



COPE

**Catch us
On a journey that
Proclaims our
thoughts on
Evolving resilience**



AWAKENING RESILIENCE

ISSUE #1

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From the Principal's Desk...

Dr. Delia Antão

Since the past few months the whole world has been plunged into uncertainty by a pandemic that is strangely unpredictable and mysteriously uncontrollable unlike any known pandemic in history. Staring coldly into our face is an uncertain future in terms of the manifestation and impact of COVID-19 on individual lives of persons and family, lifestyles and economy, fear and anxiety. Permanent changes in the type and use of power and resources in

every aspect of life has resulted in a complete paradigm shift where the digital mode of communication and interaction has become the new normal. The highly recommended social distancing, social isolation along with economic uncertainty have led to a significant increase in mental health issues such as loneliness, anxiety, depression and even suicidal tendencies.



Picture Credits:
Ms. Kirk Diniz
(S.Y. B.Ed. 2018-2020)

“Resiliency is the ability to spring back from and successfully adapt to adversity.”

Nan Henderson



Mental health concerns are not restricted to a particular age group. However, research shows that youth and women are more prone to suffer from loneliness than older adults. Though the youth have a high affinity for social networking and have countless friends and followers online, their virtual relationships, fame and successful careers hardly count when it comes to tangible friendships. According to analysis by the Office for National Statistics(ONS) 50% of persons in the age group 16-24 felt lonely during the lockdown.

This means that people widely differ in their coping mechanisms and their response to challenges and difficulties. This ability or tendency to bounce back is called RESILIENCE.

According to Psychology Today: 'Resilience is that ineffable quality that allows some people to be locked down by life and come back stronger than ever'.

During these crucial months of lockdown, the teacher trainees of Nirmala Institute of Education were never left alone; they were accompanied and guided throughout in a variety of ways: webinars were conducted on Strengthening

Adversity Quotient, Using e-learning Platforms and Tools, Introduction to Research, etcetera. Besides, the entire NIE team was in constant touch with the trainees offering them guidance, support and also keeping them engaged in various e-tasks and activities. Thus the web of learning continued amidst the pandemic and will continue to do so henceforth.

This e-newsletter is a testament to all the sincere efforts put in by the NIE team to awaken and strengthen resilience in our teacher trainees and offer them a voice and identity through this creative endeavor which has immensely helped our trainees to in fact 'UNLOCK' the priceless treasure of their innate potential and creativity that lay hidden within them beyond the realms their own awareness.

Picture Credits:
Ms. Savia Pimenta
(S.Y. B.Ed. 2018-2020)

“God made our spirit strong and capable of being resilient to the whirlwinds of life”

Dr. Delia Antão

Officiating Principal of Nirmala Institute of Education, Panaji -Goa.



"The oak fought the wind and was broken, the willow bent when it must and survived."

— Robert Jordan, *The Fires of Heaven*

Message from the Coordinator Of Atmashodha Counseling Cell

Resilience is a value or aspect that has been completely forgotten, but it remains a part of us. Resilience involves a bouncing back from difficult circumstances and experiences. The role of resilience is to modify growth and change those aspects of our life that one can control. In today's world with everything found on a platter, we are busy acquiring the maximum and neglecting this important aspect of one's life. Life does not come with a roadmap, we all experience twists and turns. Each change affects people

differently and uncertainty hovers all around.

Today many natural disasters seem to influence us, causing a lot of damage. This can sometimes leave us feeling traumatised all our lives. Building resilience is something we have to adopt in our times so as to arm ourselves with fortitude and courage to face life's storms and reach out to help those who do not have the inner strength to face and accept adverse situations and events.

Resilience is something we ought to cultivate to survive in this unpredictable world. There are posters and articles in this e-magazine that will give you an insight into the subject and will help you to COPE with the pandemic in a better way.

Happy Reading ...

Sr. Pushpica Coutinho

Coordinator, AtmashodhaCounselling
Cell, Nirmala Institute of Education, Panaji-
Goa.

Picture Credits:
Ms. Lois Nadia D'Souza
(F.Y. B.Ed. 2019-2021)

Message from the Editorial Board

Dear Friends,

It is with great joy and satisfaction we, the Atmashodha Counselling Cell present to you the July, 2020 Edition of our cell magazine 'COPE'. This magazine is a platform for showcasing the creative potential of our NIE teacher trainees and Counselling students.

This e-magazine mirrors all the creative endeavors and reflections of our students, as they strive to 'Awaken

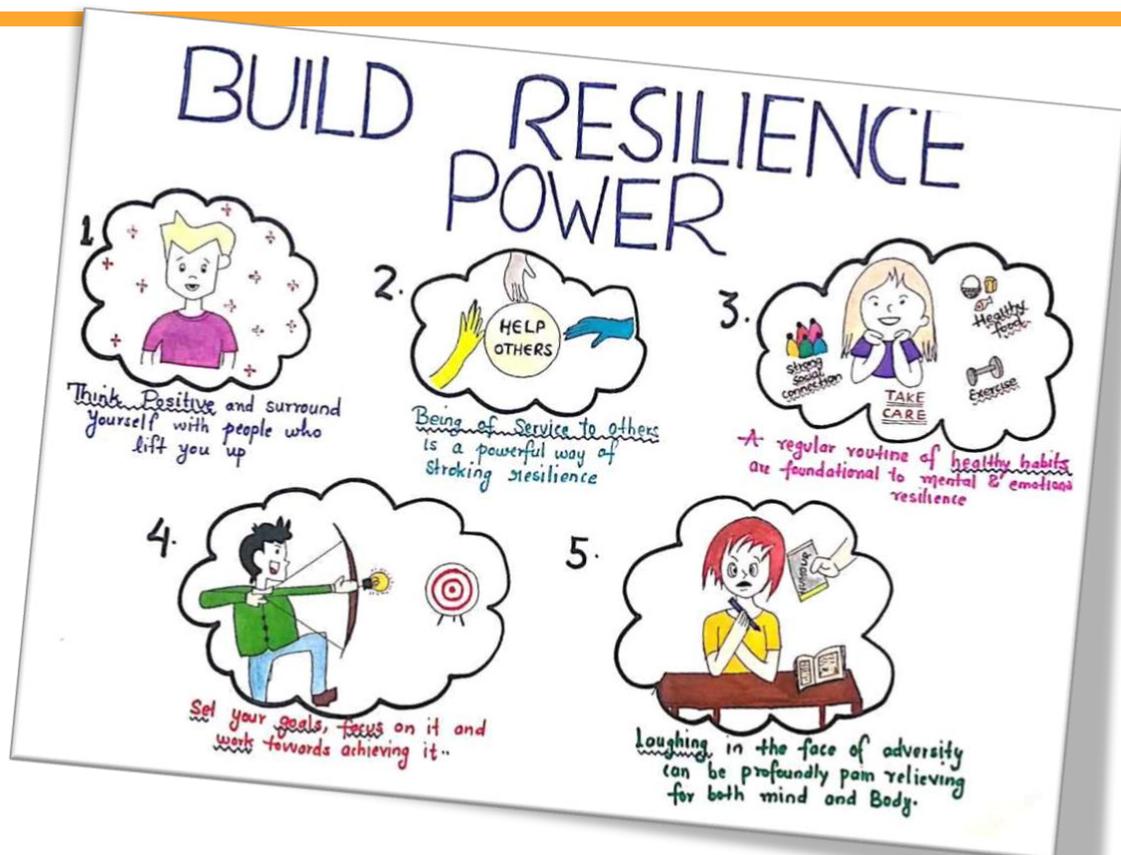
Resilience' and cope with life amidst this devastating global pandemic COVID-19.

We deeply appreciate the unique voice and identity of all our teacher trainees and are glad to offer this platform to help them cope with these trying times and celebrate their creative expressions.

The board expresses our deep sentiments of gratitude to our Director Dr. Rita Paes, our Officiating Principal Dr. Delia Antão, faculty and administrative staff of NIE for their constant support and encouragement.

A special word of gratitude to Associate Professor Mrs. Suvarna Gauns and Assistant Professor Ms. Sangeeta Kadam for proof reading the Konkani and Hindi matter respectively, Assistant Professor Sr. Millie Pereira and Mrs. Lucette Virgincar for proof reading the entire draft and their constant guidance and support, Assistant Professor Mr. Raymond Pereira for preparing the magazine layout and his tireless efforts to make this magazine a huge success.

Thank You and God Bless You.



Picture Credits:
Ms. Darshani Sankhalkar
(F.Y. B.Ed. 2019-2021)

NIL DESPERANDUM!

(An ode to the Divine in us all)

Ms. Diana V. E. Colaco (F.Y. B.Ed. 2019-2021)

As we sailed across Life's oceans,

And met with storms along the way,

Our hearts were seized with trepidation,

That we could miss the light of day!

But then amid the encircling din

A voice resounded through the gloom –

A call that echoed in the wind:

"NIL DESPERANDUM!"

As we trudged along Life's highways,

And stumbled when the going got rough,

Swarms of doubts kept coming our way

Until we felt we had enough.

But we raised our eyes to Heaven

And dispelled all thoughts of doom.

Fired by the motto we have adopted:

"NIL DESPERANDUM!"

Through thick and thin we soldiered on,

Armed with Hope and Faith unshaken,

And though our difficult days still prevail

Memories they still awaken –

Of lessons learnt from Life's great Book

On fields of Sport, and in the classroom

With a motto that has been our clarion call:

"NIL DESPERANDUM!"



Picture Credits:
Ms. Flozil Dias
(F.Y. B.Ed. 2019-2021)

Focus On the present

Ms. Lancia Cardozo (F.Y. B.Ed. 2019-2021)

Focusing on the present means being mindful of what is happening at the very moment. There is always something we anticipate or something we can't let go. Thus, our mind is pre-occupied with either our past or future. We need to make a conscious attempt to be aware of the present and make it pleasant and enjoyable. It is vital to live in the present simply because it will help you remain happy and healthy, and also to establish a connection between yourself and everything around you.

The past and future cannot be completely unheeded to. Thinking about the past will help you relive a pleasant moment or identify your mistakes and thinking about the future will help you set goals. It's necessary to have a healthy balance of the past, present and future. It is rightly said, "learn from the past, prepare for the future, LIVE in the present."



Picture Credits:
Ms. Anushka Gomes
(F.Y. B.Ed. 2019-2021)

COVER PICTURE:



We have been hit by something the world was definitely not ready for. Life turned dark and gloomy, God's most powerful creation just couldn't move and felt helpless. Yet, in these depressing times we witnessed something miraculous – the healing and blossoming of our fragmented Mother Earth. On the flip side, how long can we as 'free beings' remain behind closed doors? We have courageously lifted ourselves amidst these dark times and got back to things and ways that were long forgotten. We have relearned to nurture relationships that we had formerly ignored. So one could say we are evolving in a new found hope to cope up with these days.

Ms. Swellan D'Silva (S.Y. B.Ed. 2018-2020)

While we were sleeping

Ms. Megan Barreto (S.Y. B.Ed. 2018-2020)

It's funny how people always
seem to be running

Towards deadlines, submissions,
our ambitions

Searching for something.

Everything changed one day,
while we were sleeping

Our world was turned topsy-
turvy,

Suddenly we're fighting.

An invisible enemy came
knocking,

So we locked ourselves in

And all of the noise was drowned
out,

Finally time stood still

Left to our devices, seemed like
a picnic

But as we spent time with
ourselves,

We wondered if it was worth it.

We'd spent all our lives running
forward

We'd never paused long enough
to look around.

