



Ms. Ummema Suterwala



Ms. Charmy Lapasia

बी.एड वाणी

शिकवण्याची असेल आस,
तर नक्की करा बी.एड चा अभ्यास.
ह्यातले विषय आहेत खास,
लागेल मुलांच्या उन्नतीचा ध्यास.

पहिला विषय आहे 'शैक्षणिक तत्वज्ञान'
ह्याचे नेहमी असते आपल्याला अज्ञान.
इथे शिकतो विद्यार्जनाच्या तत्वाचे भान,
आणि होते शिक्षणाच्या मुळाची जाण.

दुसरा विषय आहे 'शैक्षणिक समाजशास्त्र'
शिकण्याच्या प्रक्रियेत समाजाचं दिसत
चित्र.

मुलं नकळत शिकत असतात सामाजिक
जीवनाचे सूत्र,
भोवतालचा प्रभाव दाखवतं हे क्षेत्र.

तिसरा विषय आहे 'शैक्षणिक मानसशास्त्र'
मानसिक दृष्ट्या मुलं कसे बनत जातात पात्र .
वय, बुद्धी आणि मन ह्यांचं असतं एक तंत्र ,
मुलांना शिकण्याची गोडी लावण्यासाठी हा
विषय आहे एक अस्त्र.

चौथा विषय आहे 'शैक्षणिक तंत्रज्ञान'
आजच्या युगात आहे ह्याला मान .
फळ्याला संगणकाची सोबत असे हे विज्ञान ,
पारंपरिक शिक्षा पद्धतीला नावीन्याचे वाण .

अशी हि बी.एड वाणी ,
प्रत्येक गुरूच्या असू दे मनी .
शिकवावे लागू दे कुठल्याही ठिकाणी ,
विद्यार्थ्यांचा सर्वांगीण विकास असू दे सदैव
ध्यानी .

-Ms Harshada Shinde
Batch: 2010 -11

STRIKE AND POCKET

As a kid, I was always fond of the family game night on Saturdays which meant fun, laughter, and some quality time with my loved ones.

My family is passionate about indoor games, especially 'Carrom'.

It's a Saturday ritual that we have been following for years now. Post dinner we would charge up ourselves to knock out opponents with our strikes making sure the coins land up in pockets in no time and see the keen eyes waiting for their turn. Even during the lockdown, we continued our ritual.

Post pandemic with our busy schedules, we could hardly get time to play and enjoy the family time.

I was missing those game nights and the announcement of the staff carrom tournament sparked the light.

My colleagues encouraged me to participate but I wasn't sure as I was out of practice for a long time. And finally on the 'D day', I was called out for the first round of the tournament. I was nervous as I had not touched the board for long and excited as I was going to play a tournament after a long time.

As I sat to play, I won the toss and chose to strike. The sound of the striker touching the coins at the break shot had a magical effect on me. I was a bag of nerves that day and looking at the opponent play so well, I missed the strikes twice. Somehow, I managed to win the first round and that boosted my confidence and I defeated my opponent in the second round too.

I was juggling between the lectures and the matches and finally the semi-final round began. My opponent's excellent performance in the first game shook my confidence but I managed to beat him in the second round and qualified for the semi-final. As rightly said by Tom Landry, "A Winner never stops trying", I gave my best and finally defeated a colleague who had won four matches and bagged the third position in the tournament.

On sharing the news with my family and friends, they congratulated me and the smile on their faces boosted my confidence to give my best in the upcoming events.

-Ms. Jankhana Wadhel
Batch: 2014-15

HOPE IS THE THING WITH DEFEAT

Emily Dickinson's poem - 'Hope' is the thing with feathers alludes the beauty of dreams, aspirations and expectations to the abstract aspect of 'Hope', an idea wherein a tinkling of a never-giving up sensation is often lit within our souls, helping one to get up, walk and continue to run towards those majestic ambitions that we look for ourselves, creating and nurturing our minds into a better version of who we aspire to be.

Similarly, education is a twisted road, with its own turns and curves, guiding our baffled minds into an era of knowledge, perspectives and comprehension of the world. Often, education is associated with textbooks, classrooms, teachers and a ton of homework. However, like most, we fail to understand the underlying significance of it. The comprehension of education is not about how much information one can accumulate in their minds regarding any subject, but is about the beauty of the world encased within words. This knowledge further encompasses our perspectives concerning every aspect of our lives.

