

Sainath Education Trust's

H.B. B.Ed. College

(Affiliated to University of Mumbai)

Recognition under section (2f) of UGC ACT, 1956

(NAAC Accredited B+ (CGPA 2.6) 1st Cycle)

Plot No. 16/17, Sector-10A,

Vashi, Navi Mumbai- 400 703



“Success results from action”

PRAYAS 2024

Magazine Committee

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Dr. Sati S. Shinde

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(Ex.M.P. Lok Sabha) President,
Sainath Education Trust
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(Vice-President, Sainath Education
Trust)
- ❖ *Shri T. P. Singh*
(Administrative
Officer)
- ❖ *Dr. Swarnalata*
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The college started on 9th November, 2006 with a view to providing increased access to higher education particularly in teacher education. While the 11th plan envisages attaining 15% enrolment ratio of students in higher education sector, ours is an attempt in that direction to fulfil the National goal. While it is still being discussed and debated about the required number of B.Ed. Colleges, the demand and supply of teachers needed for universalization of elementary education reveals that we are still having shortfall of trained teachers. Therefore, there is felt need of teachers training colleges. The college is geared specially to provide high quality education, adopting the latest techniques and methodology for curriculum transaction. The College have all the qualified staff with NET SET & Ph.D. The institution also aspires to kindle in the students the desire for lifelong learning and for reaching the unreached. The College is affiliated to University of Mumbai.

VISION STATEMENT OF THE INSTITUTION

“Empowering the Teaching Community”

MISSION STATEMENT OF THE INSTITUTION

- To empower all students with the knowledge, skills, compassion, and integrity needed to contribute and succeed as responsible, lifelong learners in a competitive global community
- To encourage and recognize excellence of students and staff.
- To provide a supportive and flexible learning environment while maintaining current teaching

strategies.

AIMS OF THE INSTITUTION

- To mold an individual to become self-dependent.
- Provide education to become a responsible citizen.
- To disseminate knowledge to become powerful.
- To create for character formation and inculcate value-based education.
- To prepare an individual for a better tomorrow.

OBJECTIVES OF THE INSTITUTION

- Excellence in higher education
- Development of a student with skill in communication and self-confidence.
- Training of the students for career placements and job-oriented training.
- Teaching students to love and respect self and others.
- Training scientific approach and right spirit of inquiry.



Dear Readers,

As we present to you this latest edition of our college magazine, we are reminded of the power of creativity, innovation and community. This magazine is more than just a collection of articles, poems and stories. It's a reflection of the vibrant spirit that defines our college campus. Each piece within these pages is a testament to the talent, passion and diversity that our students and faculty bring to our college life. The contributions in this magazine are a glimpse into the hearts and minds of those who make our college a dynamic and inspiring place.

We encourage you to dive into these pages with curiosity and an open mind. Whether it's the insightful opinions on current events, the creative expressions in poetry and art or the in-depth features on student and faculty achievements, we believe there is something here for everyone. Each contribution has been carefully curated to inspire, inform and provoke thought.

We would like to extend our gratitude to everyone who has contributed to this edition, from the writers and artists to the editorial team who have worked tirelessly to bring this magazine to life. Your dedication and hard work are what make this publication possible. As you read through, may you find inspiration and perhaps even a spark that drives you to contribute to the rich tapestry of our college life. Let's continue to support each other in our academic and personal journeys, striving to make our campus a place of learning, growth and community.

Happy reading!

Sincerely,
Dr. Sati S. Shinde
(Editor, H.B.B.Ed College)

PRESIDENT'S MESSAGE



Sri. Haribansh Singh Sir (Ex.M.P., Lok Sabha)

Dear Students, Faculty and Friends,

As we launch this new edition of our college magazine, I am filled with pride in our community's achievements. This publication reflects the creativity, intellect and passion that define our college. In every article and story, you will see the dedication of our students and faculty who continue to push boundaries and excel.

I encourage you all to explore these pages, celebrate our successes and draw inspiration for the future. Together, we are building a legacy of excellence that will endure for years to come.

Warm regards,

MESSAGE OF VICE PRESIDENT SAINATH EDUCATION TRUST



Sri. Ramesh Singh Sir

Dear Colleagues and Students,

It is with great pride that I welcome you to this edition of our college magazine. This publication is a testament to the vibrant energy and creativity that flows through our campus. The stories and achievements featured here showcase the remarkable talents and dedication of our community.

As you read through these pages, may you feel inspired to continue contributing to the rich culture and success of our college. Together, we are shaping a bright future.

Warm regards,

MESSAGE OF ADMINISTRATIVE OFFICER



Sri. T. P. Singh Sir

Dear Students and Colleagues,

I am delighted to share in the excitement of this latest edition of our college magazine. This publication highlights the hard work, creativity and achievements of our community. It reflects the dedication that each of you brings to making our college a thriving and vibrant place.

As you explore these pages, take pride in the collective efforts that make our institution special. Let us continue to support one another in all our endeavors.

Sincerely,

FROM PRINCIPAL DESK



Dr. Swarnalata Harichandan

My Dear Students, Faculty and Staff,

It gives me great pleasure to welcome you to this edition of our college magazine. Each page of this publication reflects the vibrant spirit, creativity, and dedication that make our college a beacon of learning and growth. The contributions within showcase the remarkable talent and commitment of our students and faculty, who continue to strive for excellence in every endeavor.

Our college is more than just a place of education; it is a community where ideas flourish, and lifelong connections are made. As you explore this magazine, I encourage you to take pride in the achievements of your peers and colleagues, and to find inspiration in the stories shared.

I extend my heartfelt thanks to everyone who contributed to this publication. Your efforts are a testament to the dynamic and innovative culture we foster here at [College Name]. Let us continue to work together to uphold the values and standards that make our institution truly exceptional.

Wishing you all continued success and fulfilment in your academic and personal journeys.

Warm regards,

PROFESSIONAL DEVELOPMENT OF FACULTY

DR. SWARNALATA HARICHANDAN, PRINCIPAL

1. Awarded Phd Degree to Seema Kale Ph.D. On Functioning and Contribution of Non-Governmental Organization towards Sustainable Development Goals. On 29/04/2024.
2. Ranjana Mishra Ph.D. "Evaluation Of Activity – Based Learning (ABL) Scheme Implemented By Government Of Maharashtra In Zilla Parishad Primary Schools" on 19/10/2023.
 - ❖ Published Book on "Contribution of Dr. Babasaheb Ambedkar And Rashtrasant Tukdoji Maharaj To Society," ISBN No: 978-81-19986-89-9, Year: 2023
 - ❖ Organized National Seminar on teacher Education in the Context of Nep- 2020. Sponsored By ICSSR. at H.B. B.Ed. College, Vashi On 10th-11th February, 2023
 - ❖ Organized 3 Days Webinar on FDP "Ctet Guidance Workshop". In collaboration With Pillai College, Panvel Collaboration with H.B.B. Ed College, Vashi, Navi Mumbai 15th-17th January, 2024
 - ❖ Participated In The Seminar on digital Transformation In Higher Education: Adapting To The Nep 2020 Framework organized Byrajiv Gandhi College Of Arts, Commerce & Science, Vashi, Navi Mumbai on 23rd & 24th February 2024
 - ❖ Participated On One Day National Level Webinar on Challenges for Teacher Education in The Context of Nep2020. H.B.B.Ed. College, Vashi, Navi Mumbai & Oriental College Of Education, Sanpada And S.K.College Of Education And Research, Ghansoli H.B.B.Ed. College, Vashi, Navi Mumbai, 29th July 2023.
 - ❖ Invited By All India Khilafat Committee College of Education For Panel list For An Interview Conducted On 14/03/2023.
 - ❖ Appointed as a Member of The Internal Quality Assurance Cell (IQAC) of Sarda Kurup College of Education & Research. Ghansoli, Navi Mumbai, Dated 01/06/2024.
 - ❖ Invited As for NAAC Mock Visit to Tilak Education Society's Sarda Kurup College Of Education & Research, Ghansoli On 8th April,2024.
 - ❖ Invited As A Guest For Special Lecture On Nep, Dated 21st March 2024 Organized By Central Sanskrit University, K.J.Somiya Campus, Vidyavihar, Mumbai

DR. SATI S. SHINDE, ASSISTANT PROFESSOR

- Participated in the One day Intercollegiate Webinar on "World Sanskrit Day" organized by Rajiv Gndhi College of Arts, Commerce and Science held on 31st August 2023.
- Passed DSM (Diploma in School Management) which held in May 2024.
- Paper presented on ICSSR Sponsored National Seminar by H.B. B.Ed. College, Vashi on the theme of Teacher Education in the Context of NEP- 2020 on 10th-11th December , 2024- topic of "Experiential Learning Approach to Mathematics Instruction: Effect on Motivation Enhancement".
- Online 11th Faculty Induction Programme Organized by Dr. Babasaheb Ambedkar Marathwada University, Chh. Sambhajinagar, UGC-Malaviya Mission Teacher Training Centre on 23-01-2024 to 27-02-2024.
- Online Refresher Course Organized by Allahabad University, UGC-Malaviya Mission Teacher Training Centre on 02-03-2024 to 15-03-2024. (Subject- Rejuvenating teacher education in context to nep-2020)
- Online Refresher Course Organized by Gujarat University, UGC-Malaviya Mission Teacher Training Centre on 01-08-2024 to 14-08-2024. (Subject- Education)

➤ SHORT TERM COURSES:

S.N.	Programme	Duration	Organized by
1.	Online FDP on “Nurobics for Professional Growth”.	28/08/2023 to 02/09/2023	Gokul Global University
2.	Online FDP “Exploring the Educational Potential of CHATGPT”	11/09/2023 to 17/09/2023	Gokul Global University
3.	Online FDP “Leadership Essentials for Personal and Professional Growth”	25/09/2023 to 01/10/2023	Gokul Global University
4.	Online FDP on “Use of AI in Teaching: Hands on Practice”.	05/02.2024 to 11/02/2024	Gokul Global University
5.	Online FDP on “Experiential Learning”.	July 2024	Gokul Global University
6.	MOOC –AI tools for teachers’ course of 2 credits (32 hrs) – got 68%.	July– September 2024	Tilak college of education, pune

MRS. ROSHANI V. KHARAT, ASSISTANT PROFESSOR

- Participated in One Day International Level Webinar on "Enlightening the rich heritage of the Ancient Indian Language" on the occasion of World Sanskrit Day by Rajiv Gandhi college of Arts, commerce, and science, Vashi on 31st August 2023
- Participated in "webinar on "Sustainable Synergy: Unleashing the Power of Green Initiatives in Campus Ecosystems" organised by Sarada Kurup College of Education & Research.on 19th January 2024.
- Completed 11th & 12th Faculty Induction Programme under the Dr. Babasaheb Ambedkar Marathwada University, Chh.Sambhajinagar, UGC-Malaviya Mission Teacher Training Centre. From 22nd January to 27th February 2024 with A Grade
- Completed Short Term Course on NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) Organized by MM-TTC Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar from 26-03-2024 to 03-04-2024
- Presented Paper on Digital Skills development among B.Ed Student Teachers: Two-Days National Seminar On Teacher Education In The Context of NEP 2020’ Sponsored by Indian Council of Social Sciences Research, Western Regional Center, Mumbai on 10 -11th February 2024.

- Presented Paper on Autism Spectrum Disorder-An opportunity: National Level Seminar by Sarada Kurup College of Education & Research. The seminar is titled "Empowering Every Learner the Journey towards Inclusive Education as per NEP 2020" on 09 th March 2024.
- Appointed as Judge for Diya painting and Best out of waste competition at intercollegiate cultural fest- PRARAMBH by Rajiv Gandhi college of Arts, commerce and science, Vashi on 15 th and 16th December 2023.
- Resource Person for CTET Exam Guidance Workshop 2024 on Language I in Paper I and II by MES's Pillai HOC College of Education and Research and H.B.B.Ed. College Vashion 15th January 2014
- Appointed as a Paper Setter for Paper setting program 4E00141 // First Year B.ED. (2 Years Degree Course) (Choice Based) (Semester-II and Sem III) for Pedagogy of Marathi.
- Appointed as Examiner for B.Ed Examination, University of Mumbai.

MRS. SAMIKSHA S. MHATRE, ASSISTANT PROFESSOR

Sr. No.	Name of the Seminar/ Conference/ Symposia/Workshops etc.	Name of the sponsoring Agency	Place	Date and Duration
1.	Certificate of participation to one day national level webinar on challenges for teacher education in the context of NEP2020.	H..B..B..Ed. College, Vashi, Navi Mumbai & Oriental college of education, Sanpada and S.K.college of Education and Research,Ghansoli	H..B..B..Ed. College, Vashi, Navi Mumbai	29 th July 2023.
2.	Participated in Two Days Workshop on the theme"NEP 2020 Sensitization- Train the trainers .	Malaviya Mission Teacher Training Centre University of Mumbai.	VPMsK.G.Joshi Bedekar College of Arts and N.G.Bedekar Cillege of Commerce,Thane.	28 th & 29 th February,2024.
3.	Chetana foundation-first aid counseling certificate program- (online certificate program for first aid counseling.) (Learn hands on skill for helping with ventilation and prevention of suicide.)	Chetana foundation & H..B..B..Ed. College, Vashi, Navi Mumbai	H..B..B..Ed. College, Vashi, Navi Mumbai	Bath- 15 th & 16 th April 2024. Bath-19 th & 20 th April 2024. (Time: 4:00 pm 6:00 pm)
1. Judging the T-Shirt Painting competition held on 15/12/2023 (Rajiv Gandhi College of Art, Comm. & Science, Vashi.) 2. Appoint as Senior External Supervisor for Examination of Yashwantrao Chavan Maharashtra Open University Nashik. (5 Jan.2024.) (23 Days) 3. Appoint as Senior Supervisor for Examination of IDOL University of Mumbai. June – July 2024. 4. Appoint as Senior Supervisor for Examination of Indira Gandhi National Open University New Delhi. .June – July 2024.				

DR. REKHA JAGDALE, ASSISTANT PROFESSOR

Sr. No.	Name of the Seminar/ Conference/ Symposia/Workshop s/ Webinar/STC etc.	Name of the sponsoring Agency	Title of Paper (in case of presentation)	Place	Date and Duration
1.	Teacher Education in the Context of NEP- 2020.	ICSSR Sponsored National Seminar	-	H.B. B.Ed. College, Vashi	10 th -11 th FEBRUARY, 2023

DR. SEEMA KALE, ASSISTANT PROFESSOR

Sr. No.	Name of the Seminar/ Conference/ Symposia/Workshops etc.	Name of the sponsoring Agency	Place	Date and Duration
1	Certificate of participation to Two days' national level webinar on Continuous Professional Development of Teacher context of NEP2020.	H.B.B.Ed. College, Vashi, Navi Mumbai	.H.B.B.Ed. College, Vashi, Navi	10 th -11 th February 2024.