We'd always worked towards
someday,

We'd never thought about now.

We kept making plans, while we
were sleeping

We even dreamt of things that
were to come

But now that tomorrow is
uncertain,

We wonder why we've done what
we've done.

Since we're at a grinding halt
now

Life as we know it, is gone

It's time, to see things
differently

It's time to breathe in change

So the next time we have
worries,

Or we're scared of the demons
within,

When we are tempted to give up

Even before the alarm bells ring

Let's think of nothing, just lie
down still with eyes closed, and

Wake up feeling brand new,

Rejoicing that the world has
changed

While we were sleeping.

Picture Credits :
Ms. Anushka D'Souza
(S.Y. B.Ed. 2018-2020)



Songs of the Pandemic

Ms. Merle Henriques (S.Y. B.Ed. 2018-2020)

1. Baby Cackle

*Cackling in her cradle, a pair of twinkling eyes
With nothing to lose and nothing to gain
The subtleties of the wicked world can cause her no pain.*

*She longs for the milk and the warmth of the breast
This cycle the muses to love ever feign
Many a woman grow victims to this wonderful
Painful bane.*

*And though these breasts have run sunken dry
They try to feed off the baby cry
No work or food the house has seen,
Only
Baby
Cackle.*

*Infant palms soon turn to a child's...
Soft paw like feet run wild.
In the mud and sun where childhood belongs, the cackler sees nothing at all*

*And before these cackles turn to laughter
The walls have lost its happy memories
But Baby sees no wrong
The cackles never cease*

*Ever since the cackle came to be
The normal around had changed
And though it changed for you and me,
The cackler was always caged.*

2. Burial of the Dead

*December is the cruelest month, leaving invisible smut in the air, corners empty, leaves un-raked
In celebration beers awake, lights dimmed on salvation.
"Cheers!" they said and did not mean when glasses chimed on New Year's Eve,
The dragon of the East set free to chain humanity.*

*Locked homes turned houses.
Crystal clear homes and shelves of market stores,
No grain not yet felt for some already dead
The dragon still flies with fire in tongue to set ablaze humanity.*

*The pubs are dry for goodness sake,
Spilt milk or blood or footwear, headless mutilated bodies lay
The cure: To look the other way*

*Eyes closed and nose and mouth, Eat alcohol not grain
Youth imagine what war might be, at least in the end it would set us free.
Desensitizing DEATH!*

*First numbers, then names, then faces and then your own.
Souls go away to the eternal life but the bodies to bury remain.*

*Don't touch, the touch that soothed you once,
The closest shoulder 12ft down, No songs, No hugs that cry 'I'm here for you'
It is twenty twenty.*

3. The ventilator for the sermon

*"Do this in memory of me"
"Christ has died, Christ has Risen,
Christ will come again"
Prayers lifted, petitions heard, stay
positive,
Test negative*

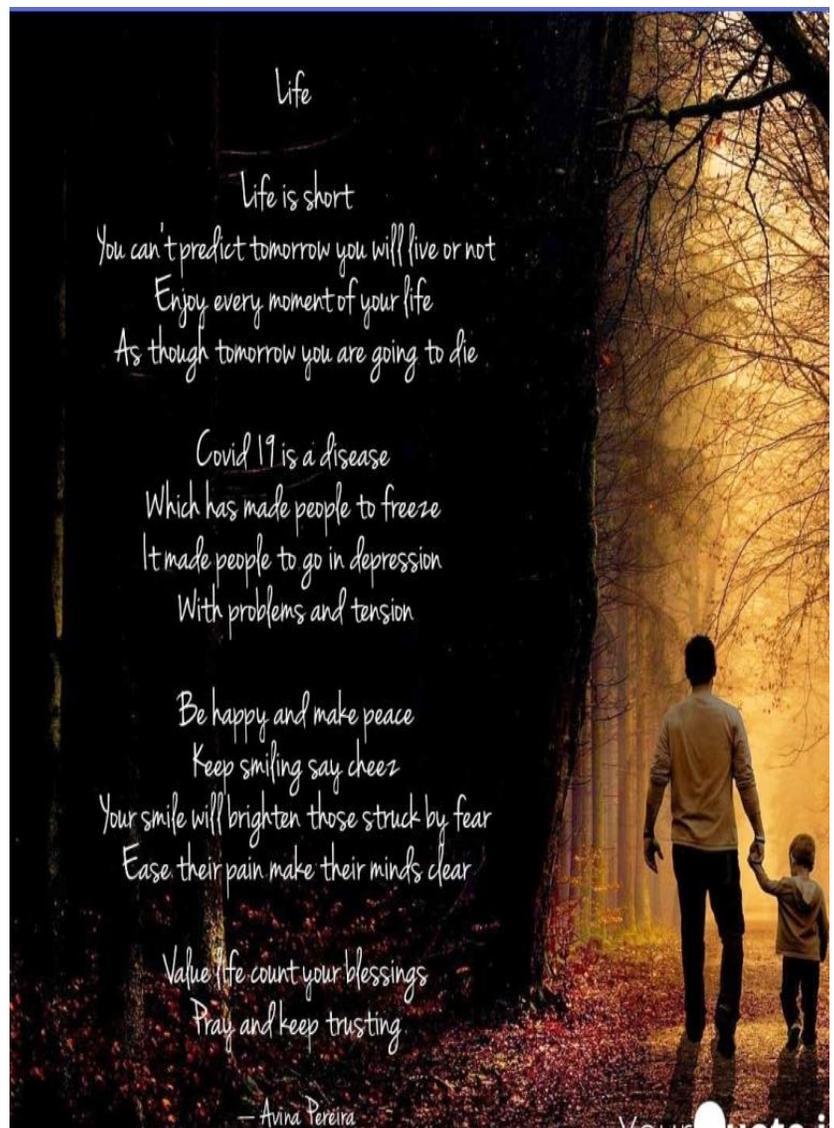
*The congregation knocking on slates of
5x2inches*

*"We're praying for your recovery"
"The intercession of the religious"
Heavy breathing in, no breathing out.
The Last sermon none knew was last,
Anoint the sick two meters apart.
No holy water, wash it off.
Masks;
Tired of wearing masks after years of
pretence?*

*The blood of Christ now seen as wine.
Fevered crave the warmth of the grave.
Diarrhoea. Cough.
Wash your hands, wash your sins away.
Easter day, three days away.*

*Fasting ended; faster end.
Desperate prayers with
"Thy Will be done not mine"
Desperate calls, Desperate cries,
Desperate attempts to simply breathe.
Ventilator stuck in.
A Gasp.*

Recovery.



4. *Song to the Positive*

*Nobody touches this spoon you hear!
And this glass and plate and fork!
This towel will dry at the window now
and nobody touch this soap.*

*Hurry up finish your dinner fast and don't get out of your room
Till Daddy's done eating his soup or you will with him be doomed.*

*Judith! Eeeeeek you're near the man. Why aren't you wearing your mask?
And you? How can you keep her there? You had just one task.*

*No you can't hug Daddy goodnight. Not for a few more days.
No we did not have a fight. But there are no more ways.*

*It's been twenty days I know, but the children are too young.
To have their body fight the devil that resides in your lung.*

*You're consumed by paranoia. It is you who is sick not me.
I've tested negative ten days ago
Why can't you let me be?*

*Don't risk our lives it's far too cruel the least you can do is stay
Far away from our everyday, till the disease goes away.*

5. *Cure and Healing*

*While all you did was stand your ground, the tree has healed and icebergs numb.
The water clear, the flowers bloomed, the flutterbys flew back by noon.*

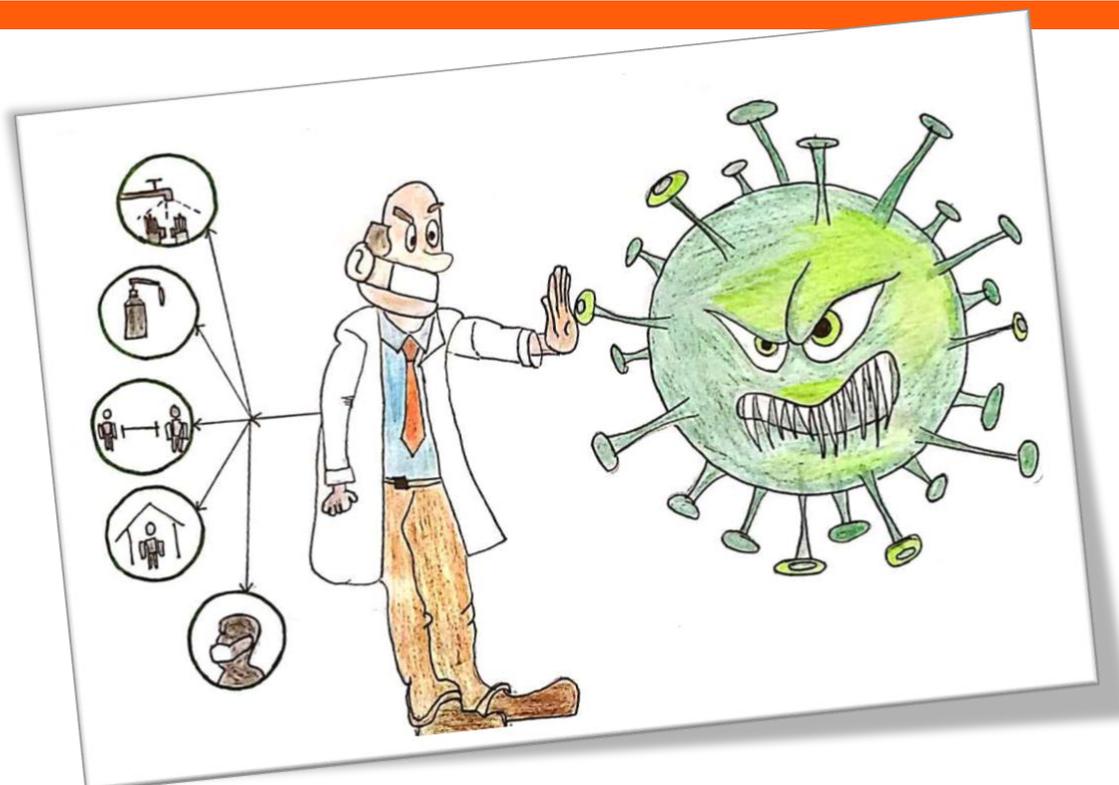
*The anxious child his love he found, his mother's time, her hands unbound.
The tantrums reduced and happiness grew, the myth of attention turned out to be true.*

*The workaholic finally had his break, it lightened his constant aches.
He rested a whole night's sleep after ages; he held the key to his life locked in cages.*

*The student now had time to feel the difference between study and learn.
He spent his day experiencing for what all these years, he could only yearn.*

*The air so pure never did feel.
Was it country or city none could tell
The silence kept the fish awake, the birds would chirp and tell this tale.*

*Months turned to years and yet there was good.
For nothing worse could do much good.
Humanity will rise above it all and humanity will rise above it all.*



Picture
Credits:
Ms. Swizel
Barreto
(S.Y. B.Ed.
2018-2020)

Cultivating a Positive Perspective amidst Covid-19

Ms. Basey Silveira (S.Y. B.Ed. 2018-2020)

Amidst the dangerous threat of a ticking time bomb- the corona virus pandemic has dangerously affected millions across the world. You are blessed if you have a roof over your head, food on your table and clothes on your body. This pandemic is truly an eye opener .It is indeed a great opportunity to help those in need, especially the ones who have suffered the most; deprived of basic necessities. Who knows if God has allowed this pandemic to test our faith, our patience and our ability to offer a helping hand to others in every possible way?