At present, we live in a world of subjectivity. Facts are important; however opinions somehow tend to hover in the background as a supporting character. But, if I were to raise a question regarding which opinion or belief could be more morally acceptable? It would be quite the walk on eggshells.

While teaching languages, as an educator, I often lead my learners into a bubble of discussion and give them an assurance that within this bubble, nothing is wrong and nothing is absolutely right. That we are merely those birds in a garden who are ready to take flight with both hope and defeat in our minds. Because, it is significant to acknowledge that the purpose of education is not to raise individuals with a restricted or compartmentalised thought processes, but to create global citizens who are able to recognise, adapt and flow with the world around them. We as educators need to carefully craft individuals that can respond not react, not follow but lead.

Hence, education for me is 'Hope is the thing with defeat' as it helps me to unlearn and re-learn my thoughts, perspectives and ideologies. It helps me to acclimatize both my intellectual and social being to live and prosper in the ever-changing world.

**-Ms. Ummema Suterwala
Batch: 2019-21**

MITHILA PAINTING



**PAINTING ENLIGHTENS OUR MIND WITH KNOWLEDGE AND
PEACE**

**-Ms. Monika Singh
Batch: 2019-21**

WHAT MATTERS THE MOST THESE DAYS?

Is it job, happiness, health, money or peace?

There is no standard answer to this question. We live in a society where our needs and aspirations are continuously aligning to societal needs and aspirations. What we may also call a cause and effect or ripple effect. Since we get affected by the society at large, do we also impact the society in our solitary capacities? A BIG FAT YES!!

See, as individuals we have limitless imagination and therefore, we can create something that's niche for us. Like for example- You being a teacher have an important role in the society. You help and nurture the child's curiosity and help them discover their true potential.

Now, as a societal being we all have certain duties towards what we identify as our society. For a politician, this society will be their polling constituency, for a teacher it may be the school where they teach, for a mother it may be the family that she cares for.

We have a greater role to play in society. That includes, being a support system, being a resource, being a leader.

And to deliver these duties we must get out of our mind and open our eyes to do the needful. To give you some activities that help the society that we live in –

- 1) Plough-O-Thon: - You are out for a walk/run and you collect garbage along the way. You get to run/walk and the path gets a bit more clean
- 2) Organizing donation drives: – The surplus resources find a way to needy and help in filling the scarcity
- 3) Donating blood/organ/components: - This is another way, where you can help support patients as their life literally depends on these donations. If you are not eligible for the donation or are under a cool off period, volunteer for NGOs that work towards creating awareness.
- 4) Donate your skills: - If you are a skilled individual, donate your skills to the needy organization and see them grow.

There are endless ways through which you can contribute back to the society.

By doing these you will feel your worth, your mojo and why society needs you. With these boxes checked you will be able to find your mental peace and happiness and positively affect your mental and physical health overall.

Remember, what you do for yourself stays with you, what you do for others can only grow. So, go forward and do what you can beyond the routine of work, studies or just chill.

- Mr. Sunny Gangar
Batch: 2014-15

TO THE WISEST COUNSELLOR OF ALL!

As a prominent Greek statesman, orator, rationalist and general Pericles quote, “Time is the wisest counselor of all” knew the value of time. Growing up we have all heard and been advised on the value of time.

How the most precious of all is time and patience! As the popular saying goes by Geoffrey Chaucer “Time and tide waits for no man”. Time once gone never comes back and the way we make the best of our time is what defines us. But here’s a catch, I always wondered, time is something we all have, right? 24 hours a day, 365 days a year! And now I realise, indeed it really makes the difference. What stands out is how we make the best of ‘what is ours’.

I believe, when we say it's important to have effective time management skills, it is to be able to realise- what is really important?, what is urgent?, and what is that which gives me happiness, peace and soothes my soul?