MRS. VIBHAVARI MOKASHI, LIBRARIAN

Sr. No.	Name of the Seminar/ Conference/ Symposia/Workshop s/ Webinar/STC etc.	Name of the sponsoring Agency	Title of Paper (in case of presentation)	Place	Date and Duration
1.	Teacher Education in the Context of NEP- 2020.	ICSSR Sponsored National Seminar		H.B. B.Ed. College, Vashi	10 th -11 th FEBRUARY, 2023

CCA Activity Reports 2023-2024

WEBINAR ON ‘STORYTELLING AS A PEDAGOGICAL TOOL’ - 10/06/2023

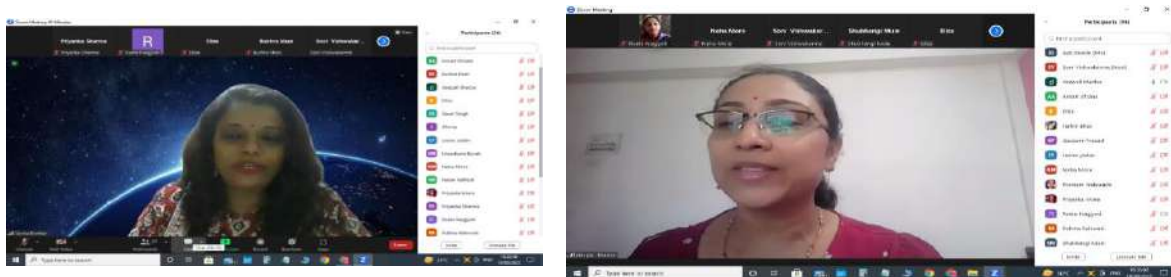
The workshop titled “Story telling as pedagogical tools” was held on 10th March 2023 via online mode. The program begins with the Digital lamp lighting and prayer of sarawati vandana. The Program arranged by Asst. Prof. Dr. Sati Shinde and Principal Dr. Swarnaltha Harichandran and Participated by B. Ed students. Host Reeta from S.Y B. Ed welcomed all the teachers and students. Priyanka Sharma and Neha More from S.Y B. Ed welcomed our special chief guests Mrs. Sarika Bichkar and Mrs. Deepali Gurkha. The purpose of the workshop was to bring together and provide better platform

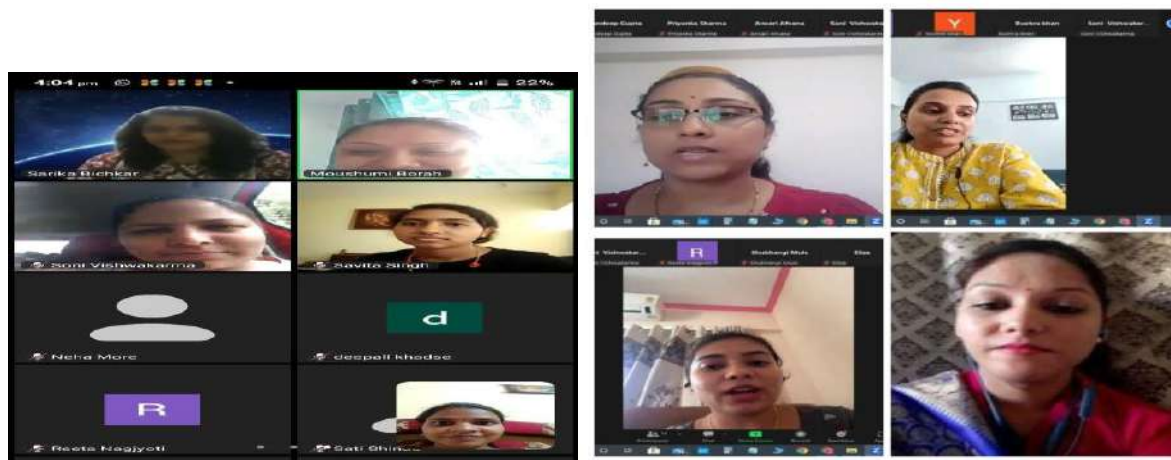
to enhance their skills and knowledge in “Story telling as pedagogical tools”. The event aimed to foster collaboration, exchange ideas and promote professional development among participants. Asst. Prof. Dr. Sati Shinde gave introduction on the topic storytelling pedagogy is an educational approach that incorporates the use of stories as a central tool for teaching and learning. It recognizes the power of stories to engage students, stimulate their imagination and facilitate meaningful learning experiences.

The First Resource Person: Mrs. Sarika Bichkar Assistant Teacher of KCG School Kalyan. She has been associated with the Educational Institute for the last 22 years. Sarika Bichkar says pedagogy is a teaching method that activates brains of the children. She explained Benefits, structures, types and 4 P’s (people, place, plot and purpose) of storytelling and she taught how to use story telling method in Economic subject. It is clear to see that she was so interactive with her presentation and communication skills.

The Second Resource Person: Mrs. Deepali Gurkha, Assistant Teacher of Ryan International School Sanpada and working with Byjus as Maths and coding teacher. Mrs. Deepali Gurkha is also an alumni of our college. She says the story telling method of teaching makes learning memorable, builds connection and relaxes students. It has low barriers. She involved a story telling method to solve linear equations. Math being a hard subject she could explain it to us efficiently.

Through this report we got to know a short summary of this workshop. The workshop was carried out efficiently without any errors and was very useful for increasing our basic knowledge about storytelling as a pedagogical tool. We got to know more about storytelling, even though math’s or economics both are hard enough to confuse the students, and both the speakers with their well-planned presentations were able to make it easier. She was very clear and concise. We want to thank all the members involved in this workshop and appreciate their effort for carrying out this event in a systematic way. We are especially grateful to both the speakers who had presented an excellent presentation in front of the students and look forward to more such events and workshops.





WEBINAR ON 'NIPUN BHARAT'- 14/06/2023

As per circular of NCTE- GA026|2|2023|GA- SRC on the subject of events for TEI's to commemorate India's G20 presidency to conduct the events on many themes such as FLN, Nipun Bharat, G20, Digital Initiative & NEP 2020. Sainath Education Trust's H.B.B.Ed College with collaboration with the Rotary Club of Garima, our college organized an online webinar on "NIPUN BHARAT". The webinar was conducted online under the guidance of our Principal mam Dr. Swarnalata and Asst. Prof. Dr. Sati Shinde mam and with the student participants. The webinar started with a warm welcome by a digital lamp lighting and singing Saraswati Vandana by the students after the warm welcome the webinar stated with the introduction of our first Speaker of the webinar and our first resource person Mr. Dheeraj Kumar Verma (Asst Teacher & Trainer of NISHTA LFJ High School. Marine Lines Mumbai).

The first speaker Mr. Dheeraj Verma introduced about 'NIPUN BHARAT' as (NATIONAL INITIATIVE FOR PROFICIENCY IN READING WITH UNDERSTANDING AND NUMERACY) that is launched by the Education Ministry of India under National Education Policy of 2020. This schema assures that every child gains foundational numeracy and literacy by the end of grade 3. Nipun Bharat focuses on transforming the monotonous education into integrated, inclusive and engaging. It instructs the teachers and educators to prepare a study plan that develops the student's basic literacy and language skill. As a part of Sarva Shiksha it will work to retain till the foundational learning to complete improve learning or training modules increase teachers' capacity and track child's progress

Mr. Dheeraj Verma also elaborated about the Foundational Literacy and Numeracy its objectives, unique features and its outcome. The second speaker and the resources person were Dr. Manasi Bhosale (HM & Trainer of NISHTA LFJ High School Marine Lines Mumbai) also elaborated about NIPUN BHARAT after the second speaker the principal of out college appreciated the speakers for sharing their knowledge with our

students and giving the vote of thanks to our speakers and the student of our college presenting an honorable vote of thanks and concluding the webinar of “NIPUN BHARAT”.



**ONLINE CELEBRATION OF INTERNATIONAL YOGA DAY,
21/06/2023**

The theme for International Yoga Day 2023 is "Yoga for Vasudhaiva Kutumbakam." Sir spoke about Yoga as an old practice that combines physical postures, meditation, breathing exercises and ethical principles to promote the overall well-being of people. Even sir taught us how to perform wonderful techniques of Yoga Aasana's such as Suryanamaskar, Kapalbhati, Pranayam.

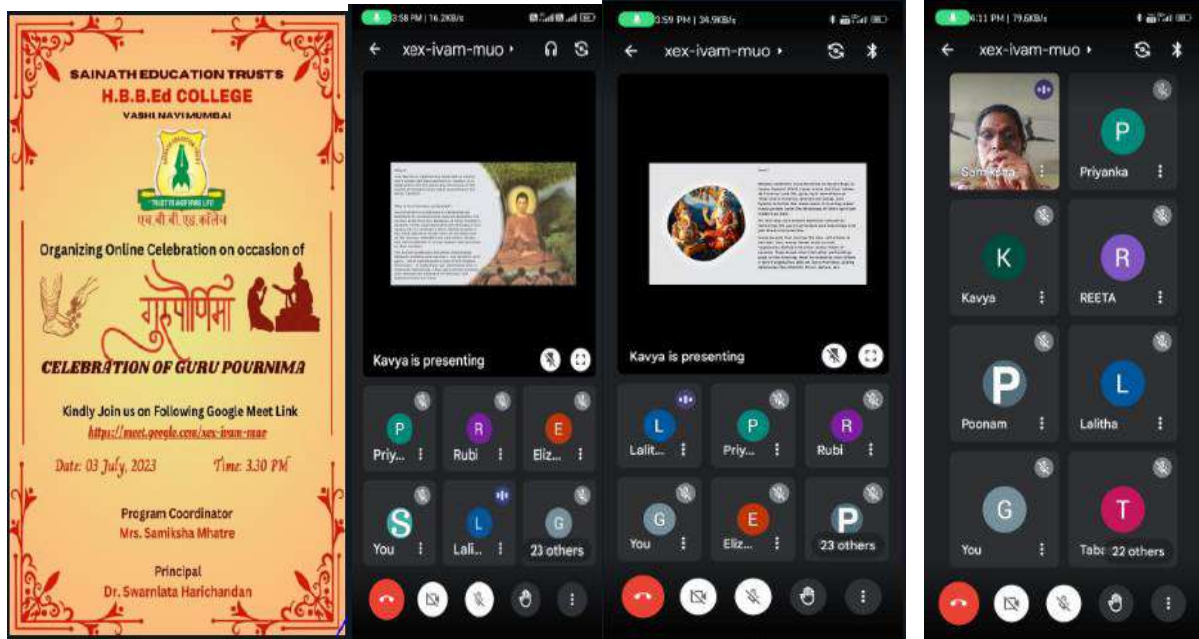


CELEBRATION OF GURU PURNIMA – 03/07/2023

The program of “Guru Purnima” was organized by the students of FYB.Ed and SYB.Ed under the mentorship of Asst. Prof. Samiksha mam & under the guidance of

our principal Dr. Swarnalata. The program was organized and conducted to pay our deep gratitude and devotion towards our teachers who have always been our guide, our motivator, our instructor throughout the year.

The program started with the digital lamp lighting along with the welcoming song of Saraswati Vandana as an idol of education and the song was sung by SYB.ED students. After the lamp lighting and welcome song, the program moved ahead with introduction of why guru purnima is celebrated all over in India as it is celebrated traditionally in the month of ashadha that is June or July on the full moon day that is purnima. Guru purnima is mostly celebrated by Hindus and Buddhist on the birthday of Guru Vyas and this the day when Lord Gautam Buddha gave his first sermon at Sarnath. And as the term "GURU" means the one who leads us from darkness towards light. The program carried forward with the explanation on the importance of guru Purnima and a short quiz including the questions related to guru Purnima. Then the program was carried forward with few poems on Guru Purnima in English, Hindi, Marathi by the SYB.Ed students which was narrated to make each one of us to feel the importance and place of our guru's and what significant role they play in our life's and how huge their contribution is in our life. We also had a few students who talked about our professors who have been a great support and guide for us throughout the whole year and have a great significant role in our experience in the journey of B.Ed. The students highlighted their contribution and extended our gratitude towards them. The program also included a song which was dedicated to our guru, our mentors and each one of those persons who has helped us through our difficult paths. The song was dedicated to our respected principal mam and our professors who have enlightened our horizons and led us to our path. At the end of the program, we had our program coordinator Mrs. Samiksha madam who expressed her thoughts and made us understand what role a guru has in our life. The student's also made-up posters for Guru Purnima and the program concluded with the vote of thanks prayed to all the participants, teachers and our attendants.



WORLD POPULATION DAY, 11/07/2023

H.B.B.Ed College commemorated 11th July, World Population Day with an online exam of 20 questions on Google Form, with e-certificates awarded to those who scored 60% or higher. On World Population Day, students took an online quiz with 20 questions to raise awareness of the difficulties caused by population imbalance. Students were urged to earn e-certificates with higher grades and submit papers or slogans stressing the significance of the day. Several colleges, including MMK College, ICL College, H.B.B.Ed College, A.G.S College of Education, S.K. College, Pragati College of Arts and Commerce, Rajiv Gandhi College of Arts, Commerce, and Science, etc., participated in the quiz and got an e-certificate.

Online quiz link:

https://docs.google.com/spreadsheets/d/1LhB_nbA6tf7O7NqM3htvD6gsfqqnHiS0jbZQ0rA1es8/edit?usp=sharing

LOKMANYA TILAK DEATH ANNIVERSARY AND ANNABHAU SATHE BIRTH ANNIVERSARY, 01/08/2023

The programme begins with an introduction given by Assistant Professor Mrs. Roshani Kharat. Programme followed by Deep Prajwalan done by principal Dr. S. Harichandan along with all teachers. Mrs Roshani Kharat expressed gratitude towards all freedom fighters and highlighted Immense Talent as ‘Shatavadhani’ with good virtues of Lokmany Tilak with the story of Chafekar bandhu.

Santosh Thakur student of F.Y.B.Ed presented a speech on the contribution of Lokmanya Tilak in Indian freedom struggle and social reformation done by Tilak. He famously said, “Swaraj is my birth right and I shall have it!” which became the

cry of many freedom fighters during the Indian Independence Movement. Santosh also highlighted the life and work of Annabhau Sathe. He concluded with We must never forget to be grateful to the contributions of these great men!

Bushra and Shubhangi students of F.Y.B.Ed presented a beautiful poem on Lokmanya Tilak. Our FYBEd student Ms. Bushra expressed vote of thanks. Finally, programme concluded with national anthem.





77TH INDEPENDENCE DAY: ‘मेरी माटी मेरा देश’ से आजादी का अमृत महोत्सव का समापन...

PANCHPRAN PLEDGE, 9/08/23

The programme begins with an introduction given by Assistant Professor Dr. Sati Shinde followed by Mrs. Roshani Kharat and our honourable Principal Dr. S. Harichandan. Mrs. Roshani Kharat gave some instructions about the pledge and then started reciting the pledge at exactly 11am students of F.Y.B.Ed and S.Y.B.Ed recited the pledge after Madam. Our mentor Dr. Sati Shinde shared with us the main Aim of ‘Meri Maati Mera Desh’, this campaign aims to honour the brave freedom fighters and brave hearts who sacrificed their lives for the country. The campaign will include various programs across the country to remember the brave hearts (Veers). It took somewhat around 05 minutes to continue with the pledge.