Life is a roller coaster, the ride is full of ups and downs. It is your attitude and your perspective that determine how you accept challenges in life. For some, this pandemic offers a great challenge and for some a great opportunity to do greater things.

A coin has two sides, likewise this pandemic also has a good and a bad side to it. To be physically, emotionally and psychologically healthy, one needs to keenly focus on the positive. COVID-19 has been devastating in many respects. Nonetheless, it has taught us great life lessons. It has put us through tough times of going through financial crisis, loss of jobs, economic downfall, causing a global distress. Unfortunately it has claimed countless lives. However, it has also made our mother earth greener and the air cleaner. It has helped us to strike a harmonious chord with our own loved ones. Many families once again have begun experiencing the joys of living together, spending quality time and creating

wonderful memories. That will be cherished for a life time. The pandemic has failed to deter our faith in the Divine. Although places of worship have been shut, prayer rooms have opened in every house. It may have paused or muted a button of our social life but certainly not our relationships with our near and dear ones .

It may have barricaded and sealed our areas and borders but couldn't obstruct our learning, on the contrary it has illuminated in us the spirit of making the best use of our time, in venturing or exploring online platforms to enrich our knowledge to indulge in several interesting and informative sessions and courses.

It has given us a blend of life in all its sweetness and bitterness, it has surely taught us to sustain ourselves through the worst of times human history ever anticipated.

In these unprecedented times, the invisible virus doesn't discriminate between the haves and have nots, race, caste, creed, religion or country of origin ; if we step into the shoes of the most affected people- poor economic strata of society ,our hearts bleed. Whether one considers it as nature's fury or God's wrath, we are all grappling with the threat of COVID-19. We need to combat this pandemic unitedly by embracing all the precautionary measures and protocols.

Amidst this pandemic let's be optimistic, that one day as in the past there will be a new beginning, a new dawn with all the darkness being wiped off with the hope that life would normalize once again. Let's salute and cheer all our frontline warriors who are working tirelessly and risking their lives on the Covid battlefield to save other lives.

Life isn't about complaining. There are a 1000 reasons to be grateful for, so let's all be vigilant and emulate good practices and values by responding to the wake up call of humanity in all possible ways. We can make an impact and leave impressions on the sands of time.

Let's all hope and pray that all our renowned researchers and illustrious medical practitioners who are tirelessly working hard behind the scenes to develop a vaccine may find a cure to treat this disease at the earliest and that all their efforts may turn out to be fruitful. Till then, let's pledge to take good care of ourselves, our community and world at large, in order to make our mother earth a better place for all of us to live in.

Until then stay home, stay safe and stay blessed.

Picture
Credits:
Ms. Deepam
Sawant
(S.Y. B.Ed.
2018-2020)



DEAR COVID-19

Ms. Francia Travasso (S.Y. B.Ed. 2018-2020)

I'm bored, I'm frustrated, I'm angry

I'm lonely, I'm losing hope!!!

O corona...How much more?

Didn't you know it was my last semester?

*Didn't you know I was just a step away
from getting a job?*

*Didn't you know, Mom had booked tickets
to come back home.*

*Didn't you know it's devastating to stay
at home all alone*

Oh Corona, why did you evolve?

Couldn't You wait a little more?

*You've put my life into 24/7 home quarantine
minus a stamp upon my wrist*

*Oh Corona, What more do you have in store
for me?*

And, how much more??????

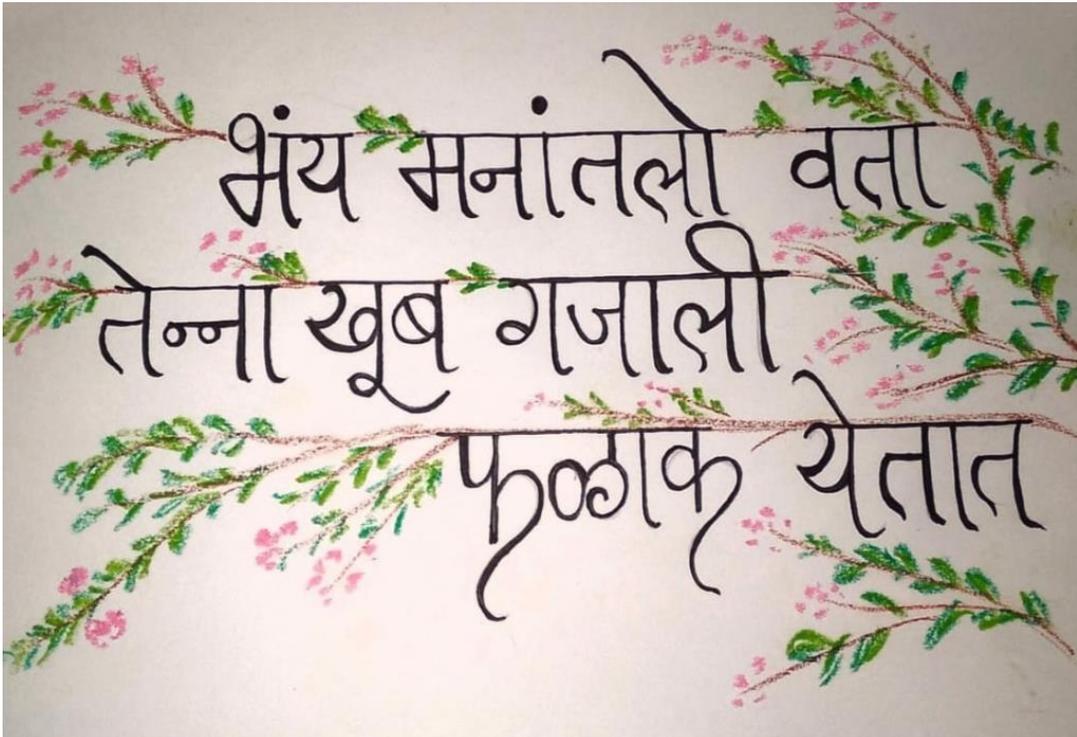
पयलेच फावट लॉकडाउन'

Ms. Alisha Tari (S.Y. B.Ed. 2018-2020)

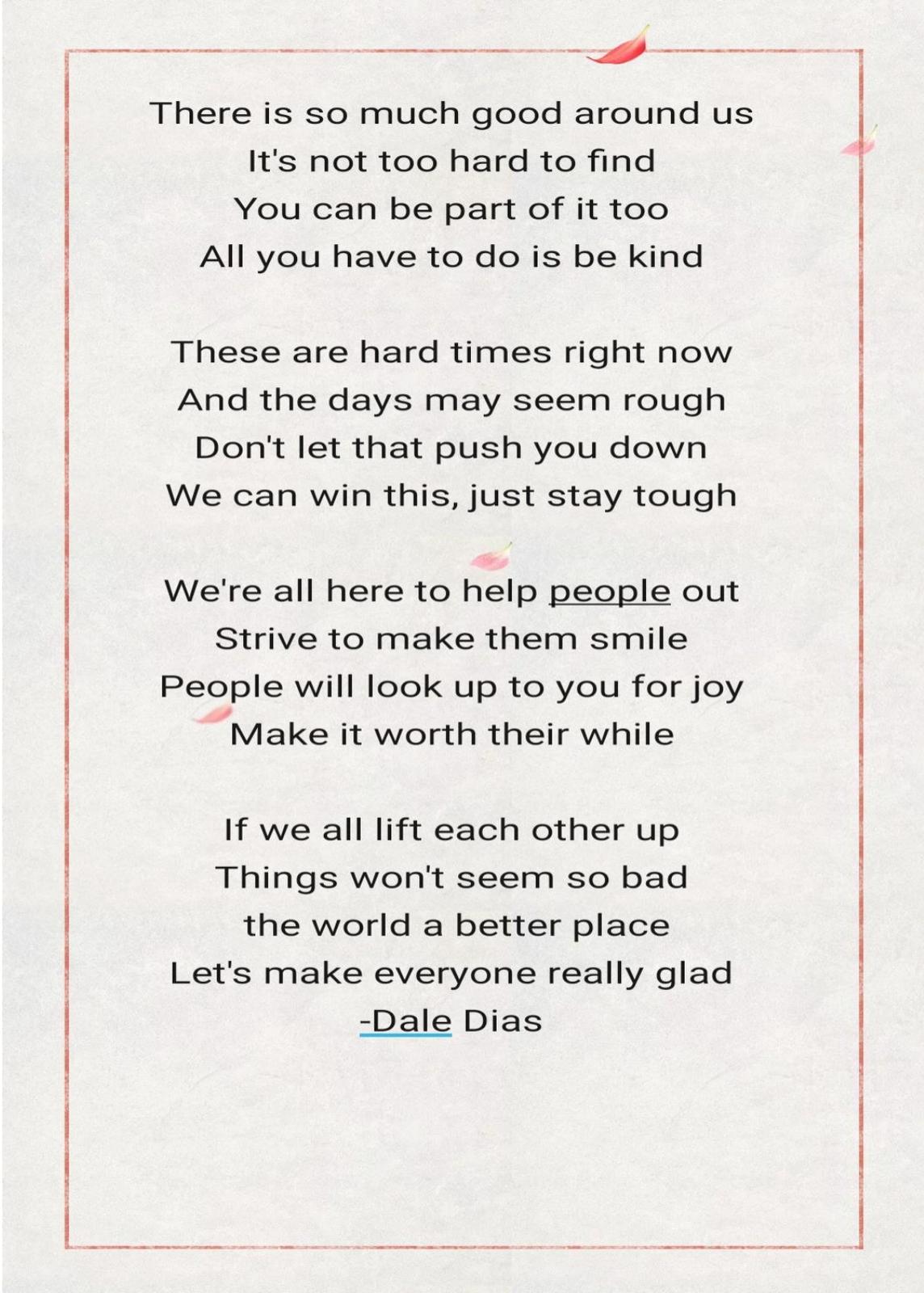
मोड आयिल्ल्यावरी दिसलें अकस्मात सगळें बंद पडलें, गांवच न्हय जाल्यार पणजे सारकिल्लें शार ठप्प जालें. कितें म्हूण कांय कळना जालें, पळयता थंय वायरस. लोकांच्या मनांत काळख्या राती वरी भंय निर्माण केलो. 'लॉकडाउन' हें जगांत पयले फावटी आयलें आनी दर एकलो 'कॉरंटीन' हें उतर शिकलो. लोक घरांनी आनी जनावरां भायर भोंवपाक लागलीं.

घराकडेन राविल्ल्याचो मात एक फायदो जालो, प्रदुशणाचो आंकडो कमी जावपाक लागलो. लोक नाका तेन्ना गांवार आनी जाय तेन्ना घरा बसना जाले, कोविड हो ताका लागून सगळ्यांनी सवकळीचें दुयेंस केलें. हजारांनी लोक मेले आनी सारकेय बीन जाले तेन्नाच मनांत आस निर्माण जाली वांगडा रावल्यार सगळेच जिंकतले. 'कोरोना हें नांव पळयता तो घेवं लागलो, धाकटो भुरगो सुद्धा ताचेर आपलें गिन्यान सांगूंक लागलो. पयलीं गोंयांत कोविड नाशिल्लो, 'भिवपाची गरज ना म्हटली' आनी वास्को शारान कोविड पेशण्टाची लायन लागली. परिक्षेचो सगळ्यांक हुस्को जालो, पयले आनी दुसऱ्या वर्साच्यो परिक्षा घे नासतना निकाल तडीक लायलो.