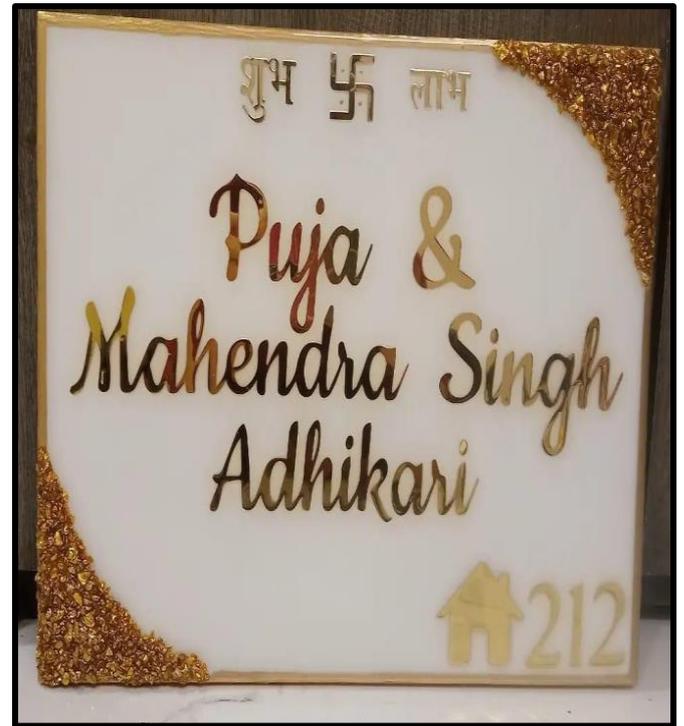
Of all the tasks at hand, it’s important to note down the things to be done. Once done, segregate the tasks as important, urgent, task that needs your 110%, and most important, activities for yourself. Always make a point to include one activity that will help you relax, something that will make you happy, and instantly set your mood right. While noting down and segregating the tasks, also don't forget to mention the few moments you would like to spend with the ones you love, with the ones who love you!

The first time I consciously made an effort to list out the task at hand, I had a feeling of uneasiness. I felt there was going to be spill over, I was so sure I won’t be able to manage or even do justice. This is something we feel, the voice inside that tells us, you can’t, and that's where we need to have that little faith and trust in ourselves. Let the one in you know, that even if I am not able to do everything, I will definitely give my best, to the best of my capacity and capability. On days, getting up, and stepping out is also your best! So, reward yourself, let yourself know that you are proud of how far you have come. How of all the 10 tasks, one is done and you deserve a 5-to-10-minute break, to relax. In this break, do something you really love, maybe put on the music, close your eyes and breathe softly, gently but deeply.

At the end of the day, look back on how you managed your time and gave your best, reflect and let yourself know you came a long way and smile telling yourself, you'll do even better tomorrow. Call it a day, feeling more accomplished, more satisfied, and with the confidence that tomorrow is going to be better, as you are the pilot in the flight called time.

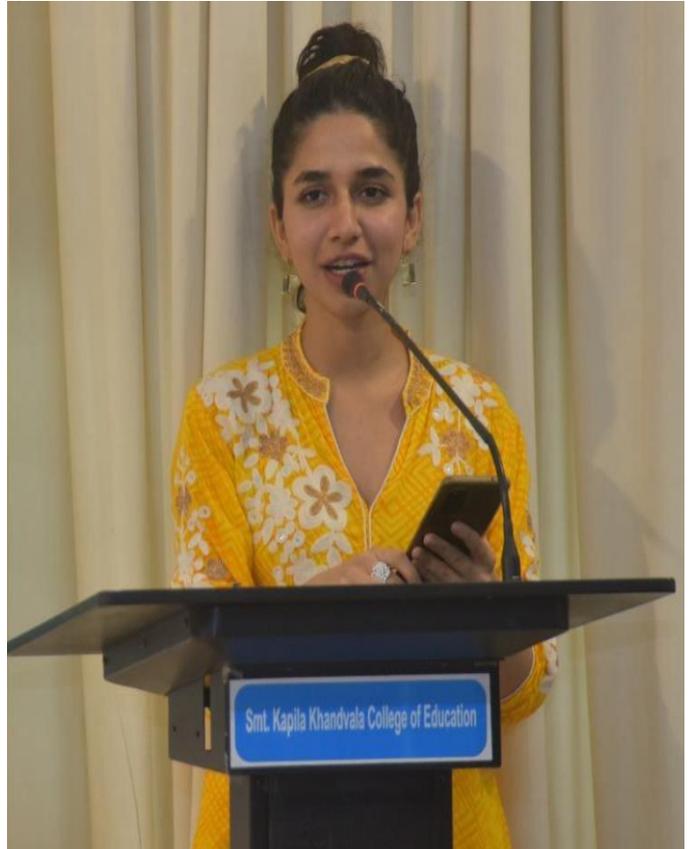
A day at a time, Cheers!

-Ms. Roshni Karia
Batch: 2019-21



-Ms. Meena Pandey
Batch: 2017-19

SNIPPETS FROM THE CULTURAL DAY





DOWN MEMORY LANE