DEGREE CERTIFICATE DISTRIBUTION CEREMONY-2020-22 BATCH, 12/08/2023

H.B.B. Ed College and Rajiv Gandhi College of Arts, Commerce and Science jointly organized a Degree Distribution Ceremony for the 2020-22 Batch on 12th August, 2023 at Ground Floor Assembly Hall from 1.00 p.m. onwards. The program started at 2.00 p.m. with the opening remarks by Asst. Professor Saba Kausar and Asst. Professor Aasha Dolas. They requested all the dignitaries on the dais to light the lamp. Dr. B.S.Pandey, welcome all guests with shawl and shrifal. Principal Dr. B.S.Pandey

proposed the formal welcome address. Shri Haribansh Singh, Chairman of Sainath Trust announced that the Degree Certificate Distribution Ceremony has opened. Dr. Dhaneshwar Harichandan, former director IDOL, University of Mumbai explained the importance of Degree Certificate Distribution Ceremony in students' life. He also shared self-experience. Chief guest Dr. Vaishnavgiri Sevaka Das, Director-Bhaktivedanta College of Vedic Education illustrated the importance of Aim, fearlessness in life with Bhagavad-Gita verses. He also highlighted the importance of learning Bhagavad-Gita for self-actualization. Shri. Haribansh Singh gave motivational speech to all students. Toppers from all streams awarded with a replica of Degree Certificate. Group Photo was clicked with achievers. The formal vote of thanks was proposed by Asst. Professor Aasha Dolas. Alumni students were very happy after meeting their friends and teachers. This was the most memorable moment of the student's life so they enjoyed it with lots of photographs.





INDEPENDENCE DAY PROGRAMME, 15/08/2023

Independence Day was celebrated in Sainath Education Trust on 15th August, 2023 at the ground floor assembly hall from 8.00 a.m. onwards. The program started at 8.00 a.m. with the rally. Ms. Anita Shinde, teacher of Sainath Hindi Medium high school requested all the dignitaries on the dais for the flag hoisting. National anthem sung by Secondary school students followed by Maharashtra geet. She welcomes all guests. All principals from Sainath Education Trusts were present on the dais.

Students from Sainath English Medium and Sainath Hindi Medium presented beautiful patriotic songs. F.Y.B.Ed Students Lalitha, Kavya and Neha presented the song ‘Bharat Hamko Janse Pyara Hai’. Shri Haribansh Singh, Chairman of Sainath Trust motivated students for nation building with his encouraging speech. Mr. Chaube, Journalist from Indian Express explained the importance of patriotism in students’ life. He also shared some of his self-experience. The formal vote of thanks was proposed by Ms. Anita Shinde.



RAKHI MAKING WORKSHOP, 26/08/2023

Students learned creative ideas for making Rakhi. They individually made Rakhi. H.B.B. Ed College organized a Rakhi Making Workshop on the occasion of Raksha Bandhan for F.Y.B.Ed and S.Y.B.Ed students on 26th August, 2023 at Class room 401 from 3.00 p.m. onwards. The program schedule was informed to all the students on their WhatsApp Group. Students informed to bring waste material. The workshop started at 3.00 p.m. with the opening remarks by Asst..Professor Roshani Kharat. F.Y.B.Ed. student Neha More conducted this workshop. She showed various creative ideas of Rakhi making Best out of waste was the main idea, so she showed uses of waste material like beads, Sequins, threads, wool ets.to reuse for Rakhi Making. All students enthusiastically followed instruction. They made Rakhi with waste material brought. Teachers selected two best Rakhis. First rank was Neha More. Bushra Khan held Second position from F.Y.B.Ed .This was an interesting workshop which encouraged creativity among students.





GANDHI JAYANTI CELEBRATION, 30/09/2023

The theme for Gandhi Jayanti 2023 is "The day marks the birth anniversary of Mahatma Gandhi" it is also celebrated worldwide as the International Day of Non-violence. Gandhi Jayanti is celebrated on 2nd October every year to commemorate the Birth Anniversary of the Father of the Nation Sri Mohandas Karamchand Gandhi. Remembering Mahatma on his 154th birth anniversary, worldwide celebrated as the "International Day of Nonviolence". The man who showed the world that non-violence is an effective and lasting way of defeating injustice. He is a great inspiration for truly embodying the principles of tolerance and peace. In his words "You must be the change you wish to see in the world". May the spirit of truth and non-violence be with us forever? Students of B.Ed College assembled and decorated the photo of Mahatma Gandhi with garland and flowers. This program was guided and supervised by Samiksha ma'am with the support of all senior authorities. The Program started by enlightening of the lamp by our respected Principal Dr. Swarnalata Harichandan Madam, Dr. Sati Shinde, Mrs. Roshani Kharat & Mrs. Samiksh Mhatre. The program compering was done by SYBED student Sandeep Singh. He started the program by welcoming all and SYBED student Nidhi Singh gave a wonderful speech on Mahatma Jayanti. After this, the program was continued by SYBED student Namita, Neena, Risha where they gave a marvelous skit on cleanliness which taught us the importance of cleanliness should be

our daily practice or not once in a lifetime or occasional thing. Then after the skit SYBED students Neha, Bushra and Nidhi sang a melodious song “Dedi Hamey Azadi”. Dr. Sati Shinde speaks about believing in the power of truth or honesty. We learn to keep a positive attitude towards life and Gandhi's lesson will not only make us responsible citizens but also help our mother earth to be clean and green. In the end vote of thanks was given by SYBED student K. Sahu. Gandhi Jayanti function ended with the wonderful concluding speech by respective participants.



SWACHHATA PAKHWADA, 30/09/2023

The event was organized with the objective of highlighting the achievements and progress made under the Swachhata Pakhwada, acknowledging the contributions of individuals and communities, and inspiring continued efforts towards a cleaner and more hygienic India. The event kicked off with an inaugural ceremony that included the lighting of the lamp by dignitaries and a traditional prayer to invoke blessings for the success of the mission. Hosted by SYBED student Sandeep Gupta.

Cultural performances by SYBED students Neha Kyal Chhaparia, Namita Bhatnagar, Neena Valsan and Risha Motwani, including dance and music, added a touch of entertainment to the event while conveying the message of cleanliness and unity.

This event celebrated the mission's achievements, recognized the efforts of those who contributed to its success, and rekindled the commitment to continue the cleanliness drive. With collective determination and ongoing efforts, India is on its way to achieving the dream of a Swachhata Pakhwada, where cleanliness is a way of life, and every citizen can lead a dignified and hygienic existence. The Swachhata Pakhwada

Celebration was a resounding success, emphasizing the importance of cleanliness and hygiene in our daily lives. It served as a platform for fostering community involvement and spreading awareness about the Swachhata Pakhwada objectives. The event highlighted that cleanliness is not merely a government initiative but a collective responsibility of every citizen. It encouraged individuals and communities to take proactive.

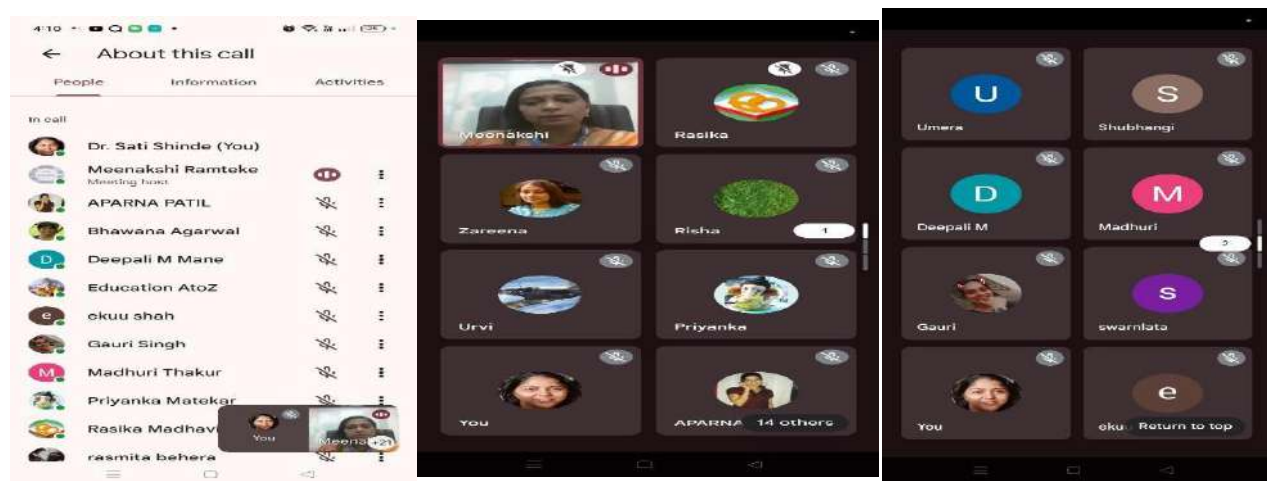


CELEBRATION OF WORLD STUDENTS' DAY WITH WEBINAR ON ' B.Ed. STUDENTS PERSONALITY DEVELOPMENT THROUGH TEACHING INTERNSHIP OPPORTUNITIES'- 15/10/2023

The online webinar was organized by H.B.B.Ed College under Electoral Literacy Club on World Student's Day on the topic - B.Ed Student's Personality Development through Teaching Internship Opportunities with the objective of highlighting the aim to prepare students for successful teaching careers and contribute to the overall development of their teaching skills and professionalism. The online webinar kicked off with an inaugural ceremony that included the digital lighting of the lamp by students of S.Y.B.Ed Sandeep Gupta and a traditional prayer by Priyanka Matekar to invoke blessings for the success of the mission. Hosted by Rasika Bhoir.

Dr. Sati Shinde gave a brief introduction about the resource person "Meenakshi Ramteke Madam'. Meenakshi Ramteke Ma'am shares her views on personality development through teaching Internship Opportunities. The Principal of H.B.B.Ed

college, Dr. Swarnalata Harichandan addressed resource persons with her kind words. In conclusion, teaching internship opportunities serve as a vital catalyst for the growth and development of future educators. These experiences allow them to bridge the gap between theory and practice, enabling the acquisition of essential skills, classroom management, and the ability to adapt to diverse student needs. Through reflection and mentor feedback, teaching interns refine their teaching methods and graduate better prepared for their careers. Thus, teaching internships not only enhance the educational journey but also contribute to the overall quality of teaching in our schools, ensuring that the educators of tomorrow are well-equipped to inspire and educate the next generation.



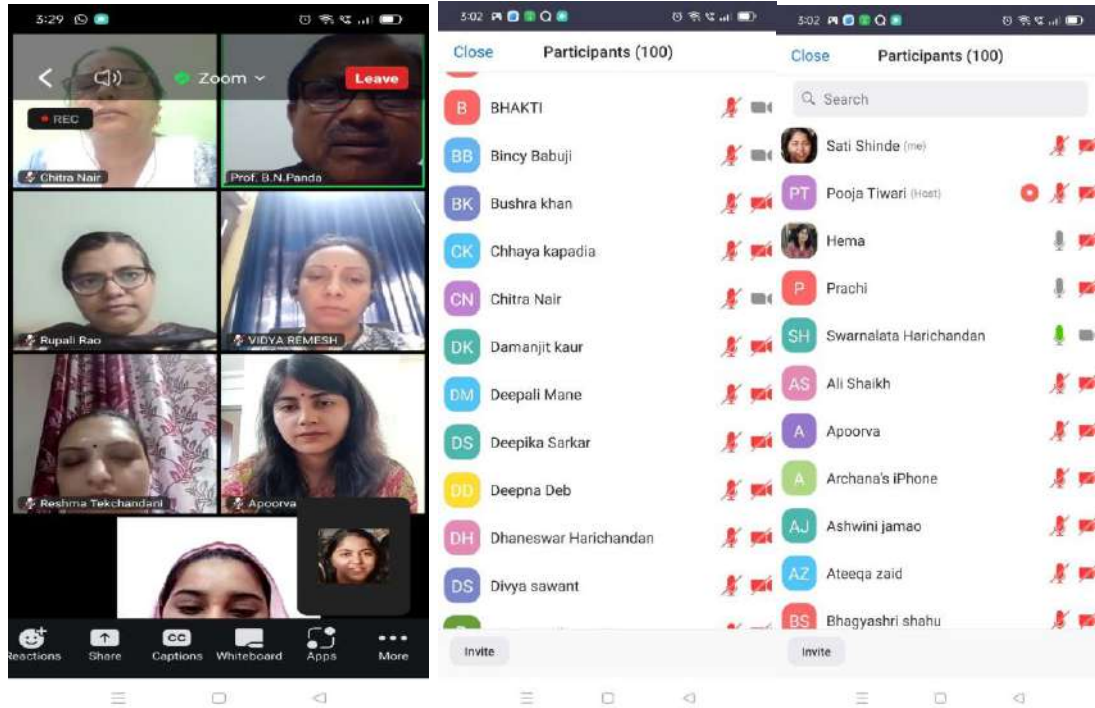
DIYA AND GREETING CARD MAKING WORKSHOP, 08/11/2023

H.B.B. Ed College organized a Diya Making Workshop on the occasion of Diwali for F.Y.B.Ed and S.Y.B.Ed students on 08th November, 2023 at auditorium from 3.00 p.m. onwards. Students informed to bring the decorative materials. The workshop started at 3.00 p.m. with the opening remarks by Asst. Professor Roshani Kharat. She showed various creative ideas of Diya and card making out of waste materials, so The resource person Mrs. Angholkar madam showed uses of decorative material like paints, decorative stones, colorful pages, glitter pens, old diyas, etc for diya and greeting card making. All students enthusiastically followed instruction. They made diyas with decorative materials. At the end of the workshop S.Y.B.Ed student Neha More presented a beautiful dance. Mr. Deepakkumar Kalmbarakar presented a melodious song. Principal Dr. S. Harichandan shared her thoughts and guided students. She also wished Happy Diwali to all. Teachers selected two best diyas and two best greeting cards. This was an interesting workshop which encouraged creativity among students.