पुलीस आनी दोतोर आमकां कितपत वाचयतले? पूण आत्मनिर्भर रावल्यारच आमी जगतले. स्वताचें रक्षण करपाक आमी शिकपाक जाय आनी कसलेंय काम केल्यार रोकडेच हात धुवपाक जाय. सेनीटायजर वापरप गरजेचें जालां आनी दर एका कार्यालयान तें सक्तीन आपणायलां. मनीस मेळटा तें गिळटा ताकाच लागून याद दवर मनशा हो सगळो खेळ पर्यावरण खेळटा. कोविड वायरसाक तुमी भिये नाकात, जाता तितले तुमी स्वताक आनी दुसऱ्यांकय जपात.



Picture Credits: Ms. Smita Mandrekar (S.Y. B.Ed. 2018-2020)



There is so much good around us
It's not too hard to find
You can be part of it too
All you have to do is be kind

These are hard times right now
And the days may seem rough
Don't let that push you down
We can win this, just stay tough

We're all here to help people out
Strive to make them smile
People will look up to you for joy
Make it worth their while

If we all lift each other up
Things won't seem so bad
the world a better place
Let's make everyone really glad

-Dale Dias

RUIN

Ms. Frederica Synthia Coelho (F.Y. B.Ed. 2019-2021)

12:00 am.

A book clutched in my hands, trying... So badly trying to get lost in the world of words and dreams of fantasy. Of magical creatures and their kingdoms, of love and loss and above all, of sanity.

12:05 am.

Barely five minutes in and I feel it. I'm lost, lost in the world that wasn't mine just moments before, unaware of the empty room, the fairy lights twinkling, the murmurs of distant traffic. I feel it then, the tether, it's cut. Conveniently distancing me from all the pain I've yet to acknowledge.

01:00 am.

It's been nearly an hour now. I can't stop. I can't get enough. Can't get enough of this escape the book provided. I consider. Then I stop. Still intent on losing myself, I bury my head in the book again.

03:30 am.

Reality slumbers. Fantasy has me in its claws. Brushing feather light scrapes on my mind. Soothing me, lulling me, comforting me. Trying and failing to repair the loss reality caused.

04:30 am.

A glance at the clock shows it's nearly dusk. Am I ready yet? To leave the world of comfort I've inhabited all night? No. No, my heart replies while the mind murmurs the same. I dive back, back into the pages of the book that kept me company all night.

06:00 am.

The book is nearly ending. I'll have no choice. No choice but to leave. Defeated I continue on, towards my journey to the end of the fantasy. The comfort and the soothing.

06:30 am.

It's over. I'm warm no more. Reality comes crashing back. I am found again. It's funny. I thought I'd be delighted to have someone... something find me. I'm not though. Only empty. Void. There's a void there. That place where once laughter and color resided. Completely and utterly empty. And cold. Unyielding. Uncompromising dread. I can feel it. Feel myself turn to ice. Hardened to the very core. Then it comes. A crack. A shudder. And then I'm Shattering. Shattering into tiny little shards. Shards with jagged edges. Shards that say 'keep away.' That promise hurt to the ones who dare try to touch me. I am whole no more. I have no desire to be. For jagged edges of ice protect better than whole molten fires of gold.



Picture Credits:
Ms. Maria Ilda Vaz (PGDGC 2019-2020)

CONSOLATION

Ms. Elizabeth Rajan (F.Y. B.Ed. 2019-2021)

You went
Deep deep inside
Saying
Found found
Pain inside
You kept digging
Deep inside
Now I tell you
You, I'm free from pain inside.



Picture Credits: Ms. Agnita Fernandes (S.Y. B.Ed. 2018-2020)

नई सुबह

Ms. Reshma Mulla (S.Y. B.Ed. 2018-2020)

आज सब कुछ हासिल है, तो सब कुछ बरबाद भी है।
बरबादी का यह मंजर क्या खूब है, सब कुछ होते हुए भी सब लाचार है।

आज खुशियों का समा सामने खडा है,
पर हमें लगता है कि हम कैद हैं।

आज हम अपनों के साथ है, पर हमें दूसरों की तलाश है।
और हमें लगता है कि हम बरबाद हैं।

आज अमीर गरीब कोई नहीं, सब पेट से लाचार है।
अब पराए भी अपने बनकर भूख मिटाते हैं।

आज कईयों को उम्मीद नज़र नहीं आ रही है।
कदम कदम पर मौत खडी दिखाई दे रही है।

क्या मृत्यु के भय से, जीवन जीना छोड़ सकते हैं?
क्या फूल के झड़ जाने से फल की अपेक्षा करना छोड देते हैं?

संघर्ष ही तो जीवन का प्रथम चरण है,
क्या बिना संघर्ष के कोई मंज़िल पाता है?

जीवन में अगर संघर्ष ही नहीं,
तो फल की मिठास का अनुभव भी नहीं।

नीम के पत्ते भले ही कडवे हैं, पर फल अधिक मीठा।
संघर्ष भले ही कठिन है, पर अनुभव अधिक मीठा।

आज की ये घडियाँ भले ही चुनौती भरी है,
पर नामुमकिन नहीं है।

छोटे से पलों में खुशियाँ ढूँढ़ना, फिर ये कठिन घड़ी भी जीवन निखारेगी।

फिर से नई सुबह नई उम्मीद, नई किरण लाएगी।

Focus on the present

Mr. Alpius Fernandes
(S.Y. B.Ed. 2018-2020)

March 25 2020 is a day that will go down in history as the day our government declared a very long period of lockdown in order to prohibit the spread of corona virus in the community. For most of the students it began as a period of excitement, long lost sleep, relaxation and family holidaying.



But as we progressed through the lockdown phases and the extensions a kind of anxiety, stress and others types of negative emotions began to take control of our thoughts. Yes this lockdown was indeed a very anxious phase of our life in this academic year. Now the question arises, are we going to continually dwell on our negative thoughts? Aren't there any opportunities through which we could make the best use of this period?

We might have heard an old saying 'An idle mind is a devil's workshop'. We can prevent ourselves from falling prey to such thoughts by investing our time and energy in learning /doing something productive. As educators, one of the best things we could do is enhance our knowledge and elevate our thinking or reasoning ability. With the advent of 4G (5G in the pipeline in India) we have access to high speed internet facility at our disposal. So we could make the best use of the available technology at our hand and explore various platforms that could help us move towards our goal. Courses offered by MOOCS, edx, Swayam, Udemy could be some of the best options available to enhance our cognitive ability. We could also invest our time in developing new hobbies like gardening, cooking, learning a musical instrument, drawing, writing music, researching etc.

The time that we have at our disposal, is a once in a lifetime opportunity, let's use it wisely.

Resilience Holds Power

Ms. Swellan D'Silva (S.Y. B.Ed. 2018-2020)

As I sit back and reverse the memory track
 I was caught in amusement,
 As a part of the world was in a trap
 I was dancing to my own tunes.
 Life was normal then.
 I woke up with a thought that I have a number of tasks to complete.
 Is life abnormal now?
 When I wake up, panic and fear surrounding me.

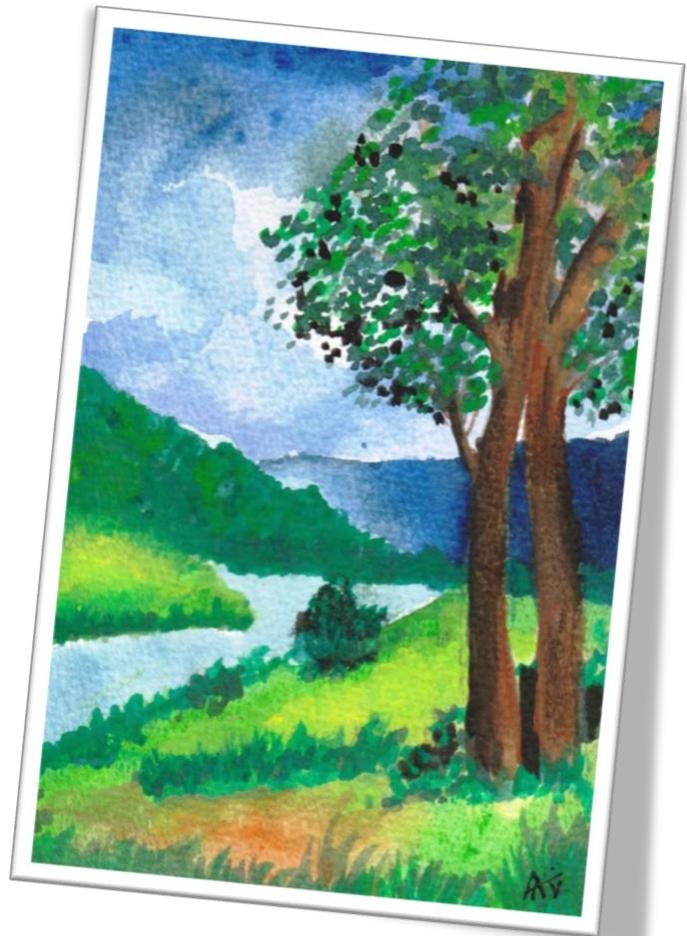
Every corner of the earth is draped,
 By a sheet that cannot be withdrawn, without medical aid.
 Man trembles at the whisper of that dreadful name
 But, what can one do if the condition prevails?

A sphere that had forgotten God,
 Suddenly cried to the Almighty in intense pain.
 Every footstep outside the door was laid
 uttering God's name.
 That long forgotten Comforter was
 remembered once again.

As the darkness didn't fade away
 Every soul wishes to reunite with the hearts of
 their loved ones, far and wide
 Because, uncertainty still reigns supreme
 Blank spheres stare; yet hopes rise high,

Don't you forget,
 If it's my country, it can be yours another day
 In a world full of turmoil and catastrophic
 depression,
 Let's be humane and uplift the depressed

Reality, was all different after years of ease.
 Living in a covered world was mundane.
 But humans we are,
 We fight, stand tough and won't let our spirits
 drain.