SEMINAR ON “CHALLENGES FOR TEACHER EDUCATION IN THE CONTEXT OF NEP 2020” - 29/07/2023

This aimed to discuss the Challenges for teacher education in the context of NEP 2020”. As the National Education Policy 2020 makes the way for large scale, transformational reforms in both school and higher education sectors. It aims to pave the way for transformational reforms in school and higher education systems in the country. This is also the first education policy of the 21st century which replaces the thirty-four-year-old National Policy on Education (NPE), 1986. Built on the foundational pillars of Access, Equity, Quality, Affordability and Accountability, this policy also aligned to the 2030 Agenda for Sustainable Development and aims to transform India into a vibrant knowledge society and global knowledge superpower by making both school and college education more holistic, flexible, multidisciplinary, suited to 21st century needs and aimed at bringing out the unique capabilities of each student



INTERNATIONAL LEVEL WEBINAR ON ‘WORLD SANSKRIT DAY- ENLIGHTENING THE RICH HERITAGE OF THE ANCIENT INDIAN LANGUAGE’ - 31/08/2023

International Level Webinar on WORLD SANSKRIT DAY ‘Enlightening the rich heritage of the ancient Indian language ‘highlighted the importance of Sanskrit in day-to-day life. Now Sanskrit is a global language so everyone must learn it. Department of Commerce, Language Club Committee along with IQAC of Sainath Education Trust’s Rajiv Gandhi College of Arts, Commerce & Science Vashi, Navi Mumbai in Collaboration with H.B.B.Ed College organized International Level Webinar on “WORLD SANSKRIT DAY” Enlightening the rich heritage of the ancient Indian language” this webinar was on Zoom platform and it was conducted ‘You tube live’. Mrs. Roshani Kharat, Asst. Professor, H.B.B.Ed College introduced the webinar with Sanskrit quote. She expressed the importance of Sanskrit in Sanskrit language. She welcome webinar resource delegate Dr. Vaishnavanghri Sevaka Das, Director of Baktivedanta college of Vedic Education, Kharghar, Navi Mumbai & Dr. Asha Dwivedi, Lecturer at Baktivedanta college of Vedic Education. She is also a lecturer at St. Joseph high school & Junior college. Mrs. Kharat also welcomed Principal Dr. Swarnlata Harichandan and Dr. B.S.Pandey along with all the dignitaries, teachers, enthusiastic students and participants from all over India and world. Programme followed by sarswati vandana done by Priyanka More, Asst. Professor, Rajiv Gandhi College. Ms. Priyasha, Asst. Professor, Rajiv Gandhi College, gave a brief introduction about both host colleges. Dr. Swarnalata Harichandan, Principal

H.B.B.Ed College gave an introductory speech. She also highlighted the importance of Sanskrit Day in life. Mrs. Kalpana Sonavane, Asst.Professor, Rajiv Gandhi College introduced esteemed guest and webinar resource delegate Dr. Vaishnavanghri sevaka das. Dr. Vaishnavanghri Sevaka das explained the importance of Sanskrit in human wellbeing. It helps to develop cognitive and affective domains. Dr. Asha Dwivedi used Sanskrit to express the importance of Sanskrit language and grammar in our life. Mrs. Roshani Kharat concluded the session with – quote related to Mahabharata.

यदिहास्ति तदन्यत्रा यन्नेहास्ति न तत् क्वचित्॥ we can use same word to describe Sanskrit.

‘संस्कृते संस्कृतिर्ज्ञेया संस्कृते सकलाः कलाः।संस्कृते सकलं ज्ञानं संस्कृते किं न विद्यते’|

Dr. Purnima Asst. Professor Rajiv Gandhi College, proposed a vote of thanks. She thanked all delegates and teachers and students.

CELEBRATION OF SATYNARAYAN POOJA 31/08/2023 AT 11.00 A.M.



World students' day – B.Ed. Students Personality Development through Teaching Internship Opportunities, 15/10/2023

The online webinar was organized by Electoral Literacy Club on World Student's Day on the topic - B.Ed Student's Personality Development through Teaching Internship Opportunities with the objective of highlighting the aim to prepare students for successful teaching careers and contribute to the overall development of their teaching skills and professionalism. The online webinar kicked off with an inaugural ceremony that included the Digital lighting of the lamp by students of S.Y.B.Ed Sandeep Gupta and a traditional prayer by Priyanka Matekar to invoke blessings for the success of the mission. Hosted by Rasika Bhoir. Risha Motwani gave a brief introduction about the Resource person “Meenakshi Ramteke Madam”. Meenakshi Ramteke Ma’am share her views on Personality development through teaching Internship Opportunities. The Principal of H.B.B.Ed college, Vashi – Swarnalata Harichandan Ma’am addressed Meenakshi Madam with her kind words.

In conclusion, teaching internship opportunities serve as a vital catalyst for the growth and development of future educators. These experiences allow them to bridge the gap between theory and practice, enabling the acquisition of essential skills, classroom management, and the ability to adapt to diverse student needs. Through reflection and mentor feedback, teaching interns refine their teaching methods and graduate better prepared for their careers. Thus, teaching internships not only enhance the educational journey but also contribute to the overall quality of teaching in our schools, ensuring that the educators of tomorrow are well-equipped to inspire and educate the next generation.



CHRISTMAS CELEBRATION, 23/12/2023

H.B.B.Ed College organized a Christmas Celebration for F.Y.B.Ed and S.Y.B.Ed students on 23rd December, 2023 at the auditorium from 11.30 a.m. to 2.30 p.m. The celebration started at 11.30 a.m. with the opening remarks by Asst. Professor Roshani Kharat. F.Y. B.Ed student Sneha Yadav, Priti Tripathi, Bhavana delivered a speech on why we celebrate Christmas and S.Y. B.Ed students sang Christmas carols.. Auditorium beautifully decorated by students.





INDEPENDENCE DAY PROGRAMME, 26/01/2024

Independence Day was celebrated in Sainath Education Trust on 26th January 2024 at Ground Floor Assembly Hall from 07.30 a.m. onwards. The program schedule had been informed to all the students and teachers on their WhatsApp Group. The program started at 07.40 a.m. Ms. Sushma Singh Madam of Sainath Hindi Medium High school requested all the dignitaries on the dais for the flag hoisting. National anthem sung by secondary school students followed by Maharashtra Geet. She welcomes all guests. All principals from Sainath Education trusts were present on the dais. Students from Sainath English Medium and Sainath Hindi Medium presented beautiful patriotic songs. F.Y.B.Ed Students presented the song ‘Ae mere vatan ke logo’. Shri Haribansh Singh, Chairman of Sainath Trust motivated students for Nation Building with his encouraging speech. The formal vote of thanks was proposed by Ms. Sushma Singh Madam, Sainath Hindi Medium High school.



**SAVITRIBAI PHULE BIRTH ANNIVERSARY CELEBRATION
&
AWARENESS PROGRAMME ON MENSURATION
AND THEIR IMPORTANCE, 6TH JANUARY 2024**

On 6th January 2024, we celebrated Savitribai Phule birth anniversary to honour the life and contributions of Savitribai Phule, a prominent social reformer and educationist in 19th-century India. Savitribai Phule was born on 3 January 1831 in the village of Naigaon in Satara District, Maharashtra. Her birthplace is about 15 km (9.3 mi) from Shirval and about 50 km (31 mi) from Pune. Savitribai Phule was the youngest daughter of Lakshmi and Jyotirao Phule, both of whom belonged to the Mali Community. H.B.B.Ed College Principal madam felicitated the chief guests Dr. Kumar, Asst. Professor (HOD), Department of Education, Central Sanskrit University &



Ms. Deepali Ambre, Co-ordinator from Ujjas Foundation. H.B.B.Ed College principal Dr. Swarnalata Harichandan lit the lamp along with the chief guest and staff of college teachers Dr. Sati Shinde and Mrs. Roshani Kharat, Mrs. Samiksha Mhatre, Mrs. Seema Kale and our Librarian Vibhawari Madam. FYBEd student Madhuri Ghorpade recited a prayer “Gagan Sadan Tejomay”.

Chief guest Dr. Kumar gave a speech on Savitribai Phule's life journey and also addressed the importance, value and power of women in our Holy book as well as in



today's world. Further a short speech was given by Ms. Deepali Ambre on women's strength. Faculty member Dr. Sati Shinde gave an inspirational speech which was later continued by our principal Dr. Swarnalata Harichandan. Mrs. Roshani Kharat gave a vote of thanks. She thanked the honourable Principal madam and our chief guests.



Ms. Deepali Ambre Madam discussed about the importance and awareness programmes on menstruation. Menstruation is a natural process that occurs in the reproductive system of females. It is important to raise awareness about menstruation and its significance for several following reasons such as’,

Education and Empowerment: Awareness programs on menstruation provide education about the biological process, its purpose, and the changes that occur in a woman's body. This knowledge empowers individuals to understand and manage their menstrual health effectively.

Breaking Taboos and Stigma: Menstruation is often surrounded by cultural taboos and social stigma. Awareness programs help break these barriers by promoting open conversations, challenging myths, and addressing misconceptions. This fosters a more inclusive and supportive environment for menstruating individuals.

Health and Hygiene: Menstrual hygiene is crucial for maintaining good health and preventing infections. Awareness programs educate individuals about proper menstrual hygiene practices, including the use of sanitary products, regular changing, and proper disposal methods. This knowledge contributes to better overall health and well-being.

Access to Menstrual Products: Many individuals, especially in low-income communities, lack access to affordable and hygienic menstrual products. Awareness programs can highlight this issue and advocate for improved access to menstrual products, ensuring that menstruating individuals can manage their periods with dignity.

Menstrual Equity and Advocacy: Awareness programs play a vital role in advocating for menstrual equity. They raise awareness about the challenges faced by marginalized communities in accessing menstrual products and facilities. By promoting menstrual

equity, these programs strive for equal opportunities and rights for all individuals, regardless of their gender or socioeconomic background.

Madam highlighted that awareness programs on menstruation are essential for education, empowerment, breaking taboos, promoting health and hygiene, ensuring access to menstrual products and advocating for menstrual equity.

Finally, madam concluded that awareness programs have a positive impact on communities by promoting behavioral change, providing education and support, breaking stigma and taboos, improving access to services, empowering individuals and enhancing health and well-being.

VOTERS AWARENESS PROGRAMME ORGANIZED BY RAJIV GANDHI COLLEGE OF COMMERCE AND SCIENCE, NSS UNIT. IN COLLABORATION WITH H.B.BED COLLEGE, COMMUNITY CORPS, ROTARY CLUB OF GARIMA, NAVI MUMBAI, 9/1/2024

Voters awareness Programme (VAP) in the college based on the information provided to Degree college students and BEd students gathered in college premises with ballots machine and given training by coordinators of government election commission. This flagship programmes aims to spread voter awareness and promote voter literacy in our students, teachers as well as non-teaching staff too. It has been focusing on preparing electors and equipping them with basic knowledge related to the electoral process. VAP provide information about voter registration, absentee ballots, early voting and other important topics. They also emphasize the importance of every vote and the significance of participating in elections to have a say in the government and elect officials who represent the interests of the people. In conclusion, the election awareness program in the college, as evidenced by the information gathered, is an essential initiative to educate and encourage students to actively participate in the electoral process. It serves as a platform to instill the significance of voting and democratic participation among the student community.



SWAMI VIVEKANAND BIRTH ANNIVERSARY/ NATIONAL YOUTH DAY CELEBRATION, 12/01/2024



The National Youth Day celebration was a dynamic event filled with fervor and purpose and began the day with Sarawati Vandana followed by lighting of the lamp. The day commenced with an inaugural address, emphasizing the importance of youth in nation-building. Various engaging activities such as panel discussions, Quiz has enlightened throughout the day, providing a platform for meaningful dialogue and expression. Attendees actively participated in discussions on youth empowerment, education and societal contributions. The celebration successfully conveyed the spirit of enthusiasm, optimism, and commitment among the participants, echoing the ideals of Swami Vivekananda and his vision for the youth.

In conclusion, celebrating National Youth Day is a powerful means of instilling a sense of purpose, unity, and responsibility among the youth. The festivities and activities associated with this day not only honor the ideals of Swami Vivekananda but also serve as a catalyst for positive change. The outcomes include heightened awareness, increased motivation, and a commitment to societal well-being. As we commemorate this day, we acknowledge the pivotal role of the youth in shaping the future, and we are reminded of the importance of nurturing a generation that is not only academically proficient but also socially conscious and actively engaged in nation-building. National Youth Day celebrations thus stand as a testament to the potential and vitality of the youth in contributing to the progress and prosperity of our society.



MAKARSANKRANTI CELEBRATION, 20/01/2024

Makar Sankranti, celebrated with kite flying and traditional sweets, symbolizes the transition of seasons and the onset of longer days. Haldi Kumkum, characterized by the exchange of turmeric and vermilion among married women, fosters bonds of sisterhood and solidarity. Both festivals contribute to the vibrant cultural mosaic of India, promoting social cohesion and spiritual enrichment.



In conclusion, Makar Sankranti and Haldi Kumkum serve as poignant reminders of India's rich cultural heritage and traditions. Through their celebration, communities come together to commemorate shared values and reinforce social bonds. By recognizing and embracing these festivals, we honor our cultural legacy and pave the way for a more inclusive and harmonious society. Celebrations thus stand as a testament to the potential and vitality of the youth in contributing to the progress and prosperity of our society.

Republic Day Programme

Republic Day was celebrated in Sainath Education Trust on 26th January 2024 at Ground Floor Assembly Hall from 07.30 a.m. onwards. The program schedule had been informed to all the students and teachers on their WhatsApp Group. The program started at 07.40 a.m. Ms. Sushma Singh Madam of Sainath Hindi Medium High school requested all the dignitaries on the dais for the flag hoisting. National anthem sung by secondary school students followed by Maharashtra Geet. She welcomes all guests. All principals from Sainath Education trusts were present on the dais.

Students from Sainath English Medium and Sainath Hindi Medium presented beautiful patriotic songs. F.Y.B.Ed Students presented song of 'Ae mere vatan ke logo'. Shri Haribansh Singh, Chairman of Sainath Trust motivated students for Nation Building with his encouraging speech. The formal vote of thanks was proposed by Ms. Sushma Singh Madam, Sainath Hindi Medium High school.



YOUTH DAY PROGRAMME

The students teachers of S.Y.B.Ed and F.Y.B.Ed – H.B.B.Ed college, Vashi organized National Youth Day. The B.Ed students organized a vibrant National Youth Day celebration, showcasing their creativity and enthusiasm. The event featured inspiring speeches, cultural performances, and interactive sessions, fostering a sense of unity and motivation among participants. Students actively engaged in discussions on the significance of youth empowerment, highlighting the role of education in shaping

responsible citizens. Overall, the celebration was a success in promoting a spirit of leadership and social responsibility among the B.Ed students.

The National Youth Day celebration was a dynamic event filled with fervor and purpose and began the day with Sarawati Vandana followed by lighting of the lamp. The day commenced with an inaugural address, emphasizing the importance of youth in nation-building. Various engaging activities such as panel discussions, Quiz has enlightened throughout the day, providing a platform for meaningful dialogue and expression. Attendees actively participated in discussions on youth empowerment, education, and societal contributions. The celebration successfully conveyed the spirit of enthusiasm, optimism, and commitment among the participants, echoing the ideals of Swami Vivekananda and his vision for the youth.

In conclusion, celebrating National Youth Day is a powerful means of instilling a sense of purpose, unity, and responsibility among the youth. The festivities and activities associated with this day not only honor the ideals of Swami Vivekananda but also serve as a catalyst for positive change. The outcomes include heightened awareness, increased motivation, and a commitment to societal well-being. As we commemorate this day, we acknowledge the pivotal role of the youth in shaping the future, and we are reminded of the importance of nurturing a generation that is not only academically proficient but also socially conscious and actively engaged in nation-building. National Youth Day celebrations thus stand as a testament to the potential and vitality of the youth in contributing to the progress and prosperity of our society.