Picture Credits: Ms. Avril Antao (F.Y. B.Ed. 2019-2021)

समय की लहर

Ms. Priyanka S. Naik (F.Y. B.Ed. 2019-2021)

रुक गया संसार
ठहर गयी रफ्तार,
दौडते इंसान को मिल गया ठहराव।

अरे भाई इंसान, इतना मत भागो,
पल भर के लिए रुको,
अपने आप से जा मिलो।

एक दूसरे से प्यार से पेश आओ,
अपने-पराये का भेद समझो,
घर में एक-दूसरे का हाथ बटाओ।

तपती मही तुम्हें ताड रही है,
हरी चादर बिछाने को कह रही है।
बंद पुस्तकों की अलमारी खटखटा रही है,
तुम्हारी आँखों में भरने के लिए तरस रही है।

समय की लहर बदल रही है,
आधुनिक बनने को कह रही है।
दुनिया नये उपकरणों के संग चल रही है,
तुम्हें भी अपने साथ बुला रही है।

योग का सहारा अब तुम अपनाओ,
स्वस्थ आहार से तंदरुस्थ बन जाओ।
लेश मात्र की शंका अब ना रखनी है,
क्यों कि समय की लहर बदल गयी है।

A BLESSING ON OUR WAY

(A Song)

Ms. Andrina Josiann Fernandes
(F.Y. B.Ed. 2019-2021)

*Yesterday is History
Tomorrow is a mystery
And today is a gift,
a blessing on our way,
That's what they say.*

*Well, I agree to each word
In my head is a 'thought flood'
That still makes me worry about
the future.
Yet I'll be strong and try to be
'here'
Right 'here'
In the present moment, that's
What will bring cheer!*

*Learning from the past is what
makes us
But overdoing it, also breaks us
Standing firm,
I dance in the rain,
Ta raa pum pum
Neither a sea monster, nor a
huge wave
Nothing can wash me away,
I am brave.*



*We're all here for a purpose
Each person we should bless
Although the world today looks
like a mess
Like the lighthouse that guides
the way.
Let's show everyone some hope
Might not be loads, at least a
ray!*

*Being aware of things around
I can't fix it, I can avoid the
crowd.
The present has gifted me time
To make the best of it,
Tinkling merrily like a wind
chime.*

*The Past is gone, so let it go
The Future is ahead, through it
grow
Worrying makes it worse,
Yes it does!
So don't over think, it will bring
a curse!*

*There is a remedy
A precious gem to help us cope .
Holding on, not losing Hope
I will breathe again
When worries hold me back
'Cos I believe in magic!*

*This time will pass,
Troubles will shrink
Children will play on the streets,
The globe will smile again
Birds will fly even with a broken
wing!
And I will follow my motto
Take one step at a time
And do the next right thing!
And do the next right thing...*

Picture Credits:
Ms. Shidhi Dessai
(F.Y. B.Ed. 2019-2021)



Resilience: The Power to Fight the Adversity

Mr. Suraj Tukaram Mandekar (F.Y. B.Ed. 2019-2021)

The Covid19 pandemic has unleashed adversity on the entire world. Our country India has also experienced the brunt of this pandemic. India being a heterogeneous country, in terms of socio-economic status of Indians, has led to the varied experiences of the adversity posed by the pandemic. In other words, the pandemic has almost affected everyone, but with varied intensity. Nonetheless, the pandemic has indeed unleashed adversity and we have to fight it back.

It is the power of resilience, which we need to garner strength to combat this adversity and to emerge triumphant. Therefore here is a reminder, to remind us of our inner strength, our resilience, our power.

To quote Confucius, "It does not matter how slowly you go as long as you do not stop."

This is a timeless truth passed down through the ages by the ancient philosopher Confucius. This quote by Confucius is a reminder to all of us to use challenging times. We must garner as much courage as we can and face the adversity. We have to find our own path to overcome this challenge.

We must also remind ourselves of the tremendous human potential that we possess. With this very human potential our predecessors have shaped and created history. It is now in this time that we have to successfully overcome this pandemic.

Moreover our life presents a series of challenges and our success lies in navigating through them, likewise the pandemic is one such big challenge and we have to overcome it with optimism. What drives us to strive in our life is our optimism. Optimism provides us with a ray of hope that after a dark night, a bright dawn awaits us.

Picture Credits:
Ms. Pranita Nasnodkar
(F.Y. B.Ed. 2019-2021)

Boost Your Resilience

Ms. Dale Lourina Furtado e Dias
(S.Y. B.Ed. 2018-2020)

Resilience simply means one's ability to deal with and bounce back from difficult times. We often feel very stressed when we are faced with difficult times. We feel that all is lost and therefore, many a times people go into depression due to this. Thus it is important for us to enhance or boost our resilience in order to deal with such trying situations.

There are many ways in which one can do so. One could be by developing a sense of purpose in life. One can try to get involved more in one's community or participate in activities which are meaningful to one. For example, if you have had a death in your family due to drug addiction, you can try your best to research on this topic and create awareness about the same in order to avoid such occurrences in the future.

This could be a purpose towards which you can work

in order to help solve a problem in society and also effectively boost your resilience.

Another way can be to build positive beliefs in your abilities. When we are confident about ourselves, we often tend to show better performance in all aspects

Therefore, it is very important for an individual to be positive about his or her abilities. When we fail to accomplish any set goal within a stipulated time, we often experience self-doubt. In such situations, we often focus much more on one such unsuccessful event while we ignore many successful ones which were previously accomplished. So during such times, we must recall our successes and boost ourselves, rather than focusing on our failures. Thus through this we can cope with stress and also boost our resilience for the future.

Another way to work towards boosting one's resilience is to develop a strong social network. It's important that every individual should have someone to confide in, because during times of crisis these very people help us to cope with stress and reduce

our tension. Well, one might think that sharing what one feels with a friend or a loved one will not make one's troubles go away, but simply talking to them might reduce your stress and can help you find possible solutions to your problems. And therefore, we need to talk it out with someone we feel comfortable with rather than just holding up all that pressure within us. Another important way to boost one's resilience is to be accustomed to change or in simple words, be flexible to changes around one's self. If one can adapt to change, there's nothing to worry about. Resilient people are more optimistic towards change and this gives them an edge over other individuals. They tend to use these circumstances as opportunities for themselves to branch out in new directions.

One must learn to be optimistic when faced with difficulties. It's like waiting in the hope to see a beautiful rainbow after a big thunder storm. This does not mean that the problem must be ignored, but it simply means to understand that what one is facing is temporary and that one is capable enough to

make it through the times. The difficulty remains in such situations, but one can be hopeful about a bright future ahead.

Apart from the aforementioned ways, we must also see to it that we nurture ourselves when faced with adverse situations. When one faces any difficulty, one tends to lose one's appetite or may suffer from lack of sleep, restlessness, hopelessness and so on.

It's not easy to simply ignore or divert one's mind from the current situation, but it is important to keep one self-involved in activities which one enjoys. Taking care of one's self is of utmost importance. We must remember that tough times don't last long. They are temporary and often result in giving us an experience of a lifetime which also gives us plenty of ways to deal with it when faced with the same at any point in our life. So we must try to calm our mind and deal with the situation rather than get stressed and eventually slip into depression.

The above mentioned are some ways by which one can boost one's resilience for the future. Like it's said, it isn't easy to ignore the pressure exerted by any difficulty in life, but we can always learn to adjust and adapt to these by not losing our cool simply by avoiding panic.

*And so I would like conclude with a quote, and here's how it goes, 'Tough Times Don't Last; Tough People Do'.
Robert Schuller*

Picture Credits:
Ms. Agnes Fernandes
(S.Y. B.Ed. 2018-2020)



FOREVER ALONE

Ms. Christine Mendonca (S.Y. B.Ed. 2018-2020)

Forever alone in a crowd
I stood apart searching for love.
In a world as crazy as this
where only loneliness did exist
But isolation taught me so
It was the toughest lesson I learnt,
“That I am a happy soul, the only one I can depend upon!”

A RAY OF HOPE

Ms. Gauri Pednekar (S.Y. B.Ed. 2018-2020)

Every day was the same, but there was no idea about the wind which would blow so near at our door step and make us hide behind closed doors .The dread which was heard far away was there at our door step!

Roads were closed, shops were closed, there was no sign of a human on the road hustling about, earlier so noisily. Empty roads, worried faces and sinking hearts, were wondering all the time. What would be the next new?

Some were happy with this lock down because of holidays and some were sad. Some wanted to walk back to the safety of their homeland. All are worried, praying and looking for some hope. They say, one day they will be back on the track of life, enjoying, meeting people, friends and loved ones. There will be no social distancing and no mask on one's face.

For in the sanctuary of the heart, a ray of hope is still alive!



7 Ways to Boost Your Emotional Resilience

Ms. Hema Emilia Menezes (PGDGC 2019-2020)

Resilience is turning obstacles into opportunities. Emotional Resilience is when you are able to calm the mind after encountering a danger or a negative experience which can be attained by remaining in the present and balancing between 'doing' and 'being'.

The topic reminds me of an exercise given to us on our orientation day at Nirmala Institute of Education, where we were asked to present a picture of a thought given to us. And I remember drawing a weighing scale to depict a balance between work life and home life.

Life is about balance, finding that perfect balance between doing and being; it's about getting in touch with your soul. It's about being able to complete your human tasks but still remaining present and knowing what is really important in your life. Armouring yourself with emotional resilience is a path to success in life.

I would like to share '7 Ways to Increase Your Emotional Resilience'

1. Reading– *There are so many amazing books in the world that can help you expand your horizon and assist you in rising to the next level of consciousness and happiness. Learn from the greatest teachers in self-development, happiness and spirituality and apply what you have learned to your life.*

2. Gratitude- *Gratitude is the greatest power on earth. Gratitude is the 'key that unlocks the door to instant happiness. It is impossible to feel low when you are grateful and everyone can find something to be grateful for .Start every morning by writing three things that you are grateful for. Write those things down so that they sink into your sub consciousness. Then watch as your life gets better and better as you find more and more things to be grateful for everyday.*

3. Meditation- *Meditation is a perfect technique to build resilience because it makes the mind quiet when you can silence all the unnecessary self-talk in the mind and become still to connect to your soul. Begin with five minutes of silent or guided meditation every morning that will eventually make a huge difference in achieving resilience and feeling at peace. Aim to work your way up to twenty minutes of meditation every day.*

4. Compassion- *Compassion is perfect for your resilience booster because it reminds you that this life is not all about you. It's about giving and understanding. Knowing that all humans go through difficult times and nothing is personal. It is about seeing the good in others. Seeing others for who they are, not their reaction or imperfection will help us show compassion towards others.*

5. Laughter- *Laughter and genuine happiness is essential to a complete and fulfilled life. Life is meant to be enjoyed and not taken too seriously. Invite more play, jokes, laughter and fun into your life. Hang around with those light-hearted, optimistic, fun people who can take life a little light-heartedly.*

6. Kindness- *Kindness is EXACTLY what the world is in need of. True unconditional kindness can only come from a resilient soul and a generous heart. Every day, ask yourself who you have been kind to today.*

7. Light-hearted- *Light-heartedness and living in a state of non-seriousness are perfect practices for anyone seeking inner peace and happiness .This doesn't mean you turn a blind eye to pain and suffering in the world or that you don't care about the issues in the news. It means laughing with your loved ones. It means living NOW, Enjoying NOW and Loving NOW and being free interiorly. LET GO; be light-hearted and live this day with ALL the joy you can bring to it.*

Let your joy spread like a VIRUS.

INFECT all those who see you this day and every other day.

Picture Credits:
Ms. Percia Baretto
(F.Y. B.Ed. 2019-2021)

Boost Your Resilience!

Ms. Saynex Souza (S.Y. B.Ed. 2018-2020)

You're good for nothing,
 You'll not succeed in anything,
 You'll be dumb always,
 You're a failure anyway,
 Such creepy expressions,
 Did you ever have to face?
 Did they sink into your brain,
 Giving you mental pain?
 I'm sure you've experienced depressing rain
 Or got into a melancholic chain.
 In times like these,
 The real challenge is to rise up
 Boost yourself, do not surrender
 Brush off pessimistic remarks
 Make optimism your trademark
 Tell yourself: 'Be strong and bold'
 Let your inner strengths unfold.
 Take criticism in the right direction
 And that will change the entire notion
 Carrying blocks of determination,
 Build victorious towers of fortitude
 Offer resilience to negative powers,
 By loving yourself to the fullest.
 Mould yourself into a noble person
 So - go ahead! Face the challenges!
 And conquer your world with your resilience...