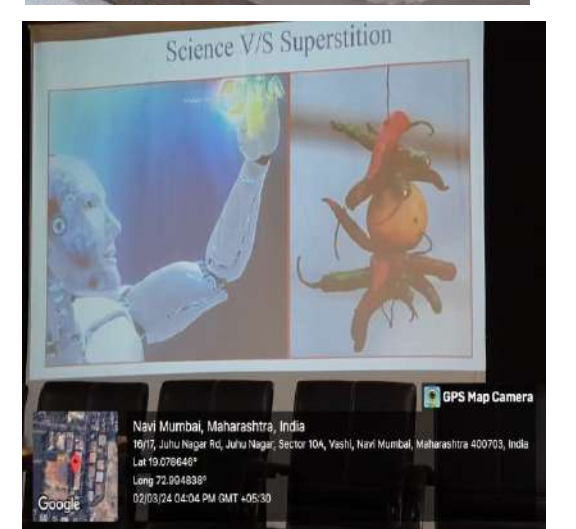
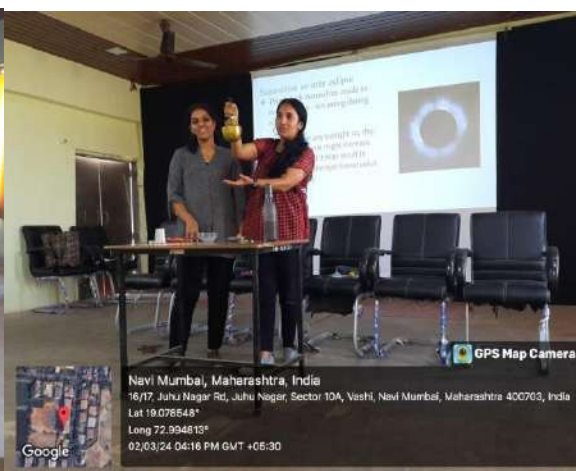
MARATHI BHASHA DIN AND NATIONAL SCIENCE DAY CELEBRATION, 02/03/2024

जागतिक मराठी भाषा दिन म्हणजेच कवीश्रेष्ठ कुसुमाग्रज यांचा जन्मदिवस 27 फेब्रुवारी व राष्ट्रीय विज्ञान दिन अर्थात सी वि रमण यांचा जन्मदिवस 28 फेब्रुवारी, एच बी बीएड महाविद्यालयात नेहमीच उत्साहात साजरा केला जातो. दिनांक 2 मार्च 2024 रोजी साईनाथ एज्युकेशन ट्रस्ट चे एच. बी. बी. एड. महाविद्यालय वाशी येथे जागतिक मराठी दिवस आणि राष्ट्रीय विज्ञान दिवस साजरा करण्यात आला. ह्या कार्यक्रमाची प्रमुख उपस्थिती आदरणीय प्राचार्या डॉ. सौ. स्वर्णलता हरीचंदन यांची होती. हा कार्यक्रम दुपारी २:०० वाजता महाविद्यालयाच्या सभागृहामध्ये घेण्यात आला.

कार्यक्रमाची सुरुवात दिपप्रज्वलनाने, सरस्वती पुजन आणि श्री दिपक कलंबरकर यांच्या “जय जय महाराष्ट्र माझा गर्जा महाराष्ट्र माझा ” या राज्य गीताने झाली .प्राचार्या तसेच गुरुजन वर्ग आणि कर्मचारी वर्ग यांचे स्वागत करण्यात आले. एफ वाय बी एड ची विद्यार्थिनी दीपिका घरात तिच्या सुरेख सूत्रसंचालनाने कार्यक्रमाची सुरुवात झाली .तिने मराठी भाषेचे महत्त्व सांगत वि. वा .शिरवाडकर यांच्या साहित्याचा थोडक्यात आढावा घेतला .

एस वाय चे विद्यार्थी श्री कृष्णा साहू यांनी सी. वी. रमण यांच्या बदल विस्तृत माहिती विशद केली. तसेच त्यांच्या प्रयोगांबद्दल माहिती दिली. यानंतर एस वाय च्या विद्यार्थिनी काव्या व ललिता यांनी अंधश्रद्धा निर्मूलनाच्या संबंधित पीपीटी दाखवून विविध प्रयोगाचे सादरीकरण केले. ज्याचा विद्यार्थ्यांनी आनंदाने आस्वाद घेतला. यामुळे विद्यार्थ्यांमध्ये वैज्ञानिक दृष्टिकोन विकसित होण्यास मदत झाली. आपल्या सर्व प्रथांच्या मागे ,संस्कृती मागे जे विज्ञान आहे ते सुद्धा काव्या व ललिता यांनी उलगडून दाखवले. यानंतर कॉलेजच्या प्राध्यापिका सौ रोशनी खरात यांनी कुसुमाग्रजांच्या साहित्याबद्दल माहिती सांगितली तसेच त्यांची कणा ही कविता गाऊन दाखवली. याचबरोबर आपण सर्वांनी वैज्ञानिक दृष्टिकोन बाळगणे का गरजेचे आहे, मराठी साहित्यातून सुद्धा वैज्ञानिक दृष्टिकोन दाखवला गेला आहे, याचे माहितीपर भाषण त्यांनी केले. कार्यक्रमाच्या शेवटी दीपिका घरात हिने सर्वांचे आभार मानले. शेवटी राष्ट्रगीताने कार्यक्रमाची सांगता झाली.





NATIONAL SEMINAR SPONSORED BY ICSSR, WESTERN REGIONAL CENTRE, MUMBAI ON THE TOPIC OF ‘TEACHER EDUCATION IN THE CONTEXT OF NEP 2020’, 10TH & 11TH FEBRUARY 2024

A two days National Seminar sponsored by ICSSR, Western Regional Centre, Mumbai on the topic of ‘TEACHER EDUCATION IN THE CONTEXT OF NEP 2020’ was organized at the auditorium on Saturday & Sunday, 10th & 11th February 2024 at H.B.B.Ed College, Vashi, Navi Mumbai. Dr. Reeta Sonwat, Director at Ampersand Group in Mumbai. Former dean, Professor, and head of the department of

human development at SNDT Women's University was a Chief Guest. Dr. Reeta Sonwat shared and expressed her views of NEP 2020. She explained how NEP is culture friendly and its relationship to the Indian roots. Dr. Magre, Professor & Head Dept. of Education, University of Mumbai was a Keynote Speaker. Madam discussed how to overcome the challenges faced by Teachers in the context of NEP 2020.

Dr. Shashi Singh, Associate Professor & HOD, Dept. of Education, Central University of Jharkhand, Ranchi, discussed the Kolb's experiential learning cycle and some benefits, strategies of Integrating Experiential Learning in Teacher Education.

Dr. Khagendra Kumar, Professor of Education and In-charge Registrar, Patna University, addressed how continual professional development for teachers is an important element of the school system.

Dr. Bhujendra Nath Panda, Former Professor and Dean of Education, RIE (NCERT), Bhubaneshwar, Orissa, highlighted the Integrated Teacher Education Program (ITEP), Dr. Harichandan, CSSR Senior Fellow and Former Professor cum Director, IDOL, University of Mumbai highlighted the role of information and communication technology (ICT) in teacher education.

1) Dr. Lata Vidhate 2) Ms. Bhavna Agarwal 3) Mrs. Diandro Pinto, Asst. Professor at Pillai College 4) Mrs. Surekha Chidambaram, Asst. Professor at Pillai College 5) Shishir Mohanty, Oddisa 6) Mr Borse Bhagwanlal 7) Ms. Chitra Nair, Asst. professor at SK College, Ghansoli 8) Dr. Pratibha Sabde, Asst. professor at MCT College of Education and Research., Airoli, presented a paper in the seminar.

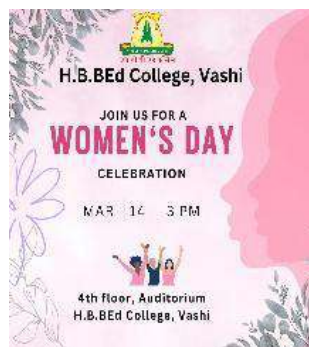
Valedictory Function- Dr. Sangeeta Pawar, Professor and Head of the Department of Commerce at University of Mumbai, Dr. Sushmita Mukherjee, UoM, Mr. Sanjay Vairal, Ex- Senate Member, Dr. Surya, Psychologist, UoM, Dr. Harichandan, ICSSR senior Fellow and Former Professor cum Director, IDOL, University of Mumbai, Ms. Ananya were guests for Valedictory Function. The seminar successfully focused on challenges of implementing the recommendations of NEP 2020.





INTERNATIONAL WOMEN'S DAY, 08/03/2024

The International Women's Day was celebrated at H.B.B. Ed on 14th march 2024. The main purpose of celebrating international Women's Day is to raise awareness about the status and dignity of women among the students. The guests were welcomed at the beginning of the program then the principal mam Dr. Swarnalata Harihchandan and faculties lightening the lamp and the FYBED student sang Saraswati Vandana. Thus, the program was started. After that the FYBED student, Zarina gave information about the program. Further, some students expressed their opinion about Women's Day. FYBED student Purna performed a short song followed by a dance performance on the song. Then the teachers expressed their views. Finally, the principal gave a speech and all the students sang Pasaydan and SYBED student Santosh gave a vote of thanks to conclude the program.



HOLI CELEBRATIONS, 23/03/2024

Holi event celebration fosters a sense of community, promoting cultural understanding, and encouraging joy and camaraderie among classmates. It's a way to embrace diversity and celebrate the arrival of spring in a vibrant and colourful manner. Students of F.Y.B.Ed and S.Y.B.Ed participated Holi event celebrations and learnt about the various ways of celebrating holi without harmful colors by replacing it with paper scraps or waste flowers. The event of Holi was celebrated on 23rd March 2024, organized by students of F.Y.B.Ed. and S.Y.B.Ed. where they participated by fulfilling various responsibilities like making the rangoli, decorating the blackboard, anchoring

the show. After the prayers, Principal Ma'am and guests were felicitated with bookmark and holi gift hamper by the students. A student of F.Y.B.Ed. gave a speech on the mythological story behind Holi Celebration while two students of S.Y.B.Ed. shared their opinions of celebrating holi with waste flowers or waste paper scraps and avoid harmful colours or water to avoid wastage of water. The speech was also followed by housie game of holi where riddles were given related to holi songs by the anchors and the participants had fun searching the related song sand play housie. Then after a few exciting dance performances everyone enjoyed rang panchami with each other by applying colours and having sweets and took cherishing memories and learnings home.



HOBBY IDEAS WORKSHOP, 23RD MARCH 2024

Hobby Ideas Workshop by Mrs Vidhya Angolkar about playing with colours on the fabric known as Tie and Dye Art. The importance in it is the wrap and folds done on the cloth and a design created on the cloth. And the cloth becomes colourful. Students of F.Y.B.Ed and S.Y.B.Ed participated in the Hobby Idea Workshop . They learned and performed various techniques and folds on the cloth. Handkerchief Tie and Dye activity: Learning various techniques as Folding technique, Twisting Technique, Dotted Mandala. Vidhya Mam showed various techniques followed by participation of students who created beautiful designs on the handkerchief.





DR. BABASAHEB AMBEDKAR JAYANTI, 13/04/2024

The programme begins with welcoming the chief guests Mrs. Neelam Singh Trustee of college, Mr. Mahesh Gurav and Mr. Naresh Kamble (Alumni of B. Ed. college). Programme followed by Deep Prajwalan done by principal Dr.S.Harichandan along with the chief guests in presence of teachers and students. The chief guest Mr. Mahesh Gurav and Mr.Naresh Kamble gave inspirational speeches on Dr. Babasaheb Ambedkar' s journey of struggle for equality. He also threw light on the problems faced by Dr. Babasaheb Ambedkar during his childhood to get education, the struggle of Dr. Babasaheb Ambedkar to achieve social justice for the right of equality. The teachings, aims and objectives of Dr. Babasaheb Ambedkar. Ms. Sujata Dongre F. Y. B. Ed. Students delivered the speech by highlighting the fundamental rights, Indian Constitution, work, and achievement of Dr. Babasaheb Ambedkar. On the occasion of Dr. Babasaheb Ambedkar Jayanti there was a book exhibition made by Vibhawari Salunkhe. Books included for exhibition were "Bhartache Samvidhan"- The Constitution of India along with other books. This arrangement was made for the B. Ed. Students avail the facility and give a tribute to Dr. Babasaheb Ambedkar. There was a poster making competition held on the works and achievement of Dr. Babasaheb Ambedkar like his various social works for equality in education, rights for Dalits and women, etc. The selected posters were displayed on the stage. Afshan F.Y.B.Ed. a student expressed a vote of thanks. Finally, the programme concluded with Vande Mataram.



CELEBRATION OF GUDI PADWA, 13/04/2024

The programme begins with welcoming the chief guests Mrs. Neelam Singh Trustee of college, Mr. Mahesh Gurav and Mr.Naresh Kamble (Alumni of B. E.D. college) .Programme followed by Deep Prajwalan done by principal Dr.S.Harichandan. College principal Dr. Swarnalata Harichandan lit the lamp and Saraswati Prateema Pujan and Gudi Pujan along with the chief guests in presence of teachers and students. Shravani F.Y.B.Ed. student gave speech on the celebration of Gudi Padwa. Afshan F.Y.B.Ed. student expressed vote of thanks. Finally, programme concluded with Vande Mataram.



Jalosh – Intercollegiate Competition, 13/04/2024

Jalosh – Intercollegiate Competition was held in Sainath Education Trust on 13th April, 2024 at Auditorium Hall from 11. 00 a.m. to 2:00 p. m. The fest was in the form of competitions such as Role Modelling, Solo Song. Total 7 participants sang an online song. They were divided with code S1, S2,S3,S4,S5,S6,S7. There were 12 participants for the role modelling theme. All participants were divided into a code. They all had one Role Model and one representative. 03 winners were declared. 1st prize to Ms.Priyanka Soni & Dhanashree Keny from Oriental College, Sanpada. 2nd prize to Ms. Ankita Dhakol & Ms. Roshani Bhangre from Government College, Panvel. 3rd prize to Ms. Netraprabha More & Ms. Rohini Gawhane from Government College, Panvel. For the solo singing competition 07 members participated. 04 winners were declared. 1st prize to Mr. Prateek Smita Uttam Pawar. 2nd prize to Mr. Avinash Kathwate. 3rd prize to Ms. Soumya Mishra from S. K. College, Ghansoli and Ms. Madhuri from H.B.B.Ed. College, Vashi. Afshan F.Y.B.Ed. a student expressed a vote of thanks. Finally, the programme concluded with Vande Mataram.





FIELD VISIT TO SHANTINIKETAN TO MEET OLD AGE HOME, LEPROSY CENTRE, NATUROPATHY CENTRE AND WEAVING CENTRE ETC, 16TH MARCH, 2024, SHANTIVAN ASHRAM, NERE, PANVEL

Social visits offer an opportunity for a rich immersion experience and a tremendous way to facilitate learning. In an educational trip, learners have the chance to experience and explore much deeper level than they ever could in the classroom. It is for this reason and also as a part of the internal assignment for the first year students of B.Ed. students, our professors conducted an educational excursion to visit Shantivan Ashram at Nere, Panvel. We were welcome at the gate by the camp coordinator at Shantivan Ashram. We were first guided to have breakfast and tea. The breakfast was a simple upma and tea but the warmth with which it was served to us by the village ladies made it very tasty. After the breakfast, we were all led to an open auditorium sort of place, where we were given a brief history about the Leprosy Rehabilitation Center and the various other activities that were conducted with the premises. We were made aware about the Survey, Education & Treatment Activity Government of India adopted the Survey-Education Treatment programme (the SET programme) which involves identifying of patients by making house to house surveys, educating the patient's family. The SET work in the rural areas of Panvel Taluk comprising 185 villages with a population of 2 lacs was entrusted to the Kushtarog Niwaran Samiti by the Govt.of India in November 1980. Through repeated surveys - house to house, and in schools and factories medical examinations were made during the last 35 years. The paramedical workers of the Samiti provide treatment to the leprosy patients through 9 main centres and 36 clinics. Samiti has detected 10000 cases and cured more than 9900 patients so far. The Samiti carries out mass health education campaign, slide shows and group talks by arranging various awareness activities. The Samiti also engaged in prevention of deformity (POD) programme. There were also some semi-English medium school students who came to visit the Ashram from Chembur, we joined our day with them. Then we were divided into 2 different groups where some were given the activity to clean the breakfast area and rest were given the activity to clear the clutter and do some digging on the ground of fruit trees. Then we visited the Weaving Section at Leprosy Rehabilitation Centre. The Samiti produces different sizes of carpets, dusters, bags, asanas, towels, napkins, etc, from cottonyarn. Approximately 25 to 35 thousand sq.ft. material is produced every year. The workers are all Leprosy cured patients. The workers are provided free food and accommodation *in the* Center. The Samiti is selling these products through various exhibitions arranged by various organizations and also sell products to the visitors at the Centre. Our next destination was the Rajeev-Rajan Adharghar. The inmates comprise of

people who due to a permanent disability of some sort are unable to lead a normal life independently and lack family support but the family pay part of their living costs. There are around 15 to 20 caretakers. This Aadharghar is supported by Rajeev-Rajan Lad Trust. A medical doctor visits the facility twice in a week. The inmates are provided with proper breakfast, lunch, evening tea and snacks, and dinner and a very clean and hygienic environment. Then we were taken to the Ramkrishna Niketan Home for Senior Citizen. They were all very delighted to see us there and greeted us with their innocent smiles and “Namastes.” We also saw the Gaushala the milk produced from cows is provided to the Leprosy patients, the milk is provided free of cost. Cow dung is used for fertilizer for agriculture activities. Later we gathered in the auditorium once again to take leave from the Ashram and go back to our destination. In conclusion, my visit to the old age home was an enriching experience. It made me appreciate the elderly and their contributions to society, and also made me aware of the challenges they face. I left the home with a sense of gratitude and respect for the residents and the staff who take care of them. It highlighted the need for us to treat the elderly with respect and compassion and to provide them with the care and support they need to live their lives with dignity and grace. It was a wonderful experience and an opportunity to discover empathy within ourselves. The trip showed me a side of life I could never have imagined. It made me thankful for my plentiful life and optimistic.



JOY OF GIVING, 06TH APRIL 2024



TREE PLANTATION ACTIVITY



UDAAN FESTIVAL, DLLE BASED ACTIVITY, 15/02/2024





IQAC REPORT

1. Conducted regular meetings with the staff
2. Conducted following Cocurricular activities
 - a. World Yoga Day-21/06/2023
 - b. Guru Poornima Celebration 03/07/2023
 - c. Celebration of Population Day -11/07/2023
 - d. Lokmanya Tilak Death Anniversary and Annabhau Sathe Birth anniversary on 01/08/2023
 - e. Independence Day Programme on 15/08/2023
 - f. Degree Certificate Distribution Ceremony-2020-22 batch on 12/08/2023

- g. H.B.B.Ed College organized a Rakhi Making Workshop on the occasion of Raksha Bandhan on 26/08/2023
- h. Teachers Day- Staff Picnic on 05/09/2023.
- i. Hindi Day Celebration 14/09/2023
- j. Fevicryl Hobby Ideas Art and Craft workshop on Ganpati Festival -16/09/2023
- k. Vachan Prerna Din-15/10/2023
- l. Navratri,Dandia Celebration on 21/10/2023
- m. Annual Sports conducted on 21,22 and 23 /12/ 2023.
- n. Xmas celebration programme on 23 /12/ 2023
- o. Savitribai Phule Birth Annivarsary Celebration on 06/01/2024
- p. Awareness Programme on Mensuration and Their Importance on 06/01/2024
- q. Swami Vivekanand Birth Anniversary/ National Youth Day Celebration, on 12/01/ 2024
- r. Makarsankranti Celebration on 20/01/ 2024
- s. Republic Day Programme on 26/01/ 2024
- t. Marathi din and science Day on 25/02/2024
- u. Degree Certificate Distribution Ceremony-2021-23 batch on 19/04/2024
- v. Maharashtra Din and Labour Day programme -01/05/2024
3. As per circular of NCTE- GA026|2|2023|GA- SRC on subject of events for TEI's to commemorate India's G20 presidency to conduct the events on many themes such as FLN, Nipun Bharat, G20, Digital Initiative & NEP 2020. Sainath Education Trust's H.B.B.Ed College with collaboration with the Rotary Club Of Garima organized an online webinar on "NIPUN BHARAT" on 14/06/2023 .
4. Conducted Panchpran Pledge on Activity on -9/08/23- 77th Independence Day: 'मेरी माटी मेरा देश' से आजादी का अमृत महोत्सव का समापन.
5. The online webinar was organized by Electoral Literacy Club on World Student's Day on the topic - B.Ed Student's Personality Development through Teaching Internship Opportunities with the objective of highlighting the aim to prepare students for successful teaching careers and contribute to the overall development of their teaching skills and professionalism. on 15 October 2023.
6. Swachhata Pakhwada organised from 02/10/2023to 07/10/2023. The Swachhata Pakhwada is a national movement in India launched by the Government of India on 2nd October,2014 aimed at promoting cleanliness and sanitation across the country.
7. Department of Commerce, Language Club Committee along with IQAC of Sainath Education Trust's Rajiv Gandhi College of Arts,Commerce & Science Vashi , Navi Mumbai in Collaboration with H.B.B.Ed College organized International Level Webinar on WORLD SANSKRIT

DAY “ Enlightening the rich heritage of the ancient Indian language” this webinar was on Zoom platform and it was conducted ‘You tube live’ on 31st August 2023.

8. Organized One Day National Webinar on “Challenges For Teacher Education in The Context of NEP 2020 on 29 July 2023 In collaboration with Oriental College of Education, Sanpada & S. K. College of Education and Research, Ghansoli.
9. NAAC PEER Team visited on 5th and 6th December 2023 at college, College has been **Accredited** with a **CGPA** of **2.6** on a seven point scale at **B+ Grade** valid for a period of **5 years** from **15 - 12 - 2023**.
10. The CTET Guidance Workshop was organized by the Internal Quality Assurance Cell (IQAC) of Mahatma Education Society’s Pillai HOC College of Education & Research HOCL Educational Campus, Rasayani, in collaboration with Sainath Education Trust’s H. B. B.Ed. College, Vashi, Navi Mumbai from 15th January 2024 to 17th January 2024.
11. Organized National Seminar Sponsored by ICSSR, Western Regional Centre, Mumbai on the topic of ‘Teacher Education in The Context of NEP 2020’ on 10th and 11th February 2024 .
12. Organized Jallosh –An Intercollegiate fest on 13th April 2024 on the occasion of Gudhi Padwa. Model Making and Solo Singing competition will be organised at college Auditorium.
13. Organised Joy of giving programme for community donations on 6th April on Gudhipadwa.
14. Conducted Community work at shantivan ashram, Nere, Panvel on 16 th march 2024.
15. Conducted Internship Programme in following school
 - Sainath English Medium School Vashi, Navi Mumbai
 - Sainath Hindi Medium School, Navi Mumbai
 - Shri Swami Vivekanand Shikshan Sanstha, Kolhapur’s Navi Mumbai Vidyalay And Jr.College (Science & Commerce) Vashi, Navi Mumbai
 - Shivkalyan Shikshan Sansta’s Prathamik Ani Madhyamic Vidhyamandir , Ghansoli, Marathi Medium
16. All necessary documents were collected from Criteria In-charge of NAAC to filling AQAR
17. Dr.Sima Kale was appointed as an assistant professor in September 2023.
18. Conducted meetings with staff to motivate for research activities and paper publications.
19. Online feedback from students, Alumni, School principals were taken and analysed as per NAAC peer team recommendations.

ARTICLES BY STUDENTS

A BOOK REVIEW

Book Name: 7 Sutras of Innovation

Author: Nikhil Inamdar

Year of Publication: 2020, Pages: 264, ISBN 978-93-89305-25-8, Price Rs.399/-

Publisher: Jaico Publishing House, Mumbai

This book consists of eight successful stories from which seven sutras of innovations are derived to which all of them have abided by in their individual journey to success. The seven sutras are:

Finding a gap in the market and create a market in the gap

Be firm but flexible

Keep the customer in the core

Be conscious of capital

Hire for passion, not pedigree

Build a culture of innovation

Constantly expand upon your vision

The eight stories included in this book are:

-Tonbo imaging

-Goonj

-Rivigo

-ISRO

-Forus Health

-Agastya International Foundation

-The better India

-St. Jude's

Among the eight stories, one I like the most is Forus Health, democratising eyecare through cutting edge technology. Since its inception in 2010 the company has only one mission to prevent avoidable blindness using cutting edge technology to detect eye ailments quickly and cheaply. The most surprising, innovative and interesting part of this journey I like is in 2016. For the 10 days Ganesh festival, a long line of devotees queued up in front of a technician with a compact portable eye testing device outside the crowded Siddhivinayak temple. During these days 13000 people were tested and 1800 people detected abnormality and given a need to see a doctor report. The machine is "3nethra classic" a portable, non-invasive, non-mydratic imaging device that is revolutionizing eye screening in India which was invented by Forus Health, a remarkable Bangalore based social innovation enterprise which was founded by former Phillips India employees K.Chandrasekhar and Dr..Shyam Vasudev Rao. They hope to take screening to Railway stations, airports and many other places where there is health seeking behaviour and an intention to pay for it. There are many instances given which you will like while reading. Being an early mover on these trends definitely gives Forus Health a distinct advantage to chart a future roadmap for accelerated growth. This is in short about one story. There are 7 other stories in this book. I hope you will read the book and enjoy reading as well as may be inspired to do some innovative work in your workplace or personal life. So, I suggest all to read the book because I too believe that innovation is not only necessary in business or industry but in all our systems including education. With a price tag of Rs. 399/- I think this book is a little expensive for the students although it is available in the college library for students. I can say that this book will inspire you to work in an innovative way.

- DR. SWARNALATA HARICHANDAN, PRINCIPAL

A BOOK REVIEW

NAME OF THE BOOK: IKIGAI (The Japanese Secret to a Long and Happy Life)

DETAILS OF THE BOOK: ISBN 178633089X

Originally published: 27th September 2017

Authors: Hector Garcia, Francesc Miralles

Total Pages: 208

DESCRIPTION OF THE BOOK: This book, IKIGAI: The Japanese secret to a long and happy Life, is a fantastic effort to introduce the concept of IKIGAI to the west and the world. The language is simple, persuasive and lucid. It makes us seek basic answers to our questions in life, spontaneously. Questions such as what is the meaning of my life? Why do few people appear so content while others look languish and lost. As the book tries to reveal the secrets of Japan's centenarians to us, it provides us with the tools to discover our own IKIGAI.

I liked the Japanese philosophies in this book but all the topics have been discussed just on the surface. More or less it is sheer common sense. I would have been happy if the authors discussed more on the "how" of IKIGAI. The book tries to cover many topics; thus, it shifts its focus unnecessarily to the introduction to a variety of different topics such as: the Blue Zones, logotherapy, longevity, Tai chi, Yoga etc. If you're the one unaware of these topics, then this part of the book will be fun too for you as it efficiently introduces a fair idea about the ART OF LIVING concepts.

We all have passion in us, some unique talent inside us which is our IKIGAI. It gives meaning to our life and helps us share the best of us until the very end. This IKIGAI is hidden deep inside each of us, and is unique for each one of us. The book takes into account the Japanese island of Okinawa, where IKIGAI has its origins, and it is the home to the largest population of centenarians in the world. Our state of mind governs our body. This book cites IKIGAI as the major reason behind the extraordinary longevity and active, happy lifestyle of the Japanese people, especially on the island of Okinawa. On the north end of Okinawa is Ogimi, a rural town, also known as the Village of Longevity. It is inhabited by people, having the highest life expectancy in the world. People on this island live by the principle of 'ichariba chode', a local expression that means "treat everyone like a brother, even if you've never met them before." As such, they harbour no animosity towards anyone. Residents practice 'yuimaaru' (teamwork) from an early age, hence helping one another comes naturally to residents here.

Especially in the book, many people look older than they are. According to various researches, the main cause of premature aging is stress. Most health issues are caused by stress. Another reason for aging fast is the existential crisis, which is typical of a modern society in which people follow what others ask them to do rather than what they want to do. These people lose their purpose in life and live an unhappy life, numbing their feelings. It is important to discover our IKIGAI so that we keep doing things that make us feel happy and valuable and that makes the world a better place around us, even after our 'official' professional activity has ended."

Following some important pages it's in i.e., we follow 'Moai' (Page 15): Connected for life, forming close bonds within local communities. Moai is an informal group of people with common interests who look out for one another. Members of a moai make a monthly set contribution to the group to smoothly run the activities related to the group. It helps its members maintain emotional and financial stability.

"mens sana in corpore sano" (Page 20): A sound mind in a sound body- Just like physical workout, mental workout is equally important. Learning something new every day, playing games and interacting with other people are essential anti-aging strategies for the mind

Anti Aging attitude (Page 30): The key element of IKIGAI. A positive attitude and a high degree of emotional awareness, along with a stoic attitude keeps us young, as it lowers stress levels and anxiety. Logo-therapy and Morita therapy help us to find our IKIGAI.

Logo-therapy (Page 39-42) a philosophy which helps us to find reasons to live. The basic idea conveyed is that everything can be taken from a human but the freedom to choose one's attitude in any given situation. We don't create the meaning of our life, we discover it. Each one of us has a reason for being, which can transform many times over the years. Excessive attention to a desire can keep that desire from being fulfilled. Humour can break negative cycles and reduce anxiety. We all have the capacity to do noble or terrible things. The side of the equation we end up on depends on our decisions, not on the conditions in which we find ourselves.

Morita therapy (Page 47): This therapy focuses on Accepting your feelings. Do what you should be doing, and discover your life's purpose.

Naikan meditation (Page 50): This therapy makes us realise that we are responsible for our actions.

Flow strategies (Page 59): Choose a moderately difficult task; have clear and concrete objectives and focus on the process; concentrate on a single task by being in a distraction-free environment, and having control over what we are doing at every moment.

Rituals over goals (Page 85): Happiness is in the doing, not in the result.

Wisdom lessons from Japan's centenarians

- “Food won't help you live longer. The secret is smiling and having a good time.” (Page 106)
- Key to happiness is to celebrate each day, together and in local Spiritual ways. (Page 108)
- Happily busy but never in a rush.
- The grand essentials to happiness in this life are something to do, something to love, and something to hope for (Page 111)
- Don't worry, open your heart to people with a nice smile on your face, go out in the street and say hello to people (Page 112).
- Cultivate good habits (Page 113)
- Nurture your friendships everyday (Page 115): Talking each day with the people you love, that are the secret to a long life.
- “Doing many different things everyday. Always staying busy, but doing one thing at a time, without getting overwhelmed”.
- Occupy yourself with tasks that allow you to relax. (Page 116, 118)
- Be optimistic.