Picture Credits:
 Ms. Carissa Pereira
 (S.Y. B.Ed. 2018-2020)

TODAY

Ms. Saisha Kalangutkar (S.Y. B.Ed. 2018-2020)

Today has come
 With new beginnings...
 With new opportunities...
 New blessings.
 A day with more responsible beings
 Working towards one goal
 Of saving humans and humanity.
 Today let's not crowd along the
 Busy streets... The bazaars...
 The parties... The weekend meets.
 Let's pray to the 'ONE' above...
 Not for one but for all...
 For His guidance... strength
 And safety in this storm.
 Today let's be more kind...
 More humble...more sensitive,
 Towards the life around.
 Let's face each other with
 clean hands, masked faces...
 And a distance of two feet apart...
 To save one's own and
 The others around.
 Today let's be the strength
 of each other,
 Let's build a society that
 Deserves better.
 Let's create a place for
 Old... and young
 To learn and share
 What they have won.
 Today let's face the reality
 Not wealth...fame...success...
 Goals and property, but
 Life is our biggest priority.
 Let's work together in this
 Storm... To help save life...
 Precious gift of God.



Picture Credits:
 Ms. Veda Gauns
 (F.Y. B.Ed. 2019-2021)

My Experience during this Pandemic

Ms. Jencilla Fernandes (S.Y. B.Ed. 2018-2020)

This pandemic seems too big a turmoil in my life. Everything, most importantly my career seems to be at a standstill. As days passed by, I got bored at home. Hence, I tried to utilize my time in various creative ideas, other than constantly thinking about the virus. I engaged myself in various creative tasks such as cooking a variety of dishes to improve my culinary skills. In addition to this, I have also knitted 7 table cloths. This pandemic has given me all the time I needed to spend with my family. One great change that I have experienced due to this pandemic is that we all have grown spiritually! There was a time when we were hardly praying together as a family. But this devastating pandemic has helped my family and me to unite with God.

A small Haiku Poem on this pandemic

Pandemic is war
Don't stop loving each other
This time will fade away.

HOPE

Ms. Arlene Fernandes (F.Y. B.Ed. 2019-2021)

*God cares for you,
God cares for me,
So we don't have to fear
But Keep God near.
We should cheer
And give hope to everyone here.
Remain safe with our family who are very dear.
And stay connected with everyone far and near.*

The PANDEMIC DIARIES.

Ms. Movina Pinto
(S.Y. B.Ed. 2018-2020)

Everything was going well. Then there came a dark cloud and engulfed the whole of the universe. A flying monster with a deadly disease arrived in China and left everyone in despair. As it is said, evil spreads faster, so this nuisance spread not only where it first kept its feet, but also across the globe

Yes, I'm talking about the Corona Virus, the highlight of the year 2020.

Indeed we say, in difficult and our happy times, we need people around us to share our joys and sorrows. A warm hug, a handshake or a mere touch of a person would just brighten us, but now it has become a life threatening gesture. Words too, that we speak are being filtered by the mask. Now it's like everyone is obsessed, cautious and concerned about their health which was rarely seen before this pandemic.

The sweet gesture of saying 'God bless you' when somebody would sneeze has now become a symptom and the person is looked upon with a frown. So many people have lost their lives; many have not reached their homes and are stuck without food and the basic necessities. Nobody even in their faintest imagination knew that life would come to such a sudden standstill.

It is said that after every dark day there is a ray of sunshine. If we keep on thinking about what is going to happen in the future and get vulnerable then we are heading towards destroying our present. In life, the journey should be cherished, rather than worrying about the destination. In other words, we should live in the present and not worry about tomorrow. It is very important to have a positive outlook towards life while facing an adverse situation bravely, as everything that begins, ultimately comes to an end.

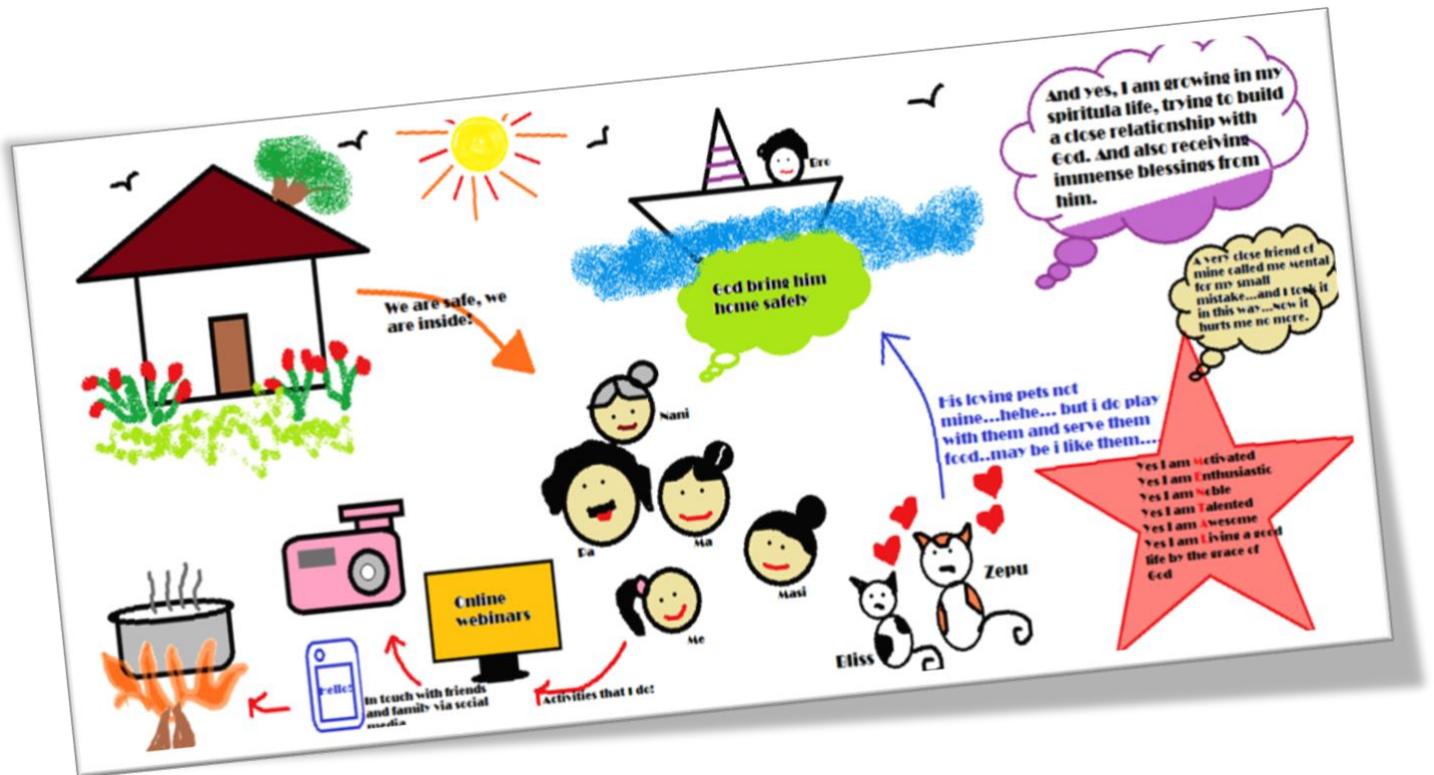


Picture Credits:
Ms. Vibha Parsekar
(F.Y. B.Ed. 2019-2021)

DREAM

Ms. Carissa Pereira (S.Y. B.Ed. 2018-2020)

You were a dream to me
 A beautiful dream,
 The heart was all ready for you
 And you came to me.
 Brightening everything in my path
 You were that shining star to me.
 The clouds did take away your lustre
 But of course it was only for a moment.
 You were that bright star again
 Now, you are a reality to me
 A beautiful reality!



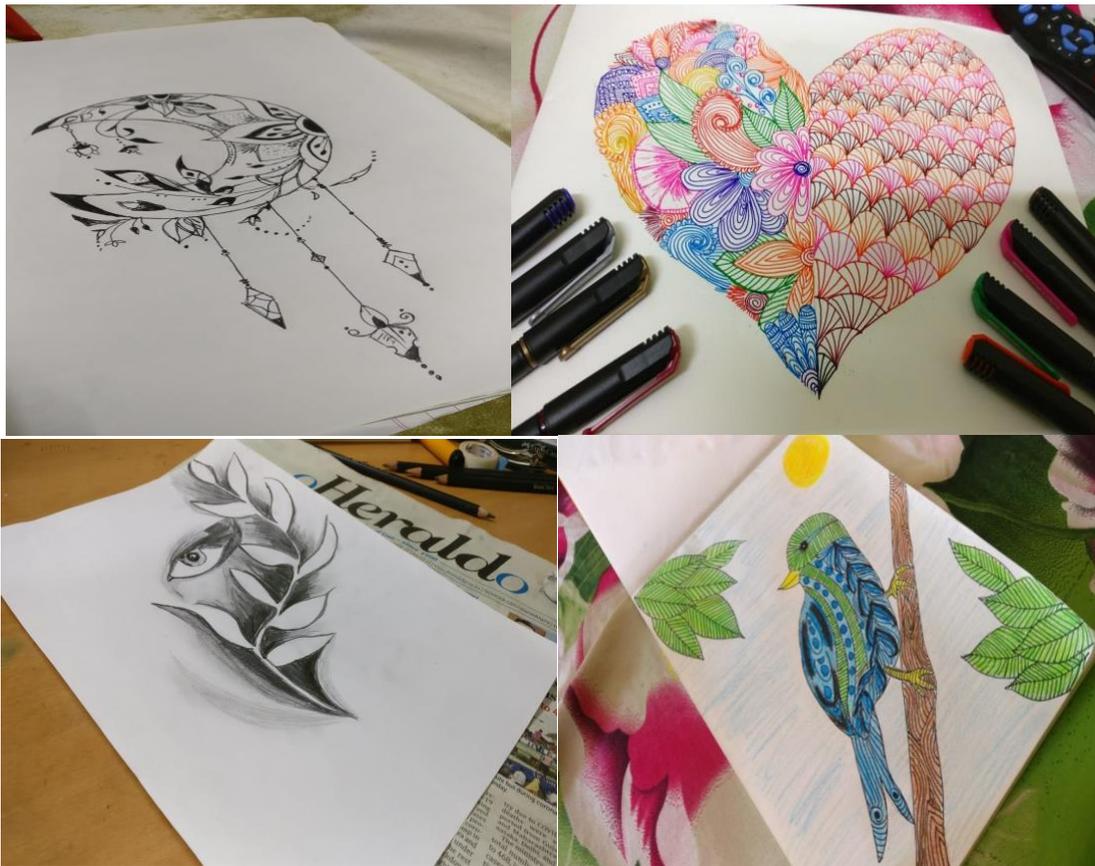
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 Ms. Tania Bianca Cardozo
 (F.Y. B.Ed. 2019-2021)

MY RESILIENCE MANTRA

Ms. Brenda Barbosa (S.Y. B.Ed. 2018-2020)

A few months' back everything was so normal. People were busy hustling about in their daily lives. Suddenly a day came when people became aware about the deadly corona virus. It caused a lot of stress and anxiety to people all around the world and the situation is getting worse day by day. At this point of time, it is very important for us to take all the safety measures to keep us safe from this virus. Staying mentally strong is very tough at this moment as news about the virus is spreading like anything. At the same time, it is equally important to cope up with the stress caused by the pandemic by searching for alternatives to keep ourselves occupied.