The IKIGAI diet: Hara hachi bu (Page 14): Fill your belly to 80 percent. Stop eating once your stomach starts to feel full.

Ten rules of IKIGAI

1. Stay active; don't retire
2. Take it slow
3. Don't fill your stomach
4. Surround yourself with good friends
5. Get in shape for your next birthday
6. Smile
7. Reconnect with nature

8. Give thanks
9. Live in the moment
10. Follow your IKIGAI

The 5 Pillars of IKIGAI from this book are:

1. Starting small
2. Releasing yourself
3. Harmony and sustainability
4. The joy of little things and being in the here and now.

WHAT YOU LIKED ABOUT BOOK: The IKIGAI book introduces you to topics related to living better, living happy and living long. It defines what IKIGAI is and its rules. The Ikigai book is an excellent guide to leading a happy, long, and peaceful life. It helps you gain a deeper perspective in life and figure out your greater purpose. It contains the secret of health and longevity. So, if you are looking for something new to read, this book can turn out to be an excellent choice.

WHAT YOU DISLIKED ABOUT BOOK: Nothing to Mention Anything

SUMMARY: I have been reading many books about Ikigai and I have to say this book is worth investing money and time to read. I recommend this book for reading to everyone. It is pretty refreshing and easy on the mind. Actually 'Ikigai' explores the Japanese concept of finding purpose and joy in life. Be it from your passion, your life's mission, what you do as a vocation or just your plain, every day job. The book is the perfect mix of wisdom and philosophy for a content life.

SUGGESTION ABOUT BOOK: IKIGAI inspires happiness. But it advises that instead of being grateful for them, you should focus more on living those moments the next time you get the chance. This book gives you tips to imagine in your mind your happy activities, your best moments, present moments and how it looks and how good you feel in them.

RATING OR RANK THE BOOK: 09 OUT OF 10.

-DR. SATI SHAMRAO SHINDE (ASST. PROF.)

क्षणभर हसले, जीवनभर थांबले
क्षणभर हसले, जीवनभर थांबले,
आयुष्याच्या वाटेवर, कित्येक स्वप्न रंगले।

रंगांची ही जादू, क्षणिक सुखाची तडफ,
मग का धावतोस, या स्वप्नांच्या मागे सतत?

जगण्याच्या या खेळात, हसणेचं असं का विसरायचं?
संपूर्ण होतं एकाच क्षणात, आनंदाचं चक्रव्यूह बांधायचं।

क्षणभर थांबून, पाहिलंस का कधी जीवनाला?
तुझ्या हसण्याने उजळून येईल, नवा प्रकाश माणसाला।

जीवनाच्या या वाटेवर, आणिक काही नको,
क्षणभर हसण्यासाठी, मनाचीच ती गरज असते खरीच।

- DR. SATI SHAMRAO SHINDE (ASST. PROF.)

STORY TELLING METHOD FOR INDICE CHAPTER IN 7TH STD

Story: The Kingdom of Exponia

Introduction: Once upon a time, in a land far away, there was a magical kingdom called **Exponia**. In this kingdom, everything was ruled by numbers, and the most powerful of them all were the **Indices** or **Exponents**.

Chapter 1: The Birth of Exponents

In Exponia, numbers had a special power called "Exponents." The King of Exponia, King Power, had three sons: **Base**, **Exponent**, and **Product**. The first son, **Base**, was strong and sturdy. The second son, **Exponent**, was clever and strategic. The youngest, **Product**, combined the powers of his two older brothers to achieve great feats.

- **Base** represents the number that everyone in Exponia relied on.
- **Exponent** represents how many times the power of the Base is used.
- **Product** is what happens when the Base and Exponent work together.

Chapter 2: The Rule of Multiplication

One day, King Power decided to test his sons. He asked, "What happens when you multiply two of the same Bases with different Exponents?"

The sons thought hard. They realized that if they combined their powers, they could create something extraordinary. So, they added their Exponents together, and the kingdom saw that:

$$\text{Base } a \times \text{Base } b = \text{Base } a+b \quad \text{Base }^a \times \text{Base }^b = \text{Base }^{a+b}$$

This was called the **Multiplication Rule** in Exponia.

Chapter 3: The Rule of Division

King Power wasn't done yet. He asked his sons, "What if we divide one Base raised to an Exponent by another of the same Base but a different Exponent?"

The sons discovered that they could subtract the Exponents, leading to:

$$\text{Base } a \div \text{Base } b = \text{Base } a-b \quad \frac{\text{Base }^a}{\text{Base }^b} = \text{Base }^{a-b}$$

This was known as the **Division Rule**.

Chapter 4: The Power of Powers

One day, the Exponent wanted to show off his true power. He asked the Base to raise its power again, creating:

$$(\text{Base})^b = \text{Base} \times b \quad (\text{Base})^a \times b = \text{Base}^{a \times b} \quad (\text{Base})^b = \text{Base} \times b$$

This was called the **Power of Powers Rule**.

Chapter 5: The Zero Exponent Mystery

One day, a wise sage came to Exponia and asked, "What if you raise a Base to the power of zero?" The sons were puzzled, but after thinking, they realized that no matter what the Base was, when the Exponent was zero, the Product was always 1:

$$\text{Base}^0 = 1 \quad \text{Base}^0 = 1 \quad \text{Base}^0 = 1$$

This was the **Zero Exponent Rule**.

Chapter 6: The Secret of Negative Exponents

The sage had one final riddle. He asked, "What happens if the Exponent is negative?" The sons were once again perplexed. But after much thought, they realized that a negative Exponent meant that the Base should be divided instead of multiplied:

$$\text{Base}^{-a} = \frac{1}{\text{Base}^a} \quad \text{Base}^{-a} = \frac{1}{\text{Base}^a} \quad \text{Base}^{-a} = \frac{1}{\text{Base}^a}$$

This was the **Negative Exponent Rule**.

Conclusion: With these discoveries, the kingdom of Exponia flourished. The Base, Exponent, and Product worked together to build a strong and magical kingdom, where every student in 7th grade learned the power of Indices.

Teaching Tips

1. **Use Visual Aids:** Draw the Kingdom of Exponia on the board with characters representing the Base, Exponent, and Product.
2. **Interactive Activities:** Let students play the roles of Base and Exponent and calculate the Product together.
3. **Real-life Examples:** Relate the rules to real-life situations, such as calculating compound interest or population growth.
4. **Practice Problems:** After the story, give students practice problems related to each rule they learned in the story.

This method not only makes learning fun but also helps students remember the rules of Indices better by associating them with a memorable story.

- **DR. SATI SHAMRAO SHINDE (ASST. PROF.)**

आसमान के पार

आसमान के पार, एक नया जहाँ बसाना है,
सितारों की छांव में, सपनों का घर सजाना है।

धरती की सीमाओं से, अब हमें ऊपर जाना है,
हर मुश्किल को हराकर, नया इतिहास बनाना है।

रास्ते में कितनी ही मुश्किलें क्यों न आएँ,
हमें हर हाल में अपने कदम बढ़ाना है।

आसमान की ऊंचाइयों में, अपना नाम लिखाना है,
अपने सपनों को सच कर, दुनिया को दिखाना है।

आसमान के पार, एक नया जहाँ बसाना है,
सितारों की छांव में, सपनों का घर सजाना है।

- MRS. SAMIKSHA MHATRE (ASST. PROF.)

पुस्तकालय का संसार

पुस्तकालय है ज्ञान का भंडार,
हर कोने में छुपा है एक नया विचार।
सुख-दुख की कहानियाँ, इतिहास के पन्नों का सार,
यहां मिलती है हर जिज्ञासा का उत्तर, हर सवाल का जवाब।

शब्दों के इस बगीचे में,
हर पुस्तक एक फूल है,
कुछ रंगीन ख्वाबों की,
तो कुछ हकीकतों की धूल है।

शांत और सजीव, यह स्थल अनमोल,
हर पन्ना खोलता है,
जीवन का अनूठा गोल।
कुछ पल ठहर कर, इसमें डूब जाओ,
हर पुस्तक के संग,
एक नया संसार बसाओ।

ज्ञान की इस नगरी में,
हर व्यक्ति है समान,
जो भी खोजे सच,
उसे मिलता सम्मान।
पुस्तकालय की दीवारों के भीतर,
हर मनुज है विद्वान,
यहां हर शब्द है मोती,
और हर पुस्तक महान।

- MRS. VIBHWARI SALUNKE (LIBRERIAN)

शिक्षा का प्रकाश

शिक्षा है वह दीपक, जो अज्ञान को मिटाती,
अंधकार से लड़कर, जीवन में नई राह दिखाती।
हर प्रश्न का हल, हर संदेह का जवाब,
शिक्षा है वह सागर, जिसमें है ज्ञान का आबाद।

शिक्षा से मिलती समझदारी,
समझ में आता सही और गलत का अंतर,

यह देता है जीने की नई परिभाषा,
हर इंसान को बनाता बेहतर और समझदार।

शिक्षा है वह सीढ़ी, जो सपनों को छूने देती,
संघर्ष की कठिन राहों पर, हौसलों को बढ़ाती।
न केवल शब्दों का ज्ञान, बल्कि समझ का विस्तार,
शिक्षा देती है जीवन को, एक नया आकार।

शिक्षा के इस मंदिर में, हर दिन एक नई सीख,
इससे मिलता साहस, इससे मिलती जीत।
यह है वह अनमोल खजाना, जो बांटने से बढ़ता,
शिक्षा का प्रकाश है वह, जो जीवन भर चमकता।

- SANGEETA YADAV (SYBED)

शांति की साधना

शांति की साधना, दिल से जुड़ी बात,
मन की गहराइयों में खोजो, न हो कहीं निराशा की जात।
जग में बिखरी बुरी बातें, छोड़ दो उन्हें,
शांति का दीप जलाओ, खुद को सवेरा दिखाओ।
सागर की लहरों में, जो ठहराव है,
हर शोर को थाम कर, जो सुकून है।
आओ, दिल की गहराइयों में शांति खोजें,
मन की इस शांति से, हर द्वार को खोलें।
शांति का संगीत, सुनो बेताब हो,
हर दिल में गूंजे, हर मन को भाए।
वो नफरतें और लड़ाइयाँ, हर कोने से मिटाएँ,
शांति का संदेश फैलाएँ, खुद को संपूर्ण बनाएँ।
शांति की साधना में है प्रेम का हर रंग,
सभी दिलों को जोड़ना, यही है सच्चा संग।
आओ, मिलकर इस दुनिया को एक सुंदर रंग में रंगें,
शांति की इस यात्रा में, सब मिलकर संग चलें।

- KHUSHBU YADAV (SYBED)

THE DIVINE JOURNEY OF LORD KRISHNA

Lord Krishna, one of the most revered figures in Hinduism, is celebrated for his divine playfulness, profound wisdom, and heroic deeds. His life, as depicted in various ancient texts, especially the Mahabharata and the Bhagavad Gita, offers a rich tapestry of spiritual insights and moral guidance.

A Celestial Birth

Krishna's life began in the most extraordinary of circumstances. Born to King Vasudeva and Queen Devaki in a prison cell in Mathura, his arrival was marked by divine prophecy and celestial events. Foretold to be the slayer of the tyrant King Kamsa, Krishna's birth was a beacon of hope for the oppressed.

Childhood Adventures

Krishna's early years were spent in Gokul, where he grew up under the care of his foster parents, Yashoda and Nanda. His childhood was filled with miraculous events and enchanting exploits. The stories of Krishna stealing butter, his playful antics with the gopis (milkmaids), and his defeat of the demoness

Putana are legendary. These tales highlight his divine nature and his ability to bring joy and light into the lives of those around him.

The Cowherd's Heroic Deeds

As he grew older, Krishna's role expanded beyond that of a beloved child. He became a fearless protector of his people. His valor and divine intervention were evident in his battles against various demons and evil forces sent by Kamsa. The lifting of the Govardhan Hill to protect the villagers from torrential rains, and his dance on the serpent Kaliya, are celebrated feats that demonstrate his commitment to safeguarding his devotees.

The Supreme Teacher

Krishna's teachings in the Bhagavad Gita, delivered on the battlefield of Kurukshetra, are central to his spiritual legacy. As the charioteer of Prince Arjuna, Krishna provided profound insights into duty, righteousness, and the nature of life and death. His discourse on karma (action), bhakti (devotion), and jnana (knowledge) has inspired countless followers to seek a path of righteousness and spiritual enlightenment.

The Eternal Lover

Krishna's relationship with Radha, his divine consort, is a symbol of the ultimate union between the human soul and the divine. Their love is portrayed as the epitome of devotion and the purest form of spiritual yearning. The stories of Radha and Krishna emphasize the importance of devotion, love, and the transcendence of material desires.

Legacy and Worship

Krishna's life and teachings have left an indelible mark on Hindu culture and spirituality. Festivals such as Janmashtami, which celebrates his birth, and Holi, the festival of colors, honor his memory and teachings. His divine playfulness, profound wisdom, and compassionate leadership continue to inspire millions.

Lord Krishna's life is a testament to the power of divine love, righteousness, and the pursuit of spiritual truth. His legacy transcends time and space, offering guidance and inspiration to all who seek a deeper understanding of their own spiritual journey.

- **NAMITA BHATNAGAR (SYBED)**

NAVIGATING THE MIDDLE-CLASS LIFE: A SNAPSHOT

The middle class represents a significant and diverse segment of society, balancing between the aspirations of upward mobility and the challenges of daily life. Their journey reflects a blend of stability, ambition, and resilience, shaping the social and economic fabric of communities around the world.

Middle-class life is often characterized by a pursuit of stability and improvement. Individuals in this class strive for a comfortable lifestyle, aiming to secure a modest yet fulfilling standard of living. This often includes owning a home, providing quality education for their children, and enjoying leisure activities. The middle class is marked by its ability to manage day-to-day expenses while also setting aside savings for future goals.

Employment is a central aspect of middle-class life. Many middle-class individuals work in professions that require a moderate level of education and skill, such as teachers, engineers, healthcare workers, and office professionals. Career advancement and job security are important, driving the pursuit of additional qualifications and continuous professional development.

Aspirations for career growth and financial stability often influence lifestyle choices. The desire to move up the social ladder motivates many to invest in their children's education, seek better job opportunities, and save for retirement. Balancing career demands with family life is a common challenge, requiring effective time management and support systems.

Family life is central to the middle-class experience. Middle-class families typically emphasize the importance of education, health, and maintaining a balanced lifestyle. Parenting often involves guiding children through their academic and extracurricular activities while managing household responsibilities.

Community involvement is also a significant aspect. Middle-class individuals often engage in local organizations, schools, and social clubs, fostering a sense of belonging and contributing to community development. These activities enhance social networks and provide support systems beyond the family unit.

Financial stability is a key concern for the middle class. Budgeting and financial planning are essential to managing expenses, saving for emergencies, and investing in future goals. Many middle-class families prioritize buying a home, saving for their children's education, and planning for retirement.