In my case, in order to keep myself mentally strong I have recently started to begin my day with a small prayer in the morning followed by yoga. As we all know that Yoga helps to bring calmness to our mind as well as body. I believe that rather than stressing out, this time could be utilized in learning new hobbies, spending time with family and also being there for others whenever possible through phone calls, text messages, etc. During these months, I have invested a lot of time in learning things like cooking for my family, drawing as it helps me to ease my worries, learning to drive a car, working out at home and also reading some motivational books. I believe, everyone needs to have a positive mindset even during this time as it is said, tough times don't last but tough people do. I would like to share some pictures of work I did during this time.



Picture Credits: Ms. Brenda Barbosa (S.Y. B.Ed. 2018-2020)

“जिंदगी हर कदम एक नई जंग है।”

Ms. Venesa Pinto (F.Y. B.Ed. 2019-2021)

विश्व में एक ऐसा तूफान आया हुआ है जिसने अच्छी-खासी, मजेदार जिंदगी को थमा सा दिया है। यकीन करना बेहद मुश्किल था कि जिंदगी की रफ्तार इतनी धीमी पड़ जाएगी। गरीबों को दो वक्त की रोटी और अमीरों की दौलत धूल में मिल जाएगी। कभी-कभी लगता है कि यह एक भयंकर सपना है जिसे मैं आज भी जी रही हूँ। मगर इस सपने से मुझे डर सा लगता है। इससे बाहर निकलना है। उम्मीद की किरण को दिल में जगाना है।

आज नहीं तो कल, बहुत जल्द इस महामारी पर कामयाबी पा लेनी है। अगर एक चींटी अपने बहादुरी से दुश्मनों का सामना कर सकती है तो हम इंसान इस महामारी को दूर भगाने की कोशिश करें तो बेशक कामयाब हो सकते हैं। मन में बस सकारात्मक भावनाएँ होनी चाहिए, जैसे कि, " हमें डरना नहीं, लड़ना है", "हारना नहीं, जितना है " "परेशानी में पल पल मरना नहीं बल्कि हर एक अनमोल पल के लिए जीना है", "जीवन में ऐसे कई सारे छोटे-मोटे युद्ध तो होते ही रहेंगे, मगर साथ मिलकर उसका सामना करना चाहिए।" इसे ही तो जिंदगी कहते हैं। क्योंकि ... जिंदगी हर कदम एक नई जंग है।

RISING ABOVE IT ALL

Ms. Anthea Baracho (F.Y. B.Ed. 2019-2021)

I wake up every day,
To hear more of how the Earth has slipped away,
Sadness, pain, despair dismay,
I hope it will all go away.

But then I take a moment
to stop and think,
Till the positivity around me sinks,
And I realise the abundance of the
goodness around,
Which prevents me from heartache.

I grasp the value of the time at hand,
The importance of family and friends,
The chance to define a tomorrow,
A future to shine without any
confine and sorrow.

Although a ship is safe at shore,
It's meant for tides high and low,
It ventures into storms,
And comes out unhindered in form.

So let's learn from all this
That time and tide
Can't destroy a resilient hide,
And WE shall rise above the storm,
And see a new break of dawn.



" Start where you are.

**Use what you
have.**

Do what you can."

***This, too,
shall pass.***



Picture Credits:
Ms. Queeny Rodrigues
(S.Y. B.Ed. 2018-2020)

लॉकडाउन

Ms. Pallavi Golatkar (F.Y. B.Ed. 2019-2021)

Suddenly lockdown जालो
जीव सुखावलो
सदच्या दगदगीच्या जिवितांतल्यान
हुस्क्या मेकळो स्वास हांवें घेतलो

गांभीर्य येवजी नासतनाच
हांव म्हजे तनरेंत शेणिल्लें
दीस वता तशें कोरोनाच्या खबरांनीच
म्हाका साबुद्दीर हाडिल्लें

गंभीर वातावरण जरी जालें खरें
पूण pending work सोंपयता सोंपयता
कांय खीण अशेच गेले
हेंय मागीर येवजता

मागीर कितें?
भाचरांक मावशी घरांत आशिल्ल्याचो वास आयलो
आनी माजरां कशीं नुस्त्या कडेन वतात
तशीं तीं आमगेर पावलीं

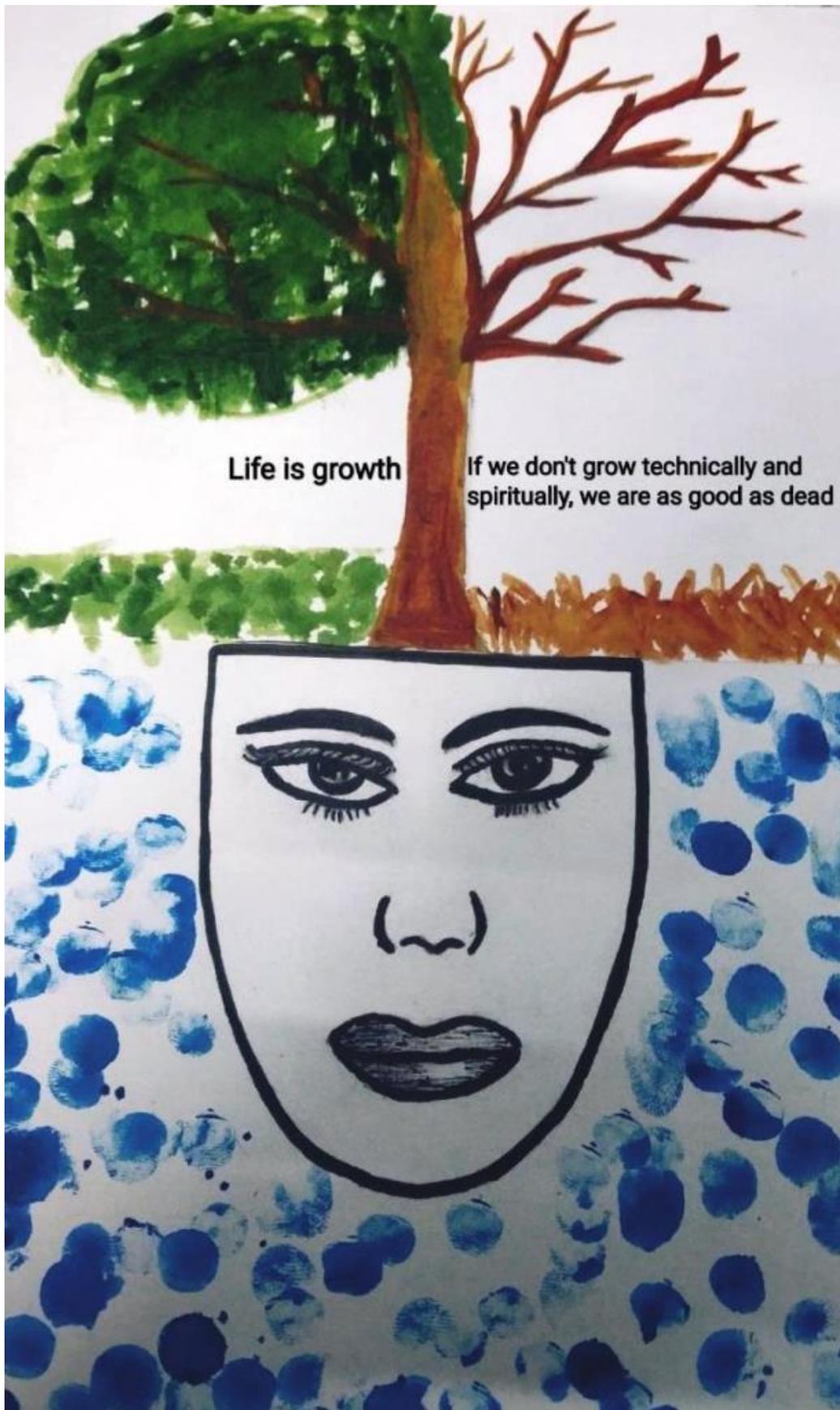
उपरांतचो दिसान - दीस
तांच्या फाटल्यान - फुडल्यान गेलो
सुर्याचो उदेव मात नेमान जातालो
पूण आमकां मात दीस पाव नाशिल्लो

तांका सांगातान घेवन
रंगीन केक, पास्ता, पिज्जा केले
आनी इतलो तेंप नाशिल्ल्या
रांदचे कुडी कडेन नातें जोडलें

सकाळचो भाचरांचो अभ्यास
Sleeping लायणीक परतो
A for अननस म्हणपाची
नवी शिकवण म्हाका मेळ्ळी

Assignment, Webinar, Reading
हांच्या सांगातान
जायतो craftwork केलो
आनी घरचो नकाशो बदल्लो

सकारात्मक दृश्टीकोणान
COVID 19 situation नान
हांव जगपाक शिकलें
म्हणजेच lockdown नाचेर जैत मेळयलें



Picture Credits: Ms. Sampada Korde (S.Y. B.Ed. 2018-2020)

HITTING THE RIGHT NOTE

Ms. Bhagyashri Naik (F.Y. B.Ed. 2019-2021)

“One good thing about music is, when it hits you, you feel no pain”

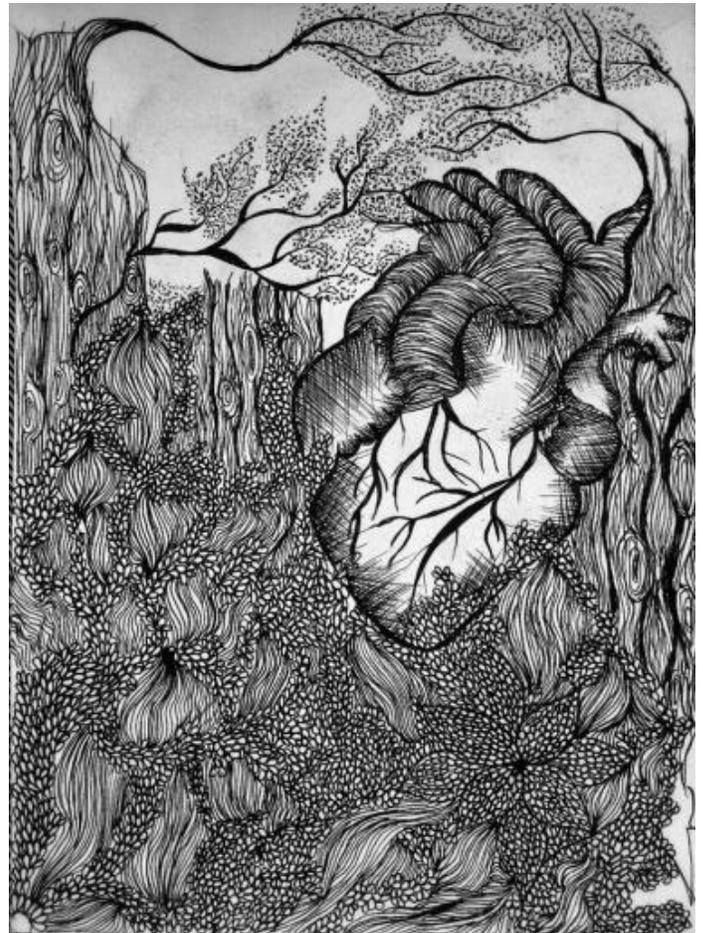
- Bob Marley

Music is a language which is understood by people of all ages. It pours out the emotions from one's soul. But then again, we should give a thought to the fact that just by hitting the right notes we get a beautiful piece of music, similarly just by hitting the right notes in life we can make it even better.