Challenges such as rising living costs, housing prices, and healthcare expenses can strain financial resources. Effective financial management, including budgeting, investing wisely, and planning for unexpected expenses, is crucial for maintaining a stable and secure lifestyle.

Leisure activities and personal interests play a vital role in middle-class life. Many individuals and families enjoy hobbies such as travel, sports, and cultural events, seeking to balance work with relaxation and enjoyment. This pursuit of a fulfilling lifestyle often reflects a desire to enhance quality of life and create memorable experiences.

The middle class is influenced by a range of social and cultural factors. Media, technology, and global trends impact lifestyle choices, consumer behavior, and social expectations. Middle-class individuals often navigate these influences while maintaining their values and traditions.

Despite its many advantages, middle-class life is not without its challenges. Economic fluctuations, job insecurity, and societal pressures can impact stability and well-being. However, the resilience and adaptability of the middle class often shine through these challenges, as individuals and families find ways to overcome obstacles and achieve their goals.

The middle-class experience is a blend of stability, aspiration, and resilience. It reflects the pursuit of a balanced and fulfilling life while navigating the complexities of modern society. By managing financial resources, balancing career and family life, and engaging with their communities, middle-class individuals contribute significantly to the social and economic fabric of their societies.

- SANDEEP GUPTA (SYBED)

कृष्णसखा

रोज 'मी TU' च्या नवनव्या बातम्यांनी मनात काहूर माजतं आणि मन पुन्हा भूतकाळात पिंगा घालू लागत. सर तेव्हा मला तुम्ही आठवता... इतिहास हा विषय फक्त न शिकवता तो जगायलाही शिकवणारे ... इतिहासाचे तुम्ही म्हणजे मूर्तिमंत रूपच. सर वर्गात आल्यावर तुम्ही माझा रोज फक्त गालगुच्चा घ्यायचात. अगदी चौथ्या इयत्तेत पासून ते दहावीत जाई पर्यंत. छान गाणं म्हटल्यावर तुम्ही लाडाने जवळ घेऊन पाठीवर शाबासकी द्यायचात. पण खरं सांगा सर आमच्यावर एवढं प्रेम केलं, एवढे लाड केलेत पण आता तुमच्या विद्यार्थिनीला पाठीवर शाबासकी देताना हात अडखळतो का ?

सर तुमच्या येण्याची आम्ही चातकासारखी वाट बघायचो, तुमच्या न येण्याने सैरभैर व्हायचो. तुम्ही शिकवून गेल्यावर अमृत पानासारखी तृप्तीची ठेकर द्यायचो. पण सर 25 वर्षांनंतर आता लेकीसारक्या विद्यार्थिनीला पाठीवर दिलेली शाबासकीची बातमी होईल की काय असं तुम्हालापण वाटते का ?

शाळेच्या पुढच्याच वळणावर तुम्ही भेटलात आमची इयत्ता पाचवी आणि तुमची शिक्षक म्हणून पहिलीच. सर तुम्ही नुकतेच शिक्षण संपवून शाळेत रुजू झालेले अगदी तरुण शिक्षक. पण आम्हाला तुमच्यातल्या पुरुष कधीच डसला नाही सातवीला असताना वर्गातल्या बालिश प्रेम प्रकरणांमुळे तुम्ही व्यथित झालात. अर्थात खरं तर तेच वय तुमचं ही प्रेमात पडायचं होतं पण वर्गातल्या मुलामुलींची प्रेम प्रकरण सोडवताना तुम्ही किती परिपक्वता दाखवलीत. एकदा 9वा महिना या शब्दावर आम्ही हसलो तेव्हा तुम्ही मातृ महतीचे जे मंगल शब्द सुनावलेत त्यावर सारा वर्ग निःशब्द.

तुम्ही पाचवी ते सातवीला वर्गशिक्षक म्हणून लाभला त्यामुळे आमचा पालक वर्ग मात्र निर्धास्त झाला कारण आमची आई तुम्ही होतात .आमचा बाप, आमचा भाऊ, आमची बहिण अशीच सारी रूप घेत तुम्ही आम्हाला जिंकलंत. भल्याभल्यांना हादरवणाऱ्या कर्का सुरावर तुम्ही विजय मिळवला. पण सर खरतर जिंकले ते आपल्या लाडक्या सरांच्या आरोग्यासाठी देवाला साकडे घालणारे गेल्या पंचवीस वर्षांतले तुमचे हजारो विद्यार्थी .. भयभीत समाजात आपल्या लेकिना तुमच्या प्रेमळ पदराखाली निर्धास्त थोपवणारे त्यांचे पालक आणि त्यांच्या प्रार्थना .

शाळेपासून वेगळं होऊन वर्षे उलटली आणि आयुष्यातल्या त्या सुंदर वळणावर तू भेटलास लमनाच्या भीतीपटानी घाबरलेल्या माझ्या मनावर विश्वासाची फुंकर घातलीस. स्त्री-पुरुष समानतेचे गणित सोडवत तू भांडी घासणं ,जेवण बनवणं अशा स्त्री कार्यक्षेत्रात मुक्त मुशाफिरी केलीस आणि आजही करतोस. वर्गात ‘लिंगभाव...’ हा विषय शिकवताना तू हे सर्व करतोस हे कळल्यावर माझ्या विद्यार्थ्यांच्या कौतुक मिश्रित नजरा मला भावतात. समाजातल्या त्यांनी व्यथित होत असेल ना? तुझ्या लाडक्या भाचीला यांना लहानपणापासून त्यांच्यासाठी तू आता मात्र त्या मोठ्या होत आहेत म्हणून आपली वात्सल्याची गरज समाजाच्या चौकटीत जपण्याचा प्रयत्न करतोस .

घरातला दुसरा तो... तुझीच प्रतिमा. प्रचंड संवेदनशीलता घेऊनच तो जनमला .वयाच्या आठव्या वर्षी ‘आई तु का रडतेस तुला आईची आठवण येते का ,तर आपण तुझ्यासाठी आई तु खुप तर तुला मदत करण्यासाठी मी रोबो बनवेल असं म्हणणारा स्त्री पुरुष समानता स्त्री अत्याचार व यांच्यापासून लांब असणाऱ्या या छोट्या जीवाला अजून त्या जगात जायच आहे रोबोटचा काल्पनिक जगात राहणाऱ्या त्याला कदाचित अजून स्पर्शांना अर्थ असतो हे समजायचं आहे तेव्हा त्यांनी फक्त माझा व त्याच्या आयुष्यातल्या प्रत्येक स्त्रीचा माणूस म्हणून सन्मान करावा एवढीच अपेक्षा. वर्तमानपत्र जेव्हा लैंगिक अत्याचार यांनी भरभरून वाहतात तेव्हा मनोमन मला माझ्या आयुष्यातले हे सारे ‘कृष्णसखा’आठवतात. व. पु. काळे वपुर्जात किती छान लिहितात’समाजात स्त्री देहाचे संरक्षण असाच कोणी तरी कृष्ण करीत असला पाहिजे नाहीतर समाजातल्या पुरुषांच्या नजरांनी स्त्री देह चितेवर चढण्यापूर्वीच जळून गेला असता. आयुष्यात अनेक दूःशासन पावला-पावलावर भेटतात पण तरीही आयुष्यात आलेल्या या कृष्णस Kyaa कडे पाहून आश्चस्त वाटतं. स्त्रीला माणूस म्हणून सन्मान देणारा असा कृष्णसखा जगातल्या प्रत्येक स्त्रीला लाभो हीच इच्छा.

- MRS. ROSHANI KHARAT (ASST. PROF.)

हिंदी भाषा का गीत

सरस सागर, सरल साज,

हिंदी में बसी है एक राज।

स्वर की मिठास, लहरों की लहर,

संस्कृति की धारा, प्रेम का सफर।

लिपि में छुपे हैं अनगिनत ख्वाब,

गूंजती हैं गाथाएँ, बुनती हैं ताब।

कवि की कल्पना, जन की जुबां,
हर दिल में बसी, एक अनकही दास्तान।

उगता सूरज, बिखेरता रश्मि,
हिंदी के रंग में, छिपी है खुशी।
गली-गली में, छा जाए गान,
हिंदी है पहचान, भारत का सम्मान।

संवाद की ताकत, मिलन की राह,
हिंदी में है, सबकी बातों का जज़्बात।
एकता का सूत्र, विविधता की शान,
हिंदी हमारी, सबकी पहचान।

- MRS. SAMIKSHA MHATRE (ASST. PROF.)

The Importance of Mathematics

In the halls of learning, where bright minds grow,
Mathematics stands tall, like a guiding glow.
Numbers and shapes, patterns unfold,
A language of logic, both timeless and bold.

From counting the stars to measuring space,
Math teaches us skills that time can't erase.
It sharpens our minds, hones critical thought,
Solving life's puzzles, with the lessons it's taught.

Fractions and functions, equations so neat,
Help us make sense of the world at our feet.
Budgeting dreams, planning our way,
Math is the compass that guides our day.

In every career, its presence we find,
From engineering wonders to art intertwined.

So let's embrace math, let's give it a cheer,
For it shapes our future, year after year.

With numbers as allies, we boldly explore,
The beauty of math opens each door.
In school, it's our partner, our tool, and our guide,
In the journey of life, math walks by our side.

- **DR. SATI SHAMRAO SHINDE (ASST. PROF.)**

Sure! Here's a poem inspired by the theme of "Antrang," which conveys a sense of depth and inner exploration:

Antrang: A Journey Within

In the quiet shadows where thoughts intertwine,
Antrang whispers secrets, both yours and mine.
A labyrinth of dreams, where echoes softly play,
Through the corridors of night, we wander and sway.

With every silent breath, a story unfolds,
Tales of the heart, of the brave and the bold.
In the depths of our being, where hopes softly gleam,
Antrang calls us forth, to live and to dream.

Veils of the past, like mist, start to lift,
Revealing the treasures, the soul's hidden gift.
Each step into darkness, a dance with the light,
In the heart of Antrang, we find our true sight.

So let us embrace this journey profound,
In the depths of our spirits, let wisdom abound.
For in Antrang's embrace, we discover the way,
To cherish our stories, come night or come day.

The Importance of Peace in a Modern World

Peace is often described as the absence of conflict, but it encompasses much more than the mere absence of violence. It embodies a state of harmony, understanding, and cooperation among individuals, communities, and nations. In our increasingly interconnected world, the significance of peace cannot be overstated.

Understanding Peace

At its core, peace is both a personal and collective aspiration. On a personal level, it involves inner tranquility and emotional well-being. On a societal level, peace promotes stability, justice, and the rule of law. This duality highlights the importance of cultivating peace within ourselves and extending it to our relationships and communities.

The Role of Peace in Society

1. **Conflict Resolution:** Peace serves as a foundation for resolving conflicts. When societies prioritize peaceful dialogue and negotiation over violence, they create environments where differences can be addressed constructively.
2. **Economic Development:** Peace is vital for economic growth. Countries marked by stability attract investments, foster trade, and create job opportunities. Conversely, conflict and unrest deter economic activity and can lead to long-term poverty.
3. **Social Cohesion:** Peace promotes social harmony. In peaceful societies, individuals are more likely to engage in collaborative efforts, fostering inclusivity and mutual respect. This sense of belonging contributes to stronger communities.
4. **Human Rights and Justice:** A peaceful society is one that upholds human rights and justice. When peace is prioritized, the rights of individuals are protected, and there is accountability for violations. This creates a climate of trust and security.

The Global Pursuit of Peace

In today's world, conflicts continue to rage in various forms—political, ethnic, and economic. The pursuit of global peace involves concerted efforts at multiple levels:

5. **International Cooperation:** Organizations such as the United Nations play a crucial role in promoting peace. Through diplomacy, peacekeeping missions, and humanitarian efforts, they strive to mediate conflicts and prevent escalation.
6. **Grassroots Movements:** Local initiatives and grassroots movements are essential in fostering peace. Community-based programs that emphasize dialogue, education, and conflict resolution empower individuals to take active roles in creating peaceful environments.
7. **Education for Peace:** Promoting peace education in schools can instill values of tolerance, empathy, and cooperation in younger generations. By teaching conflict resolution and critical thinking, we equip future leaders with the tools to navigate challenges peacefully.

Challenges to Peace: Despite these efforts, the road to peace is fraught with challenges. Issues such as poverty, inequality, and political instability can exacerbate tensions and lead to conflict. Additionally, misinformation and polarization, especially in the digital age, can hinder constructive dialogue.

Peace is not a passive state but an active pursuit that requires commitment and engagement from individuals, communities, and nations. By prioritizing peace and addressing its challenges, we can work towards a more harmonious world. The journey may be complex, but the rewards security, prosperity, and the flourishing of humanity are worth the effort. In a world that often feels divided, let us remember that the seeds of peace begin within each of us, and through collective action, we can cultivate a future defined by understanding and cooperation.

-Snehal (FYBED)

The Pulse of Life: An Economic Tale

In the dance of days, where choices collide,
Economics whispers truths, a guiding tide.
From dawn's gentle light to twilight's embrace,
It shapes our desires, our dreams, and our space.

With every coin flipped, a story is spun,
Of needs and of wants, of battles fought and won.
The markets may shift like the winds on the sea,
But understanding their currents sets our spirits free.

The baker at dawn, the farmer at noon,
Both weave through the fabric, like a well-tuned tune.
Scarcity beckons, yet abundance can thrive,
In the balance of trade, we learn how to strive.

We barter in smiles, in moments we share,
Economics is life; it's the love in the air.
From households to nations, we're all intertwined,
In this web of decisions, our fates are aligned.

Invest in the future, let savings accrue,
Knowledge is wealth, and your mind is the jewel.
The lessons of markets, of risk and of gain,
Teach us resilience, through joy and through pain.

So let's honor this science, both art and the lore,
For in every transaction, there's so much in store.
In the tapestry woven, with threads of our worth,
Economics reminds us of life's vibrant birth.

- Ms. Ladli Chawla (FYBED)

Onam: A Festival of Joy

In the heart of Kerala, where the rivers flow,
Comes a time of harvest, a vibrant glow.
With flowers in bloom and the paddy fields gold,

Onam arrives, a tale of love retold.

Maveli's spirit, so kind and so grand,
Visits each home, across this rich land.
With laughter and joy, the air fills with cheer,
As families gather, their hearts drawing near.

Pookalam blooms at the entrance, so bright,
A tapestry of colors, a beautiful sight.
With each petal placed, a wish takes its flight,
For peace and prosperity, from morning till night.

The aroma of sadya wafts through the air,
Banana leaf feasts, a bounty to share.
From aviyal to payasam, each dish a delight,
Celebrating abundance, our hearts feel so light.

Traditional dances, the rhythms resound,
In the sway of the Thiruvathira, joy can be found.
Children in laughter, their faces aglow,
In this festive spirit, our connections grow.

As the boats race on waters, with vigor and pride,
The spirit of Onam flows far and wide.
A reminder of unity, of love's gentle grace,
In every heart, Onam finds its place.

So let's cherish this festival, its lessons profound,
In sharing and kindness, true wealth can be found.
For in the spirit of Onam, we gather as one,
A tapestry of joy, beneath the shining sun.

- **Surekha Nair (FYBED)**