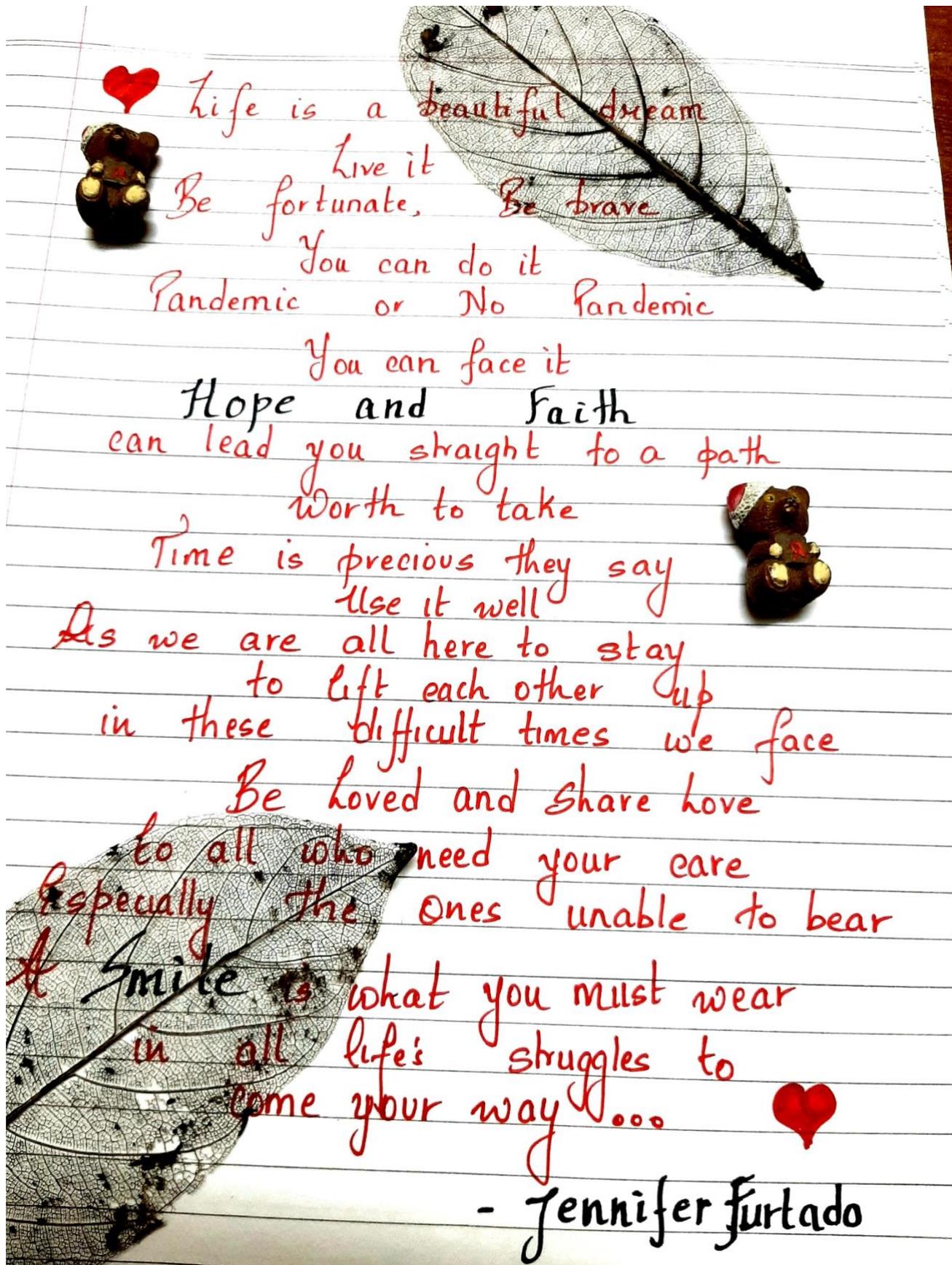
It's not about committing a mistake but on the contrary, learning from it and making sure it is not repeated. Whenever we create music on an instrument, it's not always what we desire. In our effort to create music we press various keys on the instrument to play different notes, some being pleasant while some being loud and weird but it's all a necessary part of the process to create elegant and soulful music. In a similar way, each day in our life is a new experience. Some days make us laugh and be happy, while some days spell misfortune which makes us just want to forget about them. All these ups and downs are a part of our life which helps us to learn new things and motivate us to stay strong. We just need to accept them and make our life worth living. Just as good music is not made in an instant, we need to keep trying to make our living better, learn to endure the bad and 'heart aching' moments in our life so that we can achieve happiness just like the laborious process of creating good music.

To wrap things up, it's just about hitting the right notes in life, experiencing the good and bad days and learning from these experiences to achieve peace and happiness.

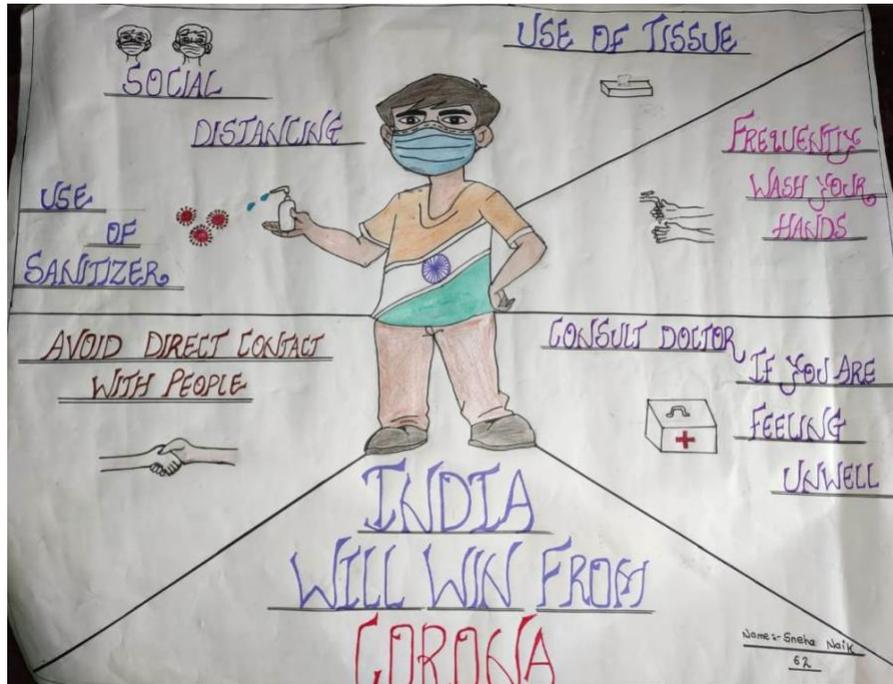
*Let's make life better like a melody...a
MASTERPIECE!*



Picture Credits:
Ms. Supriya Pereira
(S.Y. B.Ed. 2018-2020)



CREATIVE OUTPOURINGS OF OUR STUDENTS



Picture Credits: Ms. Sneha Naik (S.Y. B.Ed. 2018-2020)



Picture Credits: Mr. Samuel Dias (F.Y. B.Ed. 2019-2021)



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Picture Credits: Ms. Alita Dias (S.Y. B.Ed. 2018-2020)

MUSIC CAN BE A SOOTHING BALM LINKS FOR YOUR LISTENING PLEASURE

#Antao Cybil Victoria (F.Y. B.Ed. 2019-2021)

<https://drive.google.com/file/d/1B4Zlh8zF53XFuoOIkQm9LIgMSdCyl6SP/view?usp=sharing>

#Andrina Josiann Fernandes (F.Y. B.Ed. 2019-2021)

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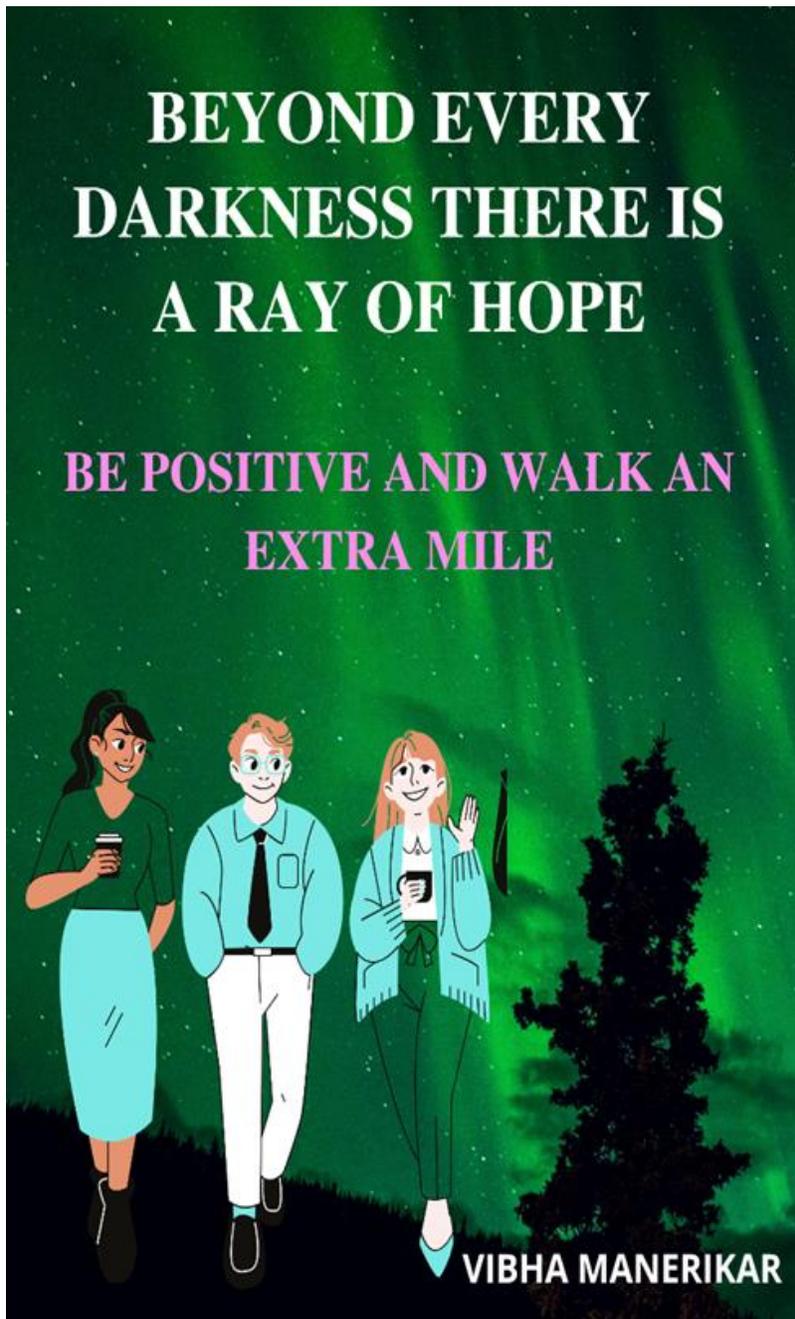
#Dr. Reecha Raikar (PGDGC 2019-2020)

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#Ashweta Manjrekar (F.Y. B.Ed. 2019-2021)

https://drive.google.com/file/d/139Yfdh5aQvuPjKkNZqXLYdbPPXGXbb_Y/view?usp=drivesdk

Cover by: Ashweta Manjrekar Movie name: Dor Director: Nagesh Kukunoor Music Director: Salim and Sulaiman Merchant
Singer: Shafqat Amanat Ali, Karsan Sargathiya



Picture Credits: Ms. Vibha Manerikar (F.Y. B.Ed. 2019-2021)

*“If you want to be creative,
stay in part a child,
with the creativity and invention that characterizes
children before they are deformed by adult society.”
-Jean Piaget